

The Art of Goofing Off

By Jeannette Maw

When we want something badly, most believe it takes long study, hard work, and paying dues to get it. But what if getting what we want is much easier than that?

What if the key to reaching our dream is simply feeling good? Many of us jump right into "busy" action we think is required to obtain our goal, but that may actually work against us! The key to success is often simply being willing to goof off, relax and allow the good things to arrive effortlessly.

Here's what's up: when you're bound up in "busy"ness and exerting **effort**, you create **resistance**. And resistance keeps your desired end result from you. So releasing resistance is key to getting what you want.

How do you release resistance? **Relax**. Let go of your attachment to it; confidently know your dreams are manifesting; act as if it couldn't turn out any other way.

This doesn't mean you don't have to do take *some* action to get what you want, but only take *inspired action*. By that I mean **do things that feel good**. Let the Universe do the "work."

What would you do if you had your dream body or dream job or whatever dream you're after? Take a friend out for a celebration dinner? Sleep in? Schedule a massage? Whatever it is you would do when you get what you want, do it now. It's the signal the Universe has been waiting for that you're ready.

Many have found, as have I, that the phone call you're anxiously waiting for comes after you take a lunch break. Or you meet the perfect contact for your new project while wakeboarding at the lake with your brother. Or the inspiration needed to get past that last obstacle comes while throwing a ball at the dog park.

Working hard is overrated; let the Universe do the work for you! Release your resistance now by practicing the art of goofing off. And watch your desires manifest like magic.

Jeannette Maw is an Attraction Coach and founder of Good Vibe Coaching who teaches clients the **three secrets to getting what they want**, once and for all. Powerful tips and strategies to manifest dreams are yours free by signing up for the "Get What You Want" ezine at <http://www.goodvibecoach.com>.