

## I Got To

Written by Gayle Nobel

Monday, 17 January 2011 16:17 - Last Updated Monday, 17 January 2011 17:14

---

### Blog-a-thon Day #1

Even better than I Have to or I Need to is I Get To. I talked about this in *Breathe* in the story WORDS. How does your perspective and attitude change if you shift an &quot;I Have To&quot; to an &quot;I Get To&quot;;... Hmmmm.

### I GOT TO....

Attend a creative retreat given by Jill Badonsky (author & creativity guru) at Mabel Dodge Luhan's Lodge in beautiful Taos, New Mexico WITH my good friend of 20 years, Kathy Almeida

Spend time with Kathy after not seeing her for over 3 years and not having time alone with her for even more than that. Feels like coming home when we get together and we just take up where we left off

Get away from home and the responsibilities of being mom to the ever challenging, yet beautiful soul, Kyle

Recharge my creative battery by participating in a wonderful experiential, creativity retreat

Think deeply and not think at all

Experience the meditative power of the labyrinth for the first time

Receive a toolbox packed full of creative-juice stimulating tools

Feel reinspired to WRITE, WRITE, WRITE

Remember the power of baby steps.. ie tiny intentions like showing up, writing for five minutes, etc.

Re-experience the power of the question for moving forward

Learn about the magic of the "Ta Da" list... Move over "To Do" list

Play with writing

## I Got To

Written by Gayle Nobel

Monday, 17 January 2011 16:17 - Last Updated Monday, 17 January 2011 17:14

---

Recharge my soul's battery

Attend fantastic yoga classes given by one of the retreat participants, Liz

Meet wonderful new creative friends from all over the country

Feel inspired as I listened to amazing songs written by some of the other participants. Now I have some new music for my collection... and new connections for my connection collection

Receive a standing ovation for the first time in my life... whoo, hooo!

Present *It's All About Attitude* to our group... the first time Kathy and I have ever done a book "thingy" together since it came out in April 2006

Shop, but not buy much

Share *Breathe* and how it came to be born. People were touched by my reading and in turn, I was retouched

Sell books

Receive compliments on my looks (imagine that!), my writing, and my calm energy/presence (Helloooo ego!)

Reinfuse myself with inspiration, confidence, passion, for writing

Experience the power of connection to my environment, new people, and an old friend

Receive validation as a writer, author

Create a shift in my perspective

Take a break from reality

Experience the power of the mind map in a new way

## I Got To

Written by Gayle Nobel

Monday, 17 January 2011 16:17 - Last Updated Monday, 17 January 2011 17:14

---

Discover a beautiful, powerful new poem (I loved it so much, I bought the t-shirt) You will have to wait until my February newsletter to read it.

Enjoy seeing Kathy experience the power of yoga (and she liked it!)

Eat amazing, healthy, delicious, creatively prepared food that I didn't have to clean up after

Partake in "sweets" after an 11 day sugar fast- Mmmm... And they were good ones too!

Come home to the loving arms of my husband, Neil (I'm so dang lucky!)

GET AWAY & RECHARGE MY BATTERY... this is an essential tool for loving and living well with autism and LIFE....

PS... Can't get the pictures to upload to my blog so go [here](#) if you would like to see some.