

Write and lose weight!

THE WRITER'S CORNER

BY DARIEN GEE

Prompt of the Week: Write about something red.

Have you heard the good news? Writing helps you lose weight!

This isn't my claim: it's Julia Cameron's, author of the "The Artist's Way." In sum (because I only have about 600 words to work with here), it's a mix of her popular morning pages exercise (three pages of stream of consciousness writing in the a.m.) in conjunction with keeping a food journal.

Statistics have proved for years that keeping a food journal is a key element to success when it comes to

weight loss. Why? Because attention leads to awareness. Goal setting is infinitely more effective if you write down your goals instead of keeping them as a thought floating around in your head. Putting pen to paper makes it concrete; it makes it real. It's

almost like giving your brain directions for what to do next. It's a map, so to speak. And once it's there in black and white, something you can see at any time (because you're going to put it somewhere visible), you'll find that things start to move forward.

So if creative writing isn't your thing (yet), consider putting a few goals onto paper this week. No need to come up with a bucket list of

Then fuhgettaboutit. Read it when you see it and go on with your day. If you notice something happening that moves you in the direction of your goal, jot that down. Keep a list of any "evidence" or proof, no matter how small. As you begin to notice the small things, bigger things will begin to happen. I wish I could explain it better, but I can't. I just know it works.

Only a couple weeks left to the 2012 Summer Writing Challenge—it's never too late to get started! Write a page a day or ten minutes a day until August 2.

For more information look at the June 7 North Hawaii News issue online.

Until next time, write well!
Darien Gee aka Mia King is a national bestselling author based in Waimea. For more information visit dariengee.com or miaking.com.

everything you want to do in life; you don't have to draft your mid-year resolutions. Just choose one or two things that you'd really really like to do/be/have. Write it down and put it everywhere (front door, bathroom room, fridge, above the toilet, car dashboard).

“ Intentions compressed into words enfold magical power. ”

Deepak Chopra

BABY STEPS

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verbally,

- will show enthusiasm and curiosity about approaching new activities, and

- can take turns with others.

Thomas can be reached at athomas@babystepshawaii.org.

Waimea Elementary School will be hosting a Kindergarten Orientation for all new kindergarten families at 5 p.m. on July 25 in the school cafeteria. Parents are encouraged to attend. This will be an opportunity to meet your child's teacher and information will be given

regarding the school lunch program, registering for the after-school program, bus routes, and other details parents will want to know. Please bring your kindergartner with you as an introductory program will be set-up for them as well. A chili and rice dinner will be served.

Rescue Me

I'm Leelee, a female Fox Terrier-Chihuahua, just 3 years old. I might be small, but I have a big heart, am quiet and I love people. Let's go for a walk through life together!



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