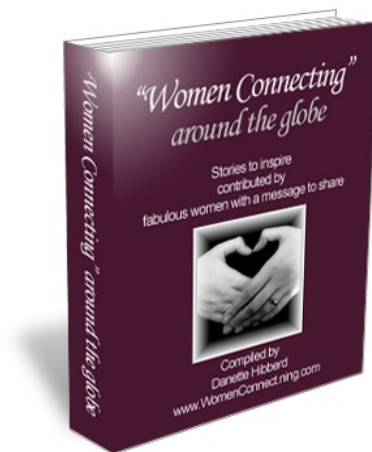


“Women Connecting”

around the globe



This Compilation E-Book Brought To You By

Danette Hibberd

*With contribution stories to inspire from
fabulous women around the globe.*

www.FabulousBeyondFortyClub.com

www.WomenConnect.ning.com

PERMISSION & DISTRIBUTION

This FREE e-book is available & distributed at the contributing author's websites. Permission to duplicate and distribute copies is granted as long as it is distributed in whole, without addition, subtraction or modification and as long as it is distributed for FREE or as a bonus.

Legal Disclaimer:

Copyright of each individual story belongs solely to the contributing author. Stories must not be edited in any way, yet may be used as long as the "About the Author" accompanies any printing or sharing of the story.

Forward

Women Connect provides a friendly community for women to share, be inspired, get support, network, develop and grow their business, develop personally, and most of all - have fun along the way. Our members comprise of business owners, entrepreneurs, coaches, work from home mums, ladies in the corporate arena, retirees and everything in between.

The simple fact that we are all fabulous, motivated, vibrant, faithful, loving and hard-working women who know how to multi-task to survive, and are from diverse backgrounds and nationalities, we all have one thing in common. We have a desire to move forward, to make the most of our time on this earth and most importantly, enjoy the journey.

Today, more so than ever before, women have the opportunity to be who they want to be, do what they want to do and live the life they want to live.

We have the choice to have all these qualities, so what do you choose?

As many women today are solo-preneurs, the camaraderie of friends in the workplace is often missing, and the benefits from being a part of a network are numerous. With the multitude of women's networks available, we now have the opportunity to harness some girl power and

connect, whether in our local community, industry, field of passion or even around the globe. We have the chance to connect with ambitious and powerful women who can be our friend, mentor, coach, strategic partner or just a simple 'sister'. Do yourself a favour and become a part of a women's network today and start connecting.

This delightful book is a product of amazing women who have contributed their story to share with you. I wish to thank each and every one of them for kindly allowing others to be inspired, motivated and indeed made aware that our lives can be just what we desire. Yes, we do experience adversity in our lives, but the challenge is discovering the strength to surmount these times, to pick ourselves up and keep moving forward.

I hope you enjoy reading these stories, as much as I have enjoyed compiling them for you. You will discover that every chapter holds a message that I know will spark a certain idea or ah-ha moment in you. Sit back, grab a cup or glass of your favourite beverage and take delight in the following chapters.

Stay fabulous,

Danette Hilberd

Women Connect Around The Globe

“My philosophy is that not only are you responsible for your life, but doing the best at this moment, puts you in the best place for the next moment.” Oprah

Table of Contents

1	<i>Growth</i>	<i>Mary Anderson</i>	<i>007</i>
2	<i>Advice from a 6 Year Old</i>	<i>Dawn O'Hara</i>	<i>014</i>
3	<i>From Welfare to Millionaire</i>	<i>Sandy Forster</i>	<i>016</i>
4	<i>Greatest Possession Of All</i>	<i>Danette Hibberd</i>	<i>023</i>
5	<i>A Foundation of Commitment</i>	<i>Kimberley Borgens</i>	<i>028</i>
6	<i>Sniff It Out</i>	<i>Deanna Roberts</i>	<i>036</i>
7	<i>How I Regained Control of My Life</i>	<i>Naydeen Frecklington</i>	<i>040</i>
8	<i>Let Your Mess Be Your Message</i>	<i>Karina Stephens</i>	<i>046</i>
9	<i>Love Letters</i>	<i>Kyla Blairs</i>	<i>049</i>
10	<i>Forever Young</i>	<i>Patricia Young</i>	<i>054</i>
11	<i>Single Parent – Cruise or Submarine</i>	<i>Glenda Howes</i>	<i>058</i>
12	<i>Weight Loss Success</i>	<i>Margo Courtney</i>	<i>064</i>
13	<i>To Have It All</i>	<i>Peggy McColl</i>	<i>070</i>

Table of Contents (Cont)

14	<i>The Second Half of My Life</i>	<i>Judy H. Wright</i>	075
15	<i>The First 10 Steps to Extreme Self Care</i>	<i>Lori Smith</i>	079
16	<i>When I know It's Time To Surrender</i>	<i>Kara Oh</i>	088
17	<i>It's A Matter of Choice</i>	<i>Lindsey Baigent</i>	093
18	<i>An Adventurous Spirit</i>	<i>Sue Hile</i>	097
19	<i>If I Can Do It, You Can!</i>	<i>Tracy Woolley</i>	103
20	<i>Do Something Everyday That Makes You Feel Uncomfortable</i>		
		<i>Cherry Maclean</i>	110
21	<i>The Window</i>	<i>Unknown</i>	115

Chapter 1

Growth

Mary Anderson

I recall how excited I was at the announcement that I was carrying a child. As it was a three-year journey and a miscarriage that led the way to the process of actually hearing those final words "You're pregnant", I was at first naturally stunned.

Being a first time mum I took all the possible precautions one could take to make this an extremely wonderful experience for my unborn child and me. I read material and stayed connected to every moment of growth and change for the both of us. Can you imagine how excited I was, yet also very protective as what was happening to me was so precious? "A baby was growing within me."

I was fortunate to have a very healthy pregnancy and loved communicating to my unborn child. Trying to be fit and healthy, listening to music that I thought could have a positive effect, and doing anything possible to make it a truly wonderful experience. Feeling the movements and changes within me, I totally enjoyed the process of being pregnant, even though at the end the discomfort of lying in bed feeling like a giant whale and waddling from side to side when I walked had its moments of displeasure.

The day finally arrived. I went through the procedure of being induced from the advice of my obstetrician much to my inexperience of knowing what was best under the circumstances of my child being overdue. The experience was full on. Did she want to come out, NO! She was resisting to the very last moment. It endured for 8 hours. The last 2½ hrs were very intense for the both of us, I am sure.

Then the moment came and my husband and I were introduced to **our** beautiful girl. She was 7lb 1oz, had a lot of hair (now I completely understood the heartburn) and was a replicate of her dad. She was amazingly beautiful and very precious indeed. It is amazing how the course of nature flows from the moment of conception to birth, the process and knowing beyond our awareness how growth takes place.

As a new mother I was very keen to make everything right for my child and be the best mother possible. From my experience with my mother and material I read, I knew what I did want and what I didn't want (how grateful I was to have that knowledge).

Before I knew it I was bombarded with conflicting messages. Information came pouring in from everywhere. Total overwhelm became my identity as my baby suffered from severe eczema which later became evident from food allergies, she suffered from asthma and had a behavioural problem which everyone seemed to have an opinion on.

By the time she was two, she had been in and out of doctors and specialists rooms. My daughter endured numerous amounts of prick tests, consistent reactions to food which resulted in adverse reactions

such as her eyes swelling, hives and vomiting. No matter how many hospital visits, no matter how many needles, pokes and prods, she seemed to take everything in her stride. She was amazing; yet it seemed it was her mum and dad who were unable to cope with the everyday life of keeping their child safe and healthy.

As life continued, challenges seemed to escalate and as a mother I felt very alone, inadequate, unsupported in many ways and became an emotional mess. This limited my role as a mother. I felt that I had lost my strength, self esteem and confidence and began feeling that my daughter's health problems became bigger than me and I thought I didn't know how to solve or even minimize the spiralling issues.

Trying to do the best I could I kept the way I was feeling to myself and continued on my path, only to find that years later I became very angry at everyone and started blaming people as they just couldn't understand the turmoil and strain I was under. Then one day I had enough. I had enough of being angry, confused, frustrated and I'd had enough of the turmoil and conflict going on within me. I had enough of not understanding what was happening in my world. That was a major turning point in my life.

From that moment on I decided to take full responsibility for the way I was feeling. I decided to take proactive action. I needed to have a better understanding of what my daughter's health issues were and what was available that was congruent from one practitioner to another. I needed to take control of the situation, I needed to grow up and act out of a parent and adult, instead of a child who was scared and fearful.

(That's right, that is how I felt.) My emotions seemed to have had a greater effect on how I responded, how I managed and flowed from one day to another. I decided to seek help for myself so I could manage my needs in between the growing needs of my child. I decided that I needed to empower myself and regain my identity as a carer, mother and adult.

Looking back now, what I see is that I was doing everything I could with the resources I had at the time. I wasn't a bad mother even though I felt guilt, blame and told myself I should've known better. There wasn't a specific manual that could fix my problem. My experience was my experience and everyone has their own experiences, which shape and mould them to be who they are today.

The experiences I encountered were perhaps not as perfect as one would wish; however, they were perfect and right for me and my child. Together through the process we have grown, matured and connected in a loving, compassionate and understanding way for each other.

Our journey was as it was. Who we have both become today is partly from the experience of our past. I never really appreciated my past until I understood this. As I look back, it wasn't what I really wanted, yet when I accepted my reality, took complete ownership of it, I began to see it from a different perspective.

Today, at fourteen and a half, my daughter is a healthy, happy teenager moving through her own challenges in life. As I look at her, I see a young person who is maturing, becoming stronger and confident with

her identity in a very mixed society of beliefs and values.

I have become a woman who is becoming her age, who strives through obstacles to continually learn, and gain greater knowledge and insight which expands my awareness from the wisdom of people before me.

If I knew how powerful knowledge was I would've definitely coped and dealt with my situation in a more empowering manner where I felt in control instead of feeling out of control. It is like saying, "if I knew then, what I know now."

I am now grateful for the challenges I endured as I partly owe my personal development and growth to those experiences. Once I removed the emotional attachment, I was able to see the value of the experience. I am not suggesting that I do not act out of my emotions, but what I am suggesting is that no matter how I react/respond to something, once I understand why the emotion is presenting itself, then I have the power and choice to move with and from it in an empowering and proactive way. If I choose to stay in the power of the emotion, I then stay stuck and feel the discomfort of the emotion, generally thinking negative thoughts and responding with disposition.

Every experience presents something for us to learn and when we are open to noticing what those positive learnings are, we then have the ability to make the decisions that will enable us to respond proactively and move through the experience creating greater peace and harmony for self within the experience. Imagine the positive rolled on effects from those choices! What can you see, hear and feel as you imagine

this?

Take a look at some of your past experiences, become aware of the emotions involved. Understand the reason behind the emotion. What can you learn from the experience that will allow you to move from it? If you can't find a positive learning what do you gain by holding onto the emotion and the thought behind it? What does it give you? What does it stop you from doing and having that would otherwise create a powerful circumstance? See what you discover!

My involvement in self-care and empowerment allowed me to recover skills that I had once lost and allowed me to collect new skills, resources and tools that once I adapted in my life gave me greater strength and determination to move through obstacles in a powerful manner that supported me towards creating movement forward. What I am aware of now is that the past experiences became my driving force behind me empowering myself. They gave me the ability to create an identity for myself and nurtured me into the woman and coach I now am today. I am not perfect by any means and am grateful for the gift that drives me towards transforming, moulding and reshaping who I am. I am also blessed that this too has a wonderful impact on the people in my life, **knowing that as a reflection they also grow.**

Together knowing we all grow!

About The Author:

Mary Anderson lives on the beautiful Mornington Peninsula in Victoria and enjoys her life as a wife, mother of two beautiful daughters and being a successful Empowerment Coach. As a certified Master Practitioner and Trainer in NLP (Neuro Linguistic Programming) Mary conducts workshops and consultations to enable others to successfully move forward in their lives. Mary may be contacted via www.turningpointtechniques.com.au

Chapter 2

Advice From A 6 Year Old

Dawn O'Hara

As a ballet teacher, I usually found that the young students enhanced their performance and remembered their theory if they worked it out for themselves instead of just being told.

One day in class we were discussing "sauté" (springs). I asked them how high they thought their springs should be. The answer I was waiting for was "high enough to stretch you feet and legs underneath you", but all I was getting were gestures of "this high" and "no, this high", then calls of "as high as a chair", "a table", "up to the roof!"

After a lull, with little minds working overtime, one child said, "As high as you can."

"That's a very good answer," I said, "but it's not quite right."

Another thoughtful moment then a little boy said, "I know! I know! A bit higher than you can."

What a wonderful answer. If you try to jump a bit higher than you think you can, everything else falls into place and you exceed your

expectations.

I have now retired after a career of teaching and choreography and have used this story for many years, not only for ballet, but as an example when dealing with both children and adults, and in my personal life.

Please try it. You will be amazed at the outcome you will achieve. You simply have to aim to do something just a little better than you think you are capable of doing and, hey presto, you are there!

Always remember, "Jump a bit higher than you can!"

You may even surprise yourself just how high you end up.

About the Author:

Dawn O'Hara enjoys writing and recalls many wonderful events during her life. Now in her seventies, Dawn continues to teach craft, cardmaking and putting pen to paper.

Chapter 3:***From Welfare
to Millionaire****Sandy Forster*

I gaze out my large windows at my own personal tropical oasis, two beautiful acres including a spring fed dam surrounded by trees and manicured lawns. I live in an amazingly beautiful 14-room home only minutes from my favourite beach; drive a stylish silver Landrover Freelander and travel overseas whenever I fancy, attending all the personal development workshops and seminars I want. I take myself and my children on wonderful adventures around the world and have a lifestyle many people adore. I'm a Success Mentor to tens of thousand of people, an international speaker, a bestselling author and have a passion for internet marketing, which I love to share with others!

As I write this, I feel a sense of gratitude flood my body as I gaze upon the family of wild kangaroos and their joeys feeding on the lush green grass of my property and reflect on my journey over the past five years from welfare to millionaire.

After my husband left me with a 6-month-old and a 3-year-old, I lived in constant struggle for many years. I was working seven days a week in my clothing business, which I no longer enjoyed, had over \$100,000 of debt and was surviving financially through welfare. My future looked bleak and to say I was stressed about money was an understatement.

My entire life revolved around money or, more precisely, the lack of it. Money consumed me, frustrated me, annoyed me and scared me, and it most definitely eluded me. When it came to creating wealth, I felt powerless, hopeless, useless and worthless. I knew deep down inside I was a good person, so why was my life such a shambles? What had I done to deserve this? "What was wrong with me?!"

Then I discovered there's a secret to getting everything you could ever want in life. It's really simple; in fact, it may be something you have heard about, or understand already. There is a law, a Universal Law, which states, "We attract whatever we choose to give our attention to – whether wanted or unwanted." The result of this law is this: if you continue to focus on the lack and limitation in your life, you will continue to create and attract more lack and limitation. If you instead focus on the wealth, abundance and prosperity that is already present in your life – no matter how small it may currently be – then you will instead begin to create and attract more wealth, abundance and prosperity.

For some people, this comes naturally. For others (like me), this can be a slow and arduous journey. Through my many money failures, mistakes and unwise decisions when it came to practical money-making steps, I

have been fortunate enough to develop a passion for 'what makes people rich.' It is through this passion that I have been able to create my own incredible wealth, and now, share these secrets with people across the globe.

My first thought was, "Okay, just focus on prosperity, wealth and riches, then that's what I'll attract." However when you're raising two small children on your own, have \$100,000 of debt, making \$15,000 a year and constantly can't pay the bills, keeping your focus on abundance is NOT an easy thing.

However, you have a choice as to where your energy or attention is focused. You can choose to focus on what is working in your life and what you want more of, or you can choose to focus on what isn't working and what you don't want. Either way you get more of whatever it is you focus on.

I adore sharing everything I know with anyone who will listen – including my children, constantly telling them, "What you focus on becomes your reality." When I was in my stage of attracting money, but it was flowing out just as fast, my daughter would say, "Blah...blah...blah. We don't need a lecture about that spiritual stuff, it doesn't work anyway! We've still got no money."

And that was the truth. We were still struggling financially even though I was saying my affirmations and visualising what I desired a couple of times a day. The problem was, the rest of the time I was seeing bills and feeling my solar plexus tighten. I was experiencing fear, worry and

panic about where the money would come from, that I would never have enough, that I would be struggling forever.

I had to stop and look at what I was creating for myself when my daughter, who was around twelve at the time, came to me the day before her school dance and said, "Mum, I need some new shorts for the dance."

Now I need you to really get this picture – I was having a really tragic week financially. I'd had a check bounce, a few bills had come in, including a red-letter bill (those scary ones), and I was beginning to go into my usual panic mode around money.

So the conversation went a little like this ..."Can you buy me my shorts and shoes? I really need them!" "Darling, I don't have the money right now." "You never buy me anything; I have to have them!" "Darling, I said I don't have the money." "Can't you just put it on your credit card?"

The credit card was up to the limit, so that wasn't an option and by this time I'm starting to freak out. I am seething with all sorts of very negative, very strong emotions. Frustration, because even though I was making good money, it was disappearing; embarrassment, because I felt so hopeless at managing my money; guilt, because I felt like a bad mother for not being able to buy things for her; sadness, because I knew how disappointed she would be because she'd be missing out once again; and anger, because she was asking me for something I just didn't have. Unfortunately, anger was winning, and the picture was not pretty.

The veins on my temples were throbbing, my eyes were bulging out of

their sockets, I was hissing through gritted teeth, had spit flying out of my mouth and I'm sure there were traces of steam coming out of my ears as I screamed like a banshee going to war, "I don't have the money to pay all our bills! I've got to try and pay the phone bill before they cut it off. We just don't have the money – don't you understand? We're broke right now!"

WE DON'T HAVE ANY MONEY!"

She looked me squarely in the eye and in all the wisdom of her twelve years upon this earth said to me in her most disgusted tone, "Well, if that's how you FEEL whenever you think about money – the Universe is NEVER going to make us rich."

And I felt like someone had just punched me in the stomach. In that moment, plain as day, I could see why I was still struggling financially. I was attaching my strongest emotions – all negative – to the one thing I wanted most. And in doing so, I was repelling it. I was pushing money away. I was making sure it didn't stay long enough for me to enjoy.

My emotional outburst was not about having money; it was about NOT having money. So 'not having money' was the dominant vibration or energy (or order), that I was sending out to the Universe day after day. And the Universe was picking up that 'not having money' order and giving it straight back to me, day after day.

I was blessed to be shown that although I thought I was focusing on the prosperity I desired, I was actually focusing on what I didn't want, and so kept re-creating it over and over. Since that fateful day, by changing

my focus and cultivating a 'Millionaire Mindset', I have gone on an amazing journey from marketing a personal development course to becoming a Life Coach, to creating a number of highly successful coaching and mentoring businesses which focus on showing others how to create a life filled with prosperity, abundance, success and happiness.

I have gone from welfare to millionaire through doing what I LOVE. I show others how they can do the same. By doing what makes your heart sing, the way will be shown, opportunities will arise, contacts will be made and you will tap into that limitless flow of success and prosperity. I teach people world wide how to tap into that limitless stream of abundance and success through the metaphysical AND by applying simple practical strategies.

What was my biggest challenge – relentless money struggle – turned into my biggest opportunity – teaching you how to be wealthy, abundant and RICH beyond your wildest dreams! I offer free resources at www.WildlyWealthy.com and show others across the planet how to be Wildly Wealthy FAST through live teleconferences, seminars and workshops and generally get to spend my days 'playing' at what I love. Life doesn't get much better than that.

The best thing is, I share my knowledge with conviction – knowing that although I had no great education, no money behind me, no connections and no real idea what I was doing, simply by persistently and consistently visualising, affirming and focusing on what I DID want, I have been able to create a life I love.

Remember, no matter what life throws at you, don't give up, keep focusing on what you DO want – because if I can do it, anyone can – including YOU!

About the Author:

Sandy Forster is an International speaker, Millionaire Mindset Mentor, Bestselling Author, Award-Winning Business Owner and mother of two beautiful children. Sandy has a passion for showing other women how they can create a life filled with prosperity, success and happiness in an easy to understand, empowering and extremely fun way!

Visit www.WildlyWealthy.com today for your FREE 'Top 10 Tips to Prosperity' downloadable special report and audio.

Chapter 4:***Greatest Possession of All***

Danette Hibberd

Today, many of us seem motivated by materialism, and keeping up with the Jones's. The very competitiveness of our nature has us doing this constantly. How big is your house? Is your car the latest model? How often do you go on holidays to exotic locations? Who has the most money? The list could go on and on.

Coaches teach people how to visualise and tell them that whatever they see in their mind's eye, they can achieve, as long as the necessary action is taken along the way. By dreaming of your end goal then actually being in the present moment as if you are already there, experiencing the feelings, sights and sounds of achieving your dreams, the reality will be allowed to come. Working backwards from the end result, one can break down the goal into chunk size pieces and discover the actual path to take to realise the dream.

The law of attraction states that whatever we want in our lives, we can attract. And this is in fact true when we are positive, persistent and take the steps to get there.

Too often people lament that they can't afford to live the life they want or have the things they desire and instead say, "When I win the lottery" or "When I pay off the mortgage" or offer some such excuse. Yes, I admit, I have been in this place, and always seemed to find something to block my progress. Until the day I discovered the methods and strategies of being able to manifest my desires through the amazing power of the mind.

So understanding that you can achieve your heart's desires using these methods, my question to you is, "Will having all the wealth and things in your life make you happy?"

Obviously, money makes life's journey run more smoothly and lack of wealth can create distress in your world, but it is worth remembering some folk seemingly have it all, yet continue to be unhappy. Think of those you read or hear about in the media who we often look up to as being so successful, so truly happy and so very fortunate, yet we pick up tomorrow's paper or magazine only to find this person is now on drugs, in rehab, getting a divorce or in some such dark place.

Obviously this doesn't happen to everyone, but unless you know how to handle your wealth, you can begin to come unstuck. Ask yourself what you want more of in life. Do you want that big house with magnificent views overlooking the sparkling blue ocean? Do you see yourself racing down the highway in your new red sports car, the roof down and your hair blowing wildly in the wind? Do you imagine looking at yourself in the mirror as you wear all the sparkling gold and diamond jewellery you've only ever dreamed of (remember Julia Roberts in *Pretty Woman*)?

Perhaps you may be just floating aimlessly in your crystal-clear swimming pool as you sip on your favourite fruit cocktail on a Monday morning without the need to go to the office. Some of you may prefer to be trekking in the rugged Himalayas, or cruising down the Nile after visiting the fantastic pyramids, or even sailing around the world on that 50-foot yacht with all the modern conveniences.

Come on, are you smiling yet? Are your fantasies being tickled? Know that having dreams is great as they both stimulate and motivate us to get up each morning. So, let's continue.

Do you want more money? Do you picture seeing all the zeros on your bank statement – black zeros, not red ones! If so, I'd like to ask you, for what purpose? Do you want more material possessions in your life? Perhaps you might not like to admit it, but for most of us, we certainly love having some of the 'nicer' things in life. More than likely though, you would enjoy having more money in order to create the lifestyle that you want.

But ... will having more wealth give you the happiness you are searching for?

I recall reading a story many years ago, and it had left my mind until I came across it again recently. This story, author unknown, is one that I would love to share, and one that I hope affects you as much as it does me.

The story goes that some time ago, a man punished his 3-year-old daughter for wasting a roll of gold wrapping paper. Money was tight and

he became infuriated when the child tried to decorate a box to put under the Christmas tree.

Nevertheless, the little girl brought the gift to her father the next morning and said, "This is for you, Daddy."

He was embarrassed by his earlier overreaction, but his anger flared again when he found the box was empty.

He yelled at her, "Don't you know that when you give someone a present, there's supposed to be something inside it?"

The little girl looked up at him with tears in her eyes and said, "Oh, Daddy, it is not empty. I blew kisses into the box. All of them are for you, Daddy."

The father was crushed. He put his arms around his little girl, and he begged for her forgiveness.

It is told that the man kept that gold box by his bed for years and whenever he was discouraged, he would take out an imaginary kiss and remember the love of the child who had put it there.

In a very real sense, each of us as humans have been given a gold container filled with unconditional love and kisses from our children, friends, family and God. There is no more precious possession anyone could hold.

So the next time you want another 'possession', remember this story, and recall how fortunate you are to have the love of your children,

friends, family or someone who is important to you.

You can't take these material possessions with you at the end of your journey, but you can take the memories and joys that loved ones have shared.

So, remember the box of kisses next time you have a want – as opposed to a need – and know that love is the greatest possession of all.

About the Author:

An international Author, Speaker, NLP Master Practitioner, Trainer and a Success Coach, Danette Hibberd, more recently dubbed 'The Success Goddess' by her colleagues and peers, founded websites, published her book series "How to Find the Goddess In You" and facilitates the Women Connect events across Australia, and founded Women Connect Around The Globe to motivate, educate and support women both online and offline. We welcome you at www.WomenConnect.ning.com.

Her passion inspires women to awaken, manifest and achieve the life they desire – the life they deserve, with special focus on providing resources, coaching and support for the female mid-life entrepreneur.

To begin your own journey of success and fulfilment in life, visit www.FabulousBeyondFortyClub.com, the largest online success portal for women, and download your 5 bonus gifts valued at over \$147.

"Harness Your Potential as a Mid-Life Entrepreneur – and as a Woman!" And most importantly, have fun along the way.

Chapter 5

A Foundation of Commitment

Kimberley Borgens

How to tell if you are really committed in business!

When my husband and I met we were working in similar industries. He worked for a private investigator and I was in the police academy. We hit it off pretty well. Four years later we were married. After much consideration, we decided to merge our interests and create a business in private security and investigations.

We have seen a lot as business entrepreneurs and we have had the opportunity to go through many cycles in business. I would like to share with you one particular event that was challenging.

We worked hard in our business, making it a success. In 1996, we were awarded the Chamber of Commerce Small Business of the Year Award. We worked well in our community and in 1998 we were approached by a bigger security company who wanted to buy our business. This company was on the Fortune 500 list and we did our research on them to be sure it would be a good sale. After much consideration and many negotiations, we sold our business of five years to this corporate company. We were both hired as managers in our area for this new

branch of this now larger security company.

We were actually blessed because one of the challenges we faced as entrepreneurs was not being able to buy a house because the profit and loss statements did not show much of a profit. We were consistent at paying our rent and household bills however, there was not much profit being seen in business therefore we could not qualify to purchase a home. When we sold our business we received a small deposit down and then the company was making monthly payments towards the rest of the purchase price. Since we were both now employed in that company and had the down payment, we were finally able to qualify for a house. We purchased our house and a new pick-up truck and life was moving forward. We now had our five-bedroom home and a place that our three sons could stretch out and enjoy Mom and Dad being home on a regular basis.

Life was good and we were enjoying more time as a family. Our branch was doing well. Everyone was going to work, we were gaining more clients and we had the backing of this Fortune 500 company that wanted success. Our community supported us as we continued to connect at our Chamber of Commerce and other social gatherings. Our family was excited to take our first real vacation ever, one of the great blessings of working for someone else. We had the same challenges as most people with kids: getting homework turned in and paying bills; getting up and going to work everyday; and finding time to visit with friends and family – typical family in the late '90s.

It was a Tuesday morning when my husband and I had just left a parent-

teacher conference for our son. We were both driving separate vehicles and he was heading to work and I was heading home. My husband started to honk at me. (I did not have a cell phone at this time. They were \$400 dollars and very big and clunky.) He was waving his hands at me to pull over. I pulled over and he said to get in his truck because we needed to talk right now! Concerned, I got in and he said, "There is a problem"! I asked what was going on and here it was, the big news – the stomach-sinking news! My husband said, "I just got a phone call from the corporate office and they said they are bankrupt and out of business and we were to go home as the office is closed!" What? What happened to that Fortune 500 company? What do they mean they went bankrupt? What about everyone's jobs and pay? What do we need to do?

This is a time in life where you get to see what you are really made of. You have the opportunity to say: "Ok, poor me, life is hard and I am crushed." Or the other side of the coin is: "Wow! What do we need to do to make this work? How will we pull out of this? Who should we call first?" This is one of those defining moments in life when I had the opportunity to see what we were made of.

Some things had changed during that one year with the corporate company. We had our house payments, new truck payments and, yes, we were still living from pay check to pay check. We both worked for the same company so all our income was coming solely from them. We had bills to pay. They were still making payment from purchasing our business and I was now two months pregnant with our daughter. Then they call and say go home! No obligation to the clients or employees! Just like that! Done!

My husband and I made a choice right there in that truck that we will not accept this and we will do everything we can to pull the branch that we started and grew back into working mode. It is so powerful to make choices in life that will make a difference. We both drove to the office and spoke to our managers who were already at work and had "the meeting". We told them what the corporate office said and asked if they would support us in keeping this local branch in business. They said yes!

Every one of us picked up the phone and began to call the clients. We shared with our clients that the big company called today to tell us they were bankrupt and they had no obligations to their client. We asked if they would trust us and be willing to keep working with us as we worked through this challenge. It was like the scene in the movie *Jerry Maguire* when Jerry was calling all his clients and phones were ringing everywhere and then he ended up with one client. Well we ended up with all the local clients staying with us.

The next step was to call all the employees. There were 32 other employees and we made a commitment to them that if they stayed we would pay them for the hours they worked starting at midnight that same morning. Even though we did not get the call until around 8:00 am we would backdate their time to midnight. We kept all the employees in our local branch.

Now the day before "The Call" was payday. We received our pay checks and everyone had already put them through their banks. Yep, you guessed it! They bounced like a million rubber balls! Not only our pay checks but also the instalment check we received from the sale of our

little business. Yep, you guessed it! Not worth the ink on the page! Everyone in our branch had no money and they were working on faith that we could pull this together.

What next? Since we were also living from paycheck to paycheck there were no savings to fall back on and we were looking for ways to come up with some money to pay employees in two weeks. We worked out some deals with clients on a fast turn around from their first invoice; however, only a couple could do that. Not enough to cover the payroll. We started asking around and coming up with some creative ideas.

My husband decided to call a gentleman he had driven to the airport on occasion and who happens to be the chairman of the board at a local bank. He asked if we could have a meeting with the chairman of the board and see if we could possibly sell our accounts receivables at a huge discount just to make sure all the employees would get paid. The bank agreed to a meeting.

In the meantime our local newspaper picked up the story and did an article about how we were turning a bankruptcy into success. There had already been a news team at the big corporate office that showed the signs on the door that said, "Go home. We are bankrupt!" Over 350 employees out of a job! This was a big deal in the area.

Now we had good media coverage about a small piece of a big corporation working to stay alive. We had support from our community, support from our clients and employees. Vendors helped out and gave us credit to get letterhead and supplies. This is where I truly understood

what it means to be part of a community. People do care and want the best for others. I told all the employees they could go to the local food bank to get something for the cupboards. We wrote letters to their electric company to help out. We all pulled together to make things happen.

We met with the chairman of the board at the bank, the president and his financial team, and gave them copies of our profit and loss statements, bank statements and projections. We told them the whole story of what had happened and what our clients said. At the end of the meeting they decided they would not buy our receivables, but what they would do is give us a \$50,000 signature loan with our house as backing. We would have three years to pay it off and it would be ready in a week for that first payroll. Wow! Talk about a blessing from God! The money was transferred into our account on our first payday! The employees received their first paycheck and were gaining more confidence in us and the business.

We worked with all our staff and clients throughout the next year. We made all payrolls and paid the bills. I am not saying it was easy. It was very stressful and challenging. We had to get creative and committed to the success of the company. The bank loan was paid off in two years not three and we have continued to grow our business in the community and, at the time of writing, have 95 employees. We work to build safer communities and are committed to success. In 2006, we were awarded the Small Business Administration Northern California Region Small Business Person's of the Year award.

We still have challenges in business and successes. We work hard and have faced many challenges with being business owners. We have taken a business from conception to growth, from growth to sale, from sale to bankrupt, to bankrupt to business again and been successful. We have found successes in each aspect of this business. We have managed many challenges and we continue to work and adjust as needed to support our clients and employees. We have had many down times and many upswings. We specialize in being problem solvers!

There are many key elements that have made our businesses successful. We have been risk taking, honest and sincere. We come from integrity and we work to keep a great reputation. We stay connected and ask for support and are willing to receive support – sometimes even when it doesn't feel good to receive. We made commitments and we have been willing to stand firm in them. There is loyalty in our business and we still care about others.

Some questions I would challenge you as a reader with are:

- How does your business stand in values?
- Would you have walked away or would you have done what we did?
- Are there companies in your area that can use your support right now?
- Do you need support and are you asking for it?

-
- What will you do as an entrepreneur to make a difference in the community you are in and the world around you?
 - What kind of legacy will you leave because you made strong choices and commitments?

About the Author:

Kimberley Borgens is an executive coach & mentor supporting others in developing a healthy self image in personal and professional areas of their life. As a multi business owner, speaker, manager, business coach, consultant, mentor and a personal & professional leadership entrepreneur, Kimberley includes a healthy self image in her daily activities and responsibilities.

Confidently looking for the next step in all areas of life has created opportunities and meetings with people from many areas and regions in the world. Kimberley has social and networking power. She has a wonderful ability to connect with women and supports them in bringing out their strengths and challenging their weaknesses. She shares her personal empowerment strategies with others. Kimberley uses her personal life experiences to empower, encourage and inspire others, both individually and in groups.

Visit Kimberley's website at www.bealegacy.com

You can choose to Be A Legacy!

Chapter 6

Sniff It Out

Deanna Roberts

Imagine having arrived at Heathrow to depart sunny London, with no idea how to manage the self-check-in business and a kind, sympathetic attendant soon steers you in the right direction.

Saying nothing about having more than two bags, he points you in the direction of further help. The luggage is tagged, labelled and sent through to the aircraft. The next step is to carry the two remaining bags through customs. Within seconds you're asked to ensure only one bag was packed, not two, so it meant the handbag contents have to be stuffed into the carry bag, along with the bone china.

We know we are multi-tasking women and can achieve a great deal normally, but this is a challenge impossible to meet. After stating exactly that, the kind and courteous attendant gives you a large paper bag with cord handles and suggests it would count as one bag if you squeeze everything in ... bags that is. That's one challenge you can meet.

Walking towards the waiting lounge, the paper begins to rip until finally it has to be carried like a tired child in your arms. Spotting the designer shops nearby you venture in and asked the shopkeeper for the cheapest

large bag that would accommodate your wreckage. Graciously, she pulls out a large plastic duty-free bag from beneath the counter and hands it to you. Relieved, you venture back into the waiting lounge only to find you have to stand for an hour or so until your flight is called.

The handles on the plastic bag stretch and stretch until the bag touches the ground and, once more, the bag child made its way to your open arms.

The waiting and the weighting is now at the ridiculous stage. You have no choice but to select a large designer bag using the remaining credit on the plastic.

Twenty-eight hours later, with the bag still at your feet, you join the queues to have your customs card stamped, lovingly gripping your one ba, firmly at waist height with two hands. The three-metre journey to the counter seems to take forever. Hundreds of passengers are growing restless, the customs desks are lined up like infantry and the carpet is no doubt anxious to be rid of the extra kilos. The sniffer dogs are relentless and until pulled away by their handlers, are insistent on sussing out your bone china.

Finally, it's your turn for an official smile.

The customs officer bids you a good afternoon, writes something strange on your card as you walk through to collect luggage. Another strange face directs you to your own special aisle only to wait another eternity. A moment of excitement comes when a stranger pulls his bags up behind you.

Movement at last, but no relief. Still, you're the only two in that aisle and the remaining passengers alongside are dazed, puzzled, curious and anxious to move on. All eyes are upon you, even those in the floor, gazing up; those in the canvas straps, keeping the aisles apart, accusing eyes watching intently.

Enviously, you watched the others breezing through the gate, on their way to once again enjoy the embrace and affections of their anxious loved ones. You both spot the television cameras nearby, hoping to avoid featuring on the latest episode. You can think of better ways of gaining fifteen minutes of fame.

Finally, rescued from the jails of luggage queues, a friendly customs officer states that the dogs have found something suspicious and request you open all your belongings for inspection. Every little crevice, every little nook and cranny in your bags, purse, zipper compartments are scanned. You calmly point out that the cosmetics bag might be the culprit but the comment doesn't seem to register. The bone china is removed from its box and has its first taste of Australian air.

After an hour of "How was your trip?" chit-chat, the zip-sealed plastic cosmetics bag is finally opened. "Oh yes, pain killers will do it every time," states the officer. "I suggest you pack such items as tablets, pain killers, chewable or dissolvable, capsules or otherwise ... the dogs will pick up the slightest scent," she says. "Thank you for your patience," I say, avoiding the camera lens and knowing my husband is patiently waiting on the other side.

I have shared this with many of my Podium Power presentation skills workshop participants and coaching clients. The moral of the story – Be prepared. Sniff it out. Stuff happens. Experience it, learn from it, use it.

About the Author:

Deanna Roberts, B.Ed & Training, Dip. Arts, Speaker & Mentor, presents an interactive approach to mastering confidence, building your toolkit of ideas and inspirations and teaches you the magic ingredients of a great speech through Podium Power, taking your presentation skills to the next level!

Using basic visualisation principles, improvisation and vocal flexibility techniques, Deanna shows you how to create fabulous Podium Power workshops and encourages you to *Think in Pictures*. When we consider that what we focus and concentrate on becomes real, we think in pictures. If we picture what we want and concentrate on it, it will happen.

"You have to be brave or pretend to be brave. The person with the most confidence wins."

Camryn Manheim

Contact Deanna Roberts today and take the next step towards brilliance and excellence in presentations. www.deannaroberts.com.au or rondee@bigpond.net.au

Chapter 7

How I Regained Control Of My Life

Naydeen Frecklington

Have you ever been so afraid of a thought in your head that you ran from it mentally?

For me, the sensation of having this constant fear and avoidance was like having a pinball game going on inside my mind. Whenever that little ball, my thoughts, would go anywhere near the magnet in the middle, my fear zone, it would shoot off quickly in the other direction.

Sure, this meant that I never had to face my fear, but it left me feeling totally exhausted and my internal marathon was taking its toll on the rest of my life. At the age of 21 I was suffering anxiety attacks, crying all the time, couldn't sleep, was afraid to let my partner out of my sight and was only able to stay at work through sheer determination. It was impossible for me to remember that only months earlier I had been a happy, vibrant, enthusiastic and outgoing young lady who was looking forward to her upcoming wedding.

Twelve months earlier, life took a little twist for me. I went to the doctors because I wasn't feeling very well, expecting the standard response that I had a cold or a virus and to get plenty of rest and drink lots of fluids. It was the "Hmmm, this is a little unusual" that really caught my attention. The doctor was standing behind me gently feeling a lump that had developed in my throat. This one little "hmmm", led to 12 months of visiting different specialists, undergoing biopsies and a varied assortment of strange tests, all which came back as undiagnosed. In other words, I had developed a strange lump in my throat almost overnight, which now resembled my partner's Adam's apple, and no one could tell me whether it was the "C" word or not. Yes, cancer.

Everyone was a little afraid and the "not knowing" was getting on top of my family. Although we all supported each other, I played my usual role of being the eldest daughter and remained stoic and strong for everyone else. My own burden I carried quietly. After 12 months I decided that enough was enough, and made the decision to have my mystery lump removed.

During surgery, the mass, along with half of my thyroid, was removed and sent straight to histology while I was still on the table. A few hours later I was back in my hospital room with the fantastic news that this mystery lump was, in fact, a benign mass, most likely caused by a burst blood vessel which occurred as a result of all my coughing! Really, coughing did all this?!

Two days later, with my parents, sisters and partner at hand, I went home to rest and recuperate.

It was within the next week that I started to feel a little strange. My heart rate would take off, my temperature would rise and I started to feel an odd desire to run, to nowhere in particular, but just run. At first, we thought it was a side effect of the anaesthetic but as the weeks went on, I couldn't help but feel that something more was wrong. My GP was amazing, conducting every test he could think of over a period of months and during that time my symptoms became progressively worse. Sleep eluded me each night and yet during the day I couldn't stay awake. Cold sweats developed, along with a fear of being alone, yet I didn't want to be in large crowds either.

Feeling very afraid, and not sure why, I just knew that something was physically wrong with me and I needed help. Now!

Already light for my frame, my weight plummeted. I had no energy and the bouts of crying became incessant, even at work.

Two months after the onset of my symptoms I experienced a particularly horrible day. On this afternoon, in sheer desperation I phoned my doctor and told him I couldn't take it anymore. Something was wrong and I needed him to help me understand because I just didn't know what I would do.

He suggested that I come in straight away. He looked at me and said, "You must be so very tired right now," and yet again, the tears began to fall, because I was utterly exhausted. "You have your wedding coming up in a month or so don't you? Are you afraid of your wedding? Is that it do you think?"

I remember that moment well. Looking back the memory is so vivid because it was the first time I had felt any emotion other than fear for two months. With indignation in my voice I almost shouted, "That's not it! I am not afraid of my wedding. That's the only positive thing in my life right now. Why does everyone keep using the wedding as an excuse?"

Very calmly my doctor replied, "OK, so if it's not your wedding, then what is it?" Suddenly and magically, I felt a profound sense of relief and peace wash right through me. This new sensation brought me to tears again as I whispered "It's death, my own death, the uncertainty of it, the questions I have, the horror and fear that was pushed into me. I just don't know what to do with it or how to cope with it."

That afternoon was a turning point in my life. It was then that I learned two very powerful things about myself.

I realised that even when all the specialists and medical tests in the world could not help me, *I* could help myself. That *I* held all the answers I needed within me to make me mentally and, ultimately, physically, well. I wasn't silly. I knew that I would need assistance with trying to locate these things sometimes, and that I would still need to continue to see a doctor regularly, but I trusted myself so much more.

I was in control of me and the answers were there all the time.

The other thing I discovered was that my mind had the power to make me feel these awful, life-altering symptoms. There was nothing physically wrong with me; however, it was the avoidance of my own fear

inside that had caused me to feel this way. Knowing that my mind had the power to do that, meant that it had the awesome ability to work on the opposite side of the coin. It meant that I could make myself well again. I had that ability; my mind had that power! I was totally awestruck!

With the guidance of my family and a lovely lady who did counselling from home I found a safe place where I could investigate my inbuilt belief about death. I researched opinions, religions and ancient beliefs. I learned how to question my long held opinions and to not automatically believe what I had held as true all my life. I rediscovered myself, my passion for life, my zest and enthusiasm and reconnected with who I am and what is important to me.

It was an amazing day when I stood in the sunshine all dressed in white and beaming up at my adoring new husband. Only one month on and I felt whole, well, loved and ready to tackle my future with optimism.

The biggest thing that I learned, was to not run from your fears. It's impossible! They are with you and inside your head always, and running will simply exhaust you and eventually ruin your life.

Instead, face your fear. Stop running. Turn around and take a look. It might be uncomfortable and horrible for a while but once you know the name of your fear or anxiety, you can take those first tentative steps towards overcoming that fear. If you cannot overcome it then you can at least learn how to live your life with it.

Whatever you do, trust yourself. You are strong; you are amazing; and

you can overcome your internal fears and anxieties.

I am strong; I am whole and well and now on the most amazing life journey and that's all because of me.

I did that and so can you.

About the Author:

Naydeen Frecklington is a qualified professional life coach who through her own difficult life experience, found the inspiration to fulfill her destiny by helping others to realise theirs. She has been inspiring busy like-minded women in areas of health and wellness, small business and personal coaching.

The president and founder of Crossroads Life Coaching, Naydeen is committed to inspiring women to realise their full potential while keeping a healthy life balance. To contact Naydeen in response to the story or to sign up for her free newsletter, you can reach her via her website: www.crossroadslifecoaching

Chapter 8

Let Your Mess Be Your Message

Karina Stephens

On a trip back to visit my parents I bumped into an old school friend. We hadn't seen each other for over 20 years and I was interested to find out what she had been up to. Over a coffee she proceeded to tell me that life hadn't really gone to plan. She was going through a rather messy divorce, had lost her mother to cancer less than a year ago and had major financial issues that were worrying her. She truly felt that she had wasted a lot of years with the wrong man and had given up a promising career in radio in order to raise a family.

I truly believe that great things are birthed from great pain. Child birth is the perfect example of this. Not that I have experienced this personally and being 40 now I have no desire to rush out and try it just so that I can prove my theory. I did see my nephew being born and witnessed first hand my sister go from a loving feminine soon-to-be mother to a demon with Tourette's syndrome and back again in the space of nine hours.

The pages of life's history books are filled with the stories of great overcomings: ordinary human beings facing extraordinary circumstances and, against all odds, coming out the victor and inspiring others in the process. This is what life is all about isn't it? Rising up against adversity, stretching and growing and transcending through life's levels.

Each level contains Universal Laws which are hidden behind our unconscious living and Egotistic States and as the eyes of our soul are opened up we 'remember' a life law revealed to us, waiting for us to finally 'get it' so that we can continue to progress through life, living our purpose.

In the midst of our pain lies the darkness, confusion and brokenness. The light is absent here except for the next step. There is no illumination on the future. No brightness to light the wilderness through which we trek. Our steps are heavy with the weight of this yoke on our shoulders.

We've all been here or are presently here and we all will return again. For these are the Labour Pains of Life. There is no birth without them. Trying to numb the pain with drugs and alcohol only lengthens the gestation period.

But with every birth comes a new life – a new beginning; as spring follows every winter, there is a rebirth. For this is the cycle of life. The old needs to die before the new can be born. Everything is as it is meant to be.

And just like the snake sheds its skin we need to shed our old self so

that our new enlightened self can shine forth. The snake does not carry its old skin around with it once it's shed. It leaves it and moves on.

Unfortunately, a lot of us hold on to our pasts like excess baggage, cluttering up our hearts and minds and limiting our true potential. Baggage is classed as anything you cannot say thank you for and just like the snake we need to leave it behind and move on.

This process is called Letting Your Mess Be Your Message – a powerful tool for liberating yourself and empowering others to do the same.

About the Author:

Karina J Stephens (AKA Miss Potentiality) is founder of www.misspotentiality.com a website designed for women focusing on unleashing potential in areas such as leadership, relationships, health, wellbeing and personal empowerment.

With her husband Ian, she runs an international speaking/training and development company. As a husband and wife team they have worked with leading organisations across three continents delivering speeches and leading conference workshops on topics such as Advanced Rapport Building, Communication Mastery, Understanding Gender Differences, and High Level Relationship Building Techniques.

Also: www.mazoonga.com

www.ianstephens.net.au

Chapter 9

Love Letters

Kyla Blairs

Have you ever wondered if your loved ones know how much you love them? Have you ever, in fact, asked yourself if you are communicating in a way that those people who mean the most to you understand?

I recently had an experience I would like to share with you that truly opened my eyes and heart to effectively communicating with loved ones.

Recently I reflected on something I did some months ago. I wrote my 14 year old daughter a love letter. You see, at the time we were having a bit of a complicated time communicating. In fact, we were barely speaking to each other at all. In all honesty, I was thinking that the problem had more to do with her being a teenager than contemplating the fact that I was not taking a whole lot of responsibility for my own actions. Actually, I hadn't even questioned why I felt okay with justifying my actions in that way.

One night I was quite stunned when I awoke to chest pain. Having lost my beautiful step-brother Paul, who was only 32 years old, a couple of years before to a heart attack, I felt compelled to ask my higher self and my unconscious mind what was happening. Why had I created this pain?

The pain was intense and a little scary in that moment.

Immediately I was reminded of the argument my daughter and I had had the day before. I felt tears well from within and asked myself, "How can I turn this situation around?"

In the dark stillness of that particular night, the idea came to me to write a love letter to my daughter. A love letter that came from the heart, without blame – letting her know my fears and totally owning them as my own, taking full responsibility for my behaviour and assisting her to see that my reactions were based purely on my very old beliefs. On reflection now, I can honestly say they were not even beliefs that I had consciously chosen; instead they were beliefs that I had adopted from my parents and society who had most probably adopted them from their parents and society who had most probably ...

So in the middle of the night I climbed out bed and grabbed my note pad and pen to sit down and write what I thought would be a very short love letter to my daughter.

Six foolscap pages later I felt almost complete. I had shared precious thoughts with her that my 'lack of trust in her' was not the issue even though my behaviours at the time certainly had suggested otherwise. It was simply that my love for her was so powerful, yet sometimes I allowed myself to engage in the thoughts of how horrible my life would be if she was no longer in it. So much so that in those moments, I had allowed those fears to become so real that they were almost paralysing to me. It was in that moment as I reread my words to her that I realised

just how false those fears really were.

Silently tip-toeing to her room, I watched her quietly sleeping just for a moment. All of a sudden she was a little girl once more, safely and peacefully sleeping in her bed. My heart overflowed with love for this beautiful soul before me, one that I had created, a wondrous part of me and I once more put pen to paper.

The next morning as she moved quickly past me in the hallway I handed this letter to her and asked that she please take a moment to read it. In all honesty I don't really think I expected her to read it in any hurry.

A little while later while I was preparing for my day, my daughter entered our bedroom. I asked her if she had a moment to read my letter. One look at her told me that she had. Her eyes filled with tears and she ran to me with her arms outstretched and said, "I didn't know that was how you felt. I love you so much." We hugged and held each other tightly, crying in unison, though this time they were tears of relief and happiness.

The part of this story that really amazed me was the fact that even though I have every day told each of my three children how much they are loved, every single day without exception, it was not until I took the time to write this letter to my daughter that I fully understood how important it is to communicate our true feelings from our heart to those people that mean the most to us.

I also think it so important to challenge our belief systems and question more often what we say and do on a regular basis. Do you say or do

those things because you believe them to be true? Or are they merely a habit that you have formed from your childhood? Do you really believe those things that you are saying to your loved ones or is it time for a clean out of old mantras?

When would *now be a good time* to write your loved ones a letter of love? You could write all those things that you love about that person in the letter, and when the temptation comes to include the details about how they could change certain behaviours so that you could express your love even more, instead let it go and think of another thing that you love about them. Delete blame or anger; make it truly from the heart.

Live each day as though it was your last, letting all of the people who mean the most to you know exactly what you love about them.

You may even be surprised at their response, as I was; honestly believing that they already know how you feel about them.

A simple act such as this can have such an incredible impact on so many. You might even want to write one to yourself as well!

About the Author:

The above story is an excerpt taken from Kyla Blairs' book "Before Glow" which is currently a work in progress.

Kyla is the founder of Before Glow Life Coaching and a Master

Practitioner and a Trainer of NLP (Neuro Linguistic Programming). Living on the Sunshine Coast of Australia with her partner Martin and their three beautiful children, Kyla may be contacted at kyla@beforeglow.com.au

Chapter 10

Forever Young

Patricia Young

"Dare to live your dream

Watch it glitter and shimmer

Sparkling Success"

My name is Patricia Young and, as a published author in my sixties, I am Fabulous, way, way, Beyond Forty. My dream to write a book one day began when I was nine years old in primary school and my homework was to write a story about myself. I finished off my story with – *one day I would like to write storybooks.*

With the recent publication of my first book, *In the Shadow of the Golden Pagoda*, I feel that I have the right to be smugly satisfied with myself at achieving my dream from so long ago. Writing my book was a definite labour of love.

At the time of writing it, I lived north of Brisbane in the beautiful Mary Valley in the footprint of the proposed Traveston Crossing Dam. We in the valley were totally opposed to the dam, and our lives were

traumatised because of this. A friend of mine in her seventies, living alone in the valley with her herd of Dexter cattle, was really upset and I began spending time with her to talk about her problems – a kind of therapy.

She told me a bit about her early life as a child, which I found fascinating, and I asked her permission to write a journal for her. Gillian was born in Rangoon – in the shadow of the Golden Pagoda. This poetic phrase became the title for my book.

The writing project helped to take Gillian's mind off her present day troubles around the controversial dam and it didn't take me long to realise that her amazing story would more than fill a book. Over the next eighteen months, my friend and I brewed many pots of tea and nibbled on our favourite ginger biscuits as the book gradually took shape. And then the great day arrived – *In the Shadow of the Golden Pagoda* was ready for its debut.

I had found a wonderful group of ladies in Catbird Media at Cooroy – a very 'pedantic' (in the nicest possible way) editor, and two wonderful girls who set the book up ready for the printer. 'Girls can do anything!'

The finished product, *my book*, looks stunning. We had a launch at the Gympie Library and another couple of months later at the Noosa Library on the Sunshine Coast and I have had so many favourable comments as well as lots of questions as to what happens next, that now there is a sequel in the pipeline. I have discovered that writing is indeed addictive.

My husband and I run a Dexter cattle stud in the Gympie hinterland, and

our little red Dexter bull, Brutus, is the inspiration for a children's picture book series that I am very excitedly working on. Many of his adventures have actually taken place on our farm.

I began writing poetry when I was in my thirties. I love writing poems, especially for people or special events – narrative poems, the ones that tell a story. I became the family poet, and it was expected by my relations that I would create poems to be read at all gatherings and celebrations. This I did with pleasure. I also dabble with haiku and write limericks from time to time, and I have even won a competition or two along the way.

When I wrote my book, I did not realise that writing was just one part of the total package. Life after publishing became a whirl of book launches, being the 'star' for a day, making speeches, answering questions from the audience and, of course, book signings. Then there are the bookstore owners, distributors, online stores to approach to market and promote your book. Word-of-mouth is a great method of selling your book and I find lots of ways to bring it into the conversation – even total strangers I met on a flight to Melbourne bought a copy.

In my previous life before becoming an author, I was more of a back-room person. Now I have become outgoing and confident in my ability; I believe in myself. I like the new person that is me. Being shy and retiring is such a waste of life. When I look in the mirror, the person that I see is still me, but it is a more confident me.

I would encourage all aspiring writers to never give up til you have

achieved your dreams. Life after writing opens many doors of opportunity to a whole new world filled with interesting, like-minded people and lots of excitement. I am very lucky that my man has supported me all the way. He did not complain when time and again he came home at night to an empty kitchen, but just got busy preparing some truly memorable meals for us. He even did the dishes. (If anyone is interested I would consider renting him out – for a generous fee, of course!)

Yes – I am fabulous, I am way beyond forty, *and* I'm a published writer – life is wonderful.

About the Author:

Patricia Young is a published author and resides in beautiful Mooloo in Queensland, Australia. Her books can be found online or in a store near you, and Patricia may be contacted on kezaly@skymesh.com.au

Chapter 11

Single Parent - Cruise or Submarine

Glenda Howes

Many of you out there you may recall sections of time in your life where there was a certain disconnection and removal of your more vibrant person, to a place suppressed in the layers beneath. As you relinquished your happiness, you gave up some of your soul as not being important or precious enough to express or fight for, as you allowed yourself to close down the different segments of your vessel, like a submarine, to dive, dive, dive, into the quieter depths below – to disappear.

This was me over several years, denying there was any problem with my relationship, shutting off the periscope that only allowed me to peek at my life, with distortions of sound and colour, and eventually no feeling. This can be so insidious you don't even notice at first, but the captain of your sub is a very, very exacting commander – and tells you repeatedly to go to your manual and look up the mistake you are making, and guides you to learn the lesson that sometimes takes years to get you on your true course.

I was in the wrong relationship, and my intuition was telling me this. Wrong partner and people around me – I was never going to thrive or enjoy my life or my children as much as I wanted. Only I could be responsible for allowing a situation that was not conducive to my best health and life, and spiritual growth. It was not fair to my partner, or my children. After exhausting all the excuses and bargains with myself, I came to a day when I couldn't live the lie anymore. So if you recognise any of yourself in this, take action! You are responsible, and no matter how petrified you may feel about becoming a single parent, if you have given the relationship your best shot, embrace your decision! Single parenting as a happy parent can be the most rewarding experience in your life!

Suddenly I felt light and buoyant again, and my sub was full sail at sea. I still felt moments of trepidation, self doubt and, of course, exhaustion; but I got to design the timetable and set the course. I was not a perfect parent, but my kids had fun, and we really nurtured each other on so many levels. Juggling the babysitter, work, school, and sporting timetables is really an art form.

So setting an intention for success is essential. Time management is an ongoing area of improvement for me. Learning boundaries and how to say no is also essential. Learning to budget! Single parenting is like joining the navy and being a general proceeding with insufficient knowledge. So as a raw recruit to the Single Mums Club, where do you start to sort out your world?

You start by planning some time for yourself. Every day. Even if this is

just 15 minutes to meditate, to get that splash of vitality and sunshine on your face, or to read. What ever sustains you. You need to take ownership of your time for yourself, so schedule this into your routine from the word go. This is sacred time, so put a boundary around it so it's a kid-free zone and they will respect this from the start.

You also need to schedule time for exercise, whether waking half an hour earlier, or walking in your lunch break. You can find the time. Don't accept excuses from yourself that you can't do this. It is essential to look after yourself physically and, believe me, the difference mentally when you take action on your fitness will give you an instant happiness lift, with all those extra endorphins to boot. I parent so much better when I am exercising, and when I'm not exercising I don't even parent myself that well!

Look seriously at your network of support, and ask for help. Allow yourself to receive effortlessly and easily, knowing you are worthy of assistance, and that you in your turn can pay this forward whenever you get the opportunity. If you need a more supportive network, join a mother's group, playtime group, single parent group – but don't allow excuses to let you become isolated again. This is a time for redefining yourself and you need the stimulation of company and people to build your bridges to connection.

STAY connected.

It was always a warning to friends of mine when I went quiet and couldn't be contacted – I was back diving, isolating myself and not

coping. As frustrating as this was for others, it meant I had to reach down and pull myself up by my bootstraps yet again, and that energy could have been spent so much more richly if I had asked my friends for more help.

Today I always ask!

Ensure you never bad mouth the other parent – sometimes easier said than done. In being organized when something unexpected from the other parent happened, and through using my NLP, I was able to not take certain actions personally. As parents, we stand and are judged by our kids on our actions, so be authentic and consistent. Grow up, and have the courage to stand up for your kids, but also to counsel and support them. If parenting is positive on both sides, support the other parent. Where respect is lacking and the relationship has detonated itself, be consistent for your child in your environment. Always remind your children that your ex-partner is responsible for their own action, and you cannot always explain what someone else is thinking, seeing, hearing and feeling.

This is a time where kids are readjusting, and together you and your kids will define your home life. You get to choose chaos, or stimulating organization. My life still had moments, days, weeks and months of chaos, but in moving to the organized side of the equation, we generally functioned in a more structured manner. I was a bit bohemian, with a very poor talent for domestication, and yet this was just a limiting decision of mine. Once I recognized this and learnt to be more organized, with everything in its place, I actually found I had so much

more time for everything – kids, me and life.

Energy in a home needs to be managed. I'm not talking about turning out the lights or quick showers, though that has its place. I'm giving real emphasis to your energy, and how much you can do in a given time without ending up so drained and exhausted, you can barely function. Put spaces into your day where you regroup, breathe, relax and allow gratitude for all the wonderful things in your world. Your energy will lift immediately. Sleep well. I have worked night duty for years, and if my sons hear me say I'm tired one more time, they will scream! These days, I try to keep some energy in reserve for myself, because it makes me more resilient!

And finally, develop resilience on every level, so a sense of humour will see you effortlessly emerging and cruising through life. Let your kids see you handle life fabulously, playfully and passionately – engage, engage, engage!

Single Parent is just a tag. It can be incredible fun! Inspire your family!!! Inspire your life!!!

About the Author:

Glenda Howes is a Trainer of Neuro Linguistic Programming, an Author, Speaker, Hypnotherapist & Life Coach. With over 20 years experience as a Registered Nurse, she has a passion for mind-body-healing and alternative therapies and has studied Journalism, Business and Law, and

Nursing at tertiary level whilst being a sole parent of two teenage boys, Chris and David.

Glenda runs the very successful Leap Coaching, in Western Australia, with both local and international clients. She loves connecting clients with their potential today, as they move towards success in all areas of life, free of sabotage, guilt or fear. As clients learn what they need to know from their authentic selves, healing and breakthroughs take place effortlessly. Glenda also runs seminars and innovative workshops, nationally and online.

Contact Glenda at glendahowes@hotmail.com

Chapter 12

Weight Loss Success

Margo Courtney

Story of an Amazing Diet

Hi, my name is Margo. Six months ago, I was overweight, unhappy, guilty about what I ate and sure I'd never ever be my ideal weight again.

But I developed an amazing diet to achieve my weight loss. This is my story ...

I always believed that my diet was healthy.

I became a vegetarian in my early twenties and took a few nutrition courses to make sure I would receive all the nutrients my body needed.

All was fine, so I believed. The meals I made were balanced, with all the food groups that we were taught about at school represented. The proteins usually consisted of combining secondary sources in the one meal, like rice and nuts, to form a primary source.

And the Weight crept up ...

I turned 40, and despite my 'healthy' diet, I slowly put on weight. I suppose it didn't help that nearly every night I had red wine and chocolate or chips, but that was my 'reward' for eating healthily during the day.

It was my metabolism's fault that I was gaining weight, I decided.

I had been my ideal weight (with slight fluctuations) for a long time, but that now crept up slowly until I was nearly 46lbs/21kg heavier. My beautiful wardrobe was unwearable; the new clothes I bought became uncomfortably tight very soon; I was ashamed to wear a swimsuit; I stopped wearing short skirts; and my face was very puffy and I didn't look or feel like 'me'.

I WAS VERY UNHAPPY WITH MYSELF.

BY THIS TIME, I HAD BEEN OVERWEIGHT FOR ABOUT EIGHT YEARS.

Crunch time

I arrived at a point where I had to decide whether to accept myself as I was, or go on a diet.

Neither choice was appealing. I don't consider myself as having a lot of willpower over food, and I felt disgusted with myself every time I looked in a mirror. How was I going to do this?

Turning Point

I did some research into weight loss and discovered that your diet can not only help to heal health problems, it can also increase your energy and vitality.

I was feeling drained and tired most of the time, but had always accepted this as normal with a busy lifestyle. I had also decided long ago that whatever health problems I had that could not be easily fixed by the medical profession, I would learn to live with.

Now I had 3 reasons to change my diet:

- Lose weight
- Regain my health and decrease my health problems
- Increase my energy and vitality

I was a bit skeptical about the healing part, but I wanted the vitality and energy. I'd seen people like that, full of bouncing energy, never getting tired.

I was tired of feeling tired!

I MADE A DECISION to embrace this diet.

So I did lots more research to ensure my body would be receiving the nutrients it needed. I worked out how to apply this diet to my lifestyle. It was clear I needed to start with a detox, as this not only cleansed my body (or at least began the process), but it would also shrink my stomach so I wouldn't need as much food to feel satisfied – using the

same principle as my Liquid Diet days.

I STARTED my new Food System.

Two days later, I did a 2-day detox, had my last glass of wine and plunged right in!

I was not well for the first 2 weeks on my new food system, with headaches and sudden drops in energy, but I already knew that these symptoms were normal during an internal cleansing – the body is ridding itself of its toxins in whichever way it can, and working extremely hard doing it. That takes a lot of energy. Years of accumulated toxins are being eliminated very quickly.

But I persisted. I WAS GOING TO BE HEALTHY again, and get my vitality back!

I lost 6kgs in the first 10 days, by 'accident'.

I have scales in my bathroom (surprise!) that I jumped on now and then to monitor my weight. After 10 days on my new food system, I jumped on the scales just casually, and received a SHOCK. I had lost 6kgs/13lbs. I hadn't realised, hadn't thought about it, nothing. But I began to see the possibilities ...

So Easy!

I have to tell you, this diet is EASY. The detox clears all the poisons out of the system. **I ACTUALLY DON'T EVEN WANT A PIECE OF CHOCOLATE.** In fact, it repulses me to think about eating it. Same goes

for other unhealthy food. I tried a mince pie at Christmas and didn't even enjoy it, let alone have another one.

I believe I was addicted to these unhealthy foods most of my life, that the toxins in them made my body want more. Once these were cleared from my system, I didn't want them.

5 months later ...

OK, its been 5 months. I have lost 16kgs/35lbs so far, and I'm STILL LOSING. I have very few clothes now that fit me, as I have given most of my 'fat' clothes away and don't want to spend a lot on wearing something only temporarily while I lose more.

I only need about 5 hours sleep a night and I hardly ever get tired. I bounce out of bed in the morning when I wake up and NEVER need the snooze button – my body can't wait to start the day.

My health improved.

The other major benefit I've had from this food system is that I haven't caught any of the bugs and viruses going around. My son came home with the flu and, for the first time ever, I didn't catch it. I must be healthy! My PMS has dramatically decreased, AND amazingly, my arthritis has improved as well. Before, after a night of dancing, I could hardly get out of bed the next morning, but now I hardly feel it.

About the Author:

Margo Courtney is the author and creator of The Amazing Detox Diet Plan, a lifestyle diet that dramatically improves health and helps to achieve your ideal weight.

To get your copy, visit www.juice-detox.com

Chapter 13

To Have It All

Peggy McCall

My journey of self-discovery continued, and I was expanding my sense of myself and my own identity. In many ways, I thought that I was finally starting to feel successful and happy.

I had a growing sense of wellbeing and satisfaction and I adored being a mother and taking care of my son, Michel. I was enjoying my life as a single woman and investing plenty of quality time in my relationship with my son. In addition, I bought a lovely, beautifully decorated four-bedroom home in a wonderful neighborhood. I was making a good living, earning more and more each year. I sensed that I was on the path to my destiny of helping others.

I was feeling optimistic about life and more secure than ever as I consciously worked on developing a sense of worthiness. I was bravely facing my difficult negative emotions, learning what I could from them and actively choosing to replace them with more positive feelings.

However, there was still something missing. As much as I was making progress, I knew that I had the power within me to create so much more.

Financial worries, and fears that I might not find love again, gnawed at me. I didn't know why I was so restless and was experiencing a sense of lack. It didn't occur to me that my emotions were causing me to feel vaguely dissatisfied because they were so subtle that I often didn't recognize them. My positive feelings were there, but it was as if many of them were barely audible and I had to strain to hear them.

I felt that if I tried harder, I could "force" success and take my life to a whole new level, but I quickly found that I wasn't getting where I wanted to go, no matter how hard I worked. Consequently, I held tightly to everything that I achieved while still being consumed by negative thoughts and feelings about what I didn't have. The success I enjoyed led me to want more – I believed that if I just made additional money, I'd be less anxious and more at peace. But the harder I worked to keep what I had and grab for more, the greater the fear I felt.

Then my income began to drop, and I frantically tried to figure out what I was doing wrong professionally. I took some necessary risks to boost business, but what I didn't realize was that by focusing on what I didn't want to experience (namely, fear, anxiety, and lack), I was holding myself back from achieving what I did want – contentment, calm, and abundance. I tried to believe the spiritual teachers and self-help experts who said that prosperity would be mine if only I'd accept it, but it felt as if I had no control over making more money. I was terrified of losing my business and my home, and I was getting sucked into a whirlpool of negativity. I questioned my self-worth and wondered how I could have the nerve to teach others about being successful. I was dangerously close to losing everything that I'd worked so hard to achieve.

Fortunately, that led me to my fourth epiphany: "To have it all, you have to be willing to give it all up. "I needed to let go of the fear that I would lose myself if I lost my "things." I realized that if I did so, I'd truly be able to stop being so afraid. But did I have the courage to surrender it all?

The truth is that I didn't necessarily have to give up everything I had (I didn't have to relinquish my house, for example), but I understood that *I had to be willing to give it all up*. I had to be prepared to detach from what I owned, because by being attached to situations, I was creating powerful negative feelings. I didn't have faith that no matter what happened around me – regardless of what I might lose – I had the power to control my anxiety and fear and create happiness for myself. I was afraid that if I lost what I had, my destructive emotions would take charge of my life.

I realized there was no reason to be possessive when it came to my material wealth if I could just have faith that everything in my life could be created again, because I'd created it in the first place. If you have the power to build, you have the power to rebuild. In my head, I trusted that money is just an outward manifestation of the abundance and wealth that's experienced within, but I had to be convinced of that in my heart. I finally understood that laboring to create the things I wanted for myself wasn't nearly as effective as focusing on creating my desired emotions. I didn't have to work or think harder; I needed to forge the positive feelings that were associated with my goals.

If I wanted to be confident, I had to create the feeling of confidence,

and the universe would respond by helping me succeed. If I hoped to be wealthy, I needed to create a feeling of richness and abundance, and the universe would bring me prosperity. I understood that what I co-created might not come in the form I expected. (For instance, maybe I'd draw in new clients, but it would be through an unexpected avenue – or I'd get the money I was seeking, not by acquiring additional business, but through another source.) Of course, I had to work to make the most of the opportunities that the universe presented to me, but I now knew that I didn't have to continue to frantically struggle to achieve my goals. I could attract the situations that mirrored my feelings of happiness, abundance, and confidence. When I began to genuinely believe that I'm more than what I have – that I'm not defined by what I've achieved, and I don't have to point to material goods as evidence of my worthiness – my life started to change dramatically. I created the emotions that I wanted to feel, and the newfound power within me allowed me to grow and prosper as I'd never done before in my life.

About the Author:

Peggy McColl is a New York Times Best Selling Author and an internationally recognized expert in the area of destiny achievement. She has been inspiring individuals, experts, professional athletes, and organizations to reach their potential for the past two decades.

She is the president and founder of Dynamic Destinies Inc., an organization committed to delivering sound principles for creating

lasting and positive change.

To contact Peggy in response to the story, you can reach her via her website www.destinyswitch.com And, to get a copy of her new book *Your Destiny Switch* [click here](#).

Chapter 14

The Second Half of My Life

Judy H. Wright

Have you ever wondered what your destiny in life was? Did you ever ponder whether the road you were on was the one leading to fulfillment and happiness? Unlike so many of my friends and family, I have always had the sure knowledge of what was expected of me.

Who I was and what I was supposed to do

Under a tree with my teddy bears and dolls around me, a message came suddenly and clearly into my mind. I was to have six children, write books that would help families, speak and teach all over the world and I would live to be 97 years old. That is pretty heavy stuff for a six-year-old.

Fortunately, my mother never doubted my epiphany and continued to encourage and support me through every milestone until she died in my arms at age 93. Even while nurturing my family of six children and following my husband's military career I was in the process of preparing to "do my own thing." After care giving for elderly parents, I realized that portion of my life was complete.

Preparing for the next chapter of life

There was 40 years of productive time left on this earth to accomplish all I had set forth to do. However, after carrying so much physical weight on my body for years, I was facing inevitable diabetes and arthritis. Unless I took action, medical complications would curtail me from fulfilling my destiny.

Doing research, just as I would for any book I was writing, I investigated "one more diet" that I could live with for the rest of my life. After interviewing over 100 men and women across the country who had unsuccessfully tried the same diets that I had, my mind was made up. I finally chose gastric bypass surgery as a one-time solution.

Gastric bypass surgery as my solution

On 30 July 2002, I underwent a procedure called laparoscopic Roux-en-Y. It is called weight loss surgery or WLS by many. This surgery creates a small stomach pouch which holds less than a cup of food. A section of the small intestine is attached to the pouch that absorbs less food than before. Most patients lose over half their excess weight in the first year and a half.

In the period since my operation, I have lost and maintained a weight loss of 100 lbs. This is equivalent to the combined weight of my three granddaughters, Amanda, Lexi and Melissa!

For the first time in years, I feel normal and in control when making food choices. Now I am able to enjoy life to the fullest and have the

energy and stamina required to help other families raise their standard of living through books and workshops.

Spirit and body in sync

Finally, my spirit and body are in sync and I am ready to go forward. I am able to concentrate on my spirit's promptings during yoga because I am no longer concerned with whether my body will be able to balance, bend or straighten up. For me, this option was a success. It gave me the ability to concentrate again on my writing, and feel confident when I stand in front of workshops to speak.

Yes, I have met my goal of being an international speaker and writer. To travel, teach and do what I have been called to do, I must remain a woman of strength and maintain that spirit and energy for the rest of my life.

Listen to your angels

We each create our own reality by our thoughts, actions and belief systems. Hopefully that belief system will include guardian angels and a success team who will guide and assist us in our journey.

I have an obligation to that little girl who was given her life's purpose half a life time ago. The message that I share with the children in my own family and the families I work with is to listen carefully to the still small voice within that tells us we are important and have something of value to share with the world.

I would like to give you a gift of an eBook on communication. Please go to <http://www.UseEncouragingWords.com> to download it immediately. This story comes from a book called ***Women of Spirit and Strength*** written by Judy H. Wright Please share your comments at our blog www.AskAuntieArtichoke.com

About the Author:

Judy H. Wright aka Auntie Artichoke, the storytelling trainer is an Author, International Speaker and Life Educator who owns and operates ArtichokePress.com. She runs a global online business from her home office marketing eBooks, tele-classes, newsletters, family coaching and a number of related products. At <http://www.ArtichokePress.com> you will receive free articles and a subscription to the newsletter The Artichoke-finding the heart of the story in the journey of life.

A recent client said,

“Being with Judy, whether in person, print or tele-class is like having a cup of tea with a loving Auntie who wants the best for you and yours.”

You will find her work warm, witty and packed with wisdom to make your life easier and more abundant.

Chapter 15

The First 10 Steps to Extreme Self Care

Lori Smith

Extreme Self Care is the practice of fully committing to a nurturing lifestyle.

Extreme Self Care requires connecting with yourself on a DAILY basis, deciding what you need and then following through to make it happen.

Today we are starting on the First 10 Steps. These 10 very easy baby steps will ease your mind and your heart and create a very small piece of peace and serenity in your life.

I highly recommend and participate in these activities every day! They are very easy to incorporate into your everyday lifestyle once you have made the decision to do so.

Keep in mind that it will take 4-8 weeks to develop these into habits that will start coming naturally to you. So for the next 8 weeks, you will need to commit to these actions. If one day you do great and the next day

you do awful, it doesn't matter, start the next day with renewed commitment and have a great day.

Above all else, remember that this is for you – because you want to feel better about yourself, you want to feel healthier, you want to have more energy, and you want to enjoy each day of your life to the fullest.

Day 1

Nourishing Getup Ritual – Nourishing to your soul and body.

Some simple things that help: pick an alarm clock that has a nice sound or use the radio so that you wake up to music. I give myself a few extra minutes in the morning; this allows me to wake up and stretch my way awake, without feeling the rush, rush of the day. I have made it a practice to get up with enough time to get myself up, showered and ready before it's necessary to get the kids up.

My morning goes something like this: I spend about 15 minutes lying in bed just letting myself wake up, and stretching; you know, like cats. I head for the shower, lots of time and lots of hot water, in our house that is definitely a consideration.

Now I have some quiet time, to plan my day, or write in my journal. I do this in silence, no music, no people and no TV.

Day 2

Drink 8 glasses of water – Our body needs water, simple as that; we don't give it enough. We drink juice, coffee, soda, all with sugar and

many other extras.

Pure water is the goal! I don't mind admitting this one is hard for me; I would prefer juice or soda. But water is what our bodies need.

I like to keep a 1 litre bottle on my desk, and drink 2 of these during the day. I try for one before lunch and one after lunch. This is the minimum requirement for the day; any other water you drink at home before or after work is a bonus.

Once you are into the habit it will be much easier to do. Keep in mind that drinks with caffeine in them will dehydrate you and you must drink more water to compensate.

I am not a health care professional and will never profess to be. I am sure you are all aware of multiple websites and professionals who can give you all the details if you need additional information.

Day 3

Eat Well – Again I am not a health care professional, but there are some simple facts of life here. We need to eat to provide energy for our bodies. The food we eat needs to be quality food that will regulate and fuel our bodies efficiently.

You need to find a system that works well for your body, your belief system, your lifestyle. Take care to visit a professional and do your research; don't leave your health to chance. Take care of your health the same way you would take care of your child or your partner.

Day 4

Laugh a Lot! – Scientists have found that laughter is a form of internal jogging that exercises the body and stimulates the release of beneficial brain neurotransmitters and hormones. A positive outlook and laughter is actually good for your health!

Adults laugh approximately 15 times a day, while children laugh about 400 times a day!

When we grew up, we somehow lost a few hundred laughs a day. By learning to smile and laugh again, more easily and often, we could have a profound and positive effect on our health and wellbeing.

Need I say more? It is scientifically proven. Besides the health aspects, laughing just feels great. It raises the level of wellbeing, not just for you the laugher, but also all other people around you! Laughter is very infectious; laughing and enjoying life rubs off on everyone around you.

Day 5

Exercise your body – Again I am not a health care professional, but there is a simple fact of life here: Our bodies need to move to stay functioning well. Visit your health care professional, do your research, and pick the method that works with your lifestyle.

Day 6

Exercise your brain – In a recent study, researchers set out to improve the brain function in older people. They focused on:

- Memory training. The subjects did brain teasers and crossword puzzles several times a day.
- Exercise. They stretched and walked each day.
- Diet. They ate five meals a day to maintain balanced blood sugar, and their meals included plenty of omega-3 fats and antioxidants.
- Stress. In addition to stretching, the subjects did relaxation exercises.

At the end of two weeks, all of the subjects showed marked improvement on their brain scans ... and they performed better on the cognitive tests. A control group showed no changes.

Like the rest of your body, you have to give your brain the right fuel, adequate rest, and regular exercise for it to work properly. So take a break here and there to do a crossword puzzle. Or pull out that game of Scrabble and enjoy an evening with some friends. It'll do your brain some good.

Day 7

Write in a journal – This is a practice that some people do naturally; they may have started as kids and continued it on from there. For adults who have never used journaling it can feel very imposing when first starting out.

Keep a couple of things in mind. Definitely use a paper and pen; it is all about the mental and emotional fulfillment that comes with actually

writing in your own handwriting.

No one is going to read it, so do not write to please other people. Write things that are on your mind, no matter how insignificant that you feel they are. Write the good stuff and the not so good stuff.

Writing allows you to clear your subconscious of things that you are worrying about. It allows you to voice things that you are grateful for and it allows you to work through issues with other people.

I recommend writing in the morning and at night ... if only one time is available then do it at night. Writing at night allows you to write all your concerns and worries. Once they are out of your head, you will be able to sleep much better.

Day 8

Positive Mental Attitude – Another decision needs to be made here ... You need to make up your mind that you will always be positive. Some days are harder than others I know, but once you realize you have slipped into a negative frame of mind, refocus and get back to being positive.

Positive Mental Attitude creates a whole aura around you: people enjoy your company and you are able to accomplish what you set out to do. It affects all the areas of your life.

Day 9

Smile every day – Even if you have to force yourself to smile in the

beginning, just smile. You will soon believe it and your body will start to do it without even having to think about it. Like laughter, it is infectious. You smile, and other people around you will smile.

Day 10

Relaxing Bedtime Ritual – Just as with the Morning Ritual a Bedtime Ritual is needed, the routine of specific items allows our bodies to know it is the time to sleep. Just as we do with children we need to do for ourselves. Find the methods that work for you! Some like a hot shower or bath, reading a book, writing in your journal, practising meditation, listening to quiet music.

As little as 30 minutes of relaxation before bed can impact the quality of our sleep.

Getting enough sleep – As a professional and as a mother, I can understand more than anyone, the mountains of tasks that we feel we need to accomplish each day. I also understand as a human, that each person has their particular sleeping pattern. Sleep deprivation can lead to car accidents, a long list of health issues, lack of performance at work, irritability with family and friends, and down right bitchiness.

Chores can wait. Have a power nap, go to bed 30 minutes earlier, and plan your evening rituals so the sleep you do get is quality sleep. There are many ways to improve your sleep.

I am going to leave you with one last action. Take 30 minutes of your self-care time now and write out in your journal what your perfect day

would be like. Describe every minute in detail: every sensation, every smell, every feeling. Sit down and really visualize as if you were right in the middle of your perfect day. When you are done, read it out loud to yourself. I bet it sounds amazing!

I highly recommend that you make a deal with yourself to commit fully to creating an Extreme Self Care Lifestyle. Feel free to use the Personal Contract below to help you remember to put yourself first and be a little selfish every day.

Don't you feel better already ... excited? I am excited for you.

Personal Contract

I am committed to achieving a lifestyle of Extreme Self Care!. I hereby state that I will abide by my commitment to MYSELF. I can do it! It will be achieved! There is no stopping me! I have the determination, and the will, to achieve all of my goals! Without doubts, consider it done! I am Empowered by myself for myself to create a lifestyle of Extreme Self Care.

Signature *Date*

About the Author:

The Passion Diva – Lori Lynn Smith is a LifeStyle Coach and CEO of Foundation Coaching Group Inc. Foundation Coaching Group is on the leading edge of many exciting areas. Lori's personal struggle with creating balance in her life led her to create "Simply Extreme" a journey of creating an environment of extreme self care.

You can read many interesting articles on her blog at <http://www.extreme-self-care.com>

A gift for you: Just visit <http://www.simplyextreme.ca>. There you will find *Top Coaches Share their Extreme Self Care Strategies* Thirteen (13) top coaches share their personal examples and inspirations for changing the way we care for ourselves; the way we love, nurture and appreciate ourselves.

Lori may be contacted at info@foundationcoaching.com or www.foundatingcoaching.com

Chapter 16

When I Know It's Time To Surrender

Kara Oh

I've spent over \$40,000 trying to learn how to get this internet business thing right. After countless courses, workshops, teleseminars, paid memberships, SEO experts and a year of private coaching from a well-known guru, I had nothing to show for it but a heart that felt like it had been dragged through the mud, bruised, scratched and scarred.

I say heart because through it all, my primary goal has been to make a positive difference in people's lives. When we put ourselves out to the world, asking them to say yes to our glorious offers, we take it personally when others don't see how much of ourselves we've put into creating our products, writing our books or designing the perfect teleseminar or live workshop.

My problem – for all those frustrating years – was that I was doing what the business-to-business marketers were doing, right down to following the “blueprint” so I didn't have to reinvent the wheel. But theirs was a

wheel, several wheels, actually, working together – each a cog in the machine that gave them great success.

But I didn't have a machine, I didn't even have a wheel, I had a beating heart. And I needed to touch other beating hearts with my message. It wasn't until I stepped away, actually turned my back on the marketing mindset of all those teachers that I finally began to touch the hearts of those who wanted what I have to offer.

Because the teachings of the internet experts are focused on making money – even when their stated premise is spiritual and following your heart (which is why I was attracted to them) – I lost sight of what I really wanted and the original motivation to do what I do.

Of course, I'd love to make a lot of money, most everyone would, but at what price? I can't just pick a product or service that is only about that. No, the books I write, the coaching I do and the workshops I lead all come from a deep, heartfelt need to help women be more confident, happier, and more able to love and celebrate life.

One evening as I walked out of my house to go on my daily beach walk, the weather was utterly perfect, the kind of evening when you can go out without a sweater – unusual for California, especially Santa Barbara. As I walked I was thinking: "Why am I working so hard to do all the things I'm doing to build my business? Why don't I just retire and enjoy relaxing, reading, traveling and being with my fiancé?" Then, immediately after I had that thought, an entire, fully developed understanding came to me: "I have to do this because if I don't, I would

be dishonoring all I've discovered about how to purposefully develop and improve myself, to become the confident, joyful woman that I am today. I would be dishonoring this life I've been given. To do anything less would be a travesty."

Once I got that "divine download" my driving force to help women took over. I knew I had to help women learn how to be more joyous, to love and be loved more deeply, to reveal the magnificent women they already are.

As my heart took over and all the online marketing and millionaire-mindset guru guidance was released, my creativity exploded, my energy expanded and my enthusiasm and belief in what I wanted to offer caught on fire. It was like I'd woken up from a dream state. I was finally on the right track, going in the right direction, sitting in the engine, rather than back in one of the passenger cars.

One of the first things I noticed was how freeing it felt to easily say, "No, thank you," to all the offers for more training. I've purchased every training product out there and knowing that I don't need another one allowed space for me to focus on creating my own offerings.

I had modeled an earlier membership program after Dan Kennedy. I even used his membership sales page as a model. When I started getting members, I didn't feel connected to them, didn't feel like I was giving them the value they deserved. I had other models but they, like Dan, were teaching how to get rich, and, like Dan, they taught that it's important to keep distant from the members, to keep that air of

superiority, of expert status. That membership program never felt quite right. So I stopped offering it and let it go.

But after my new understanding had taken hold, I allowed my heart to guide the direction of my business. I realized keeping my distance was the last thing I wanted. I wanted to be available, to get acquainted with each of my members, to coach and mentor them to transform limiting beliefs into empowering beliefs so they could become their very best.

The first thing I did was design a membership program that came directly from my heart. Then I launched WomanToWomanHeartToHeart.com, the home of my new women's membership program. Because I wanted to create a real connection with my members, I decided to offer several ways they could receive coaching every month, I created special pages with guided meditations just for them; I coach them on the phone and via email so I know their names, what their struggles are, and I get to watch them respond and blossom. It is so fulfilling and my heart is bubbling over with love for these beautiful women. I am finally doing what I am supposed to.

I could never have created what I have if I had stayed with those teachers. I know that now. I got caught up in the millionaire mindset and my own energy got lost. My heart was not leading me, my head was.

Now that I have disconnected myself from those teachers and their teachings, I am in my full power, developing my own unique offering to the world. I can feel in every cell of my body that I am finally doing

what I was meant to do. There is a clear connection to what my heart has been trying to tell me for a very long time: "I am a powerful force, I have done the work to reveal my path, and now, by trusting my heart, I have stepped onto that path and can feel deep within me that I am truly honoring the gift to the world that I am."

I will do my best to give this same gift to the women I teach and work with. It is the least I can do to honor the blessings that have so generously been given to me.

About the Author:

Kara Oh, aka The Heart Whisperer founded her member based community <http://WomanToWomanHeartToHeart.com> from deep within her heart. Woman to Woman, Heart To Heart says what her community site is about. It's a community of women who care deeply and passionately about their personal growth. Email Kara today at Kara@KaraOh.com to take her special offer: One free 15-minute coaching session.

Chapter 17

It's a Matter of Choice

Lindsey Baigent

As a business woman and mother of two beautiful girls, one of whom is autistic I understand the challenges faced by the modern day mum. Juggling a multitude of roles and working through a never ending to do list can soon leave you feeling overwhelmed, frustrated and unhappy.

Our emotional need to feel needed is often so strong that we will do more for friends and family than we will for ourselves. Soaring stress levels, the loss of our identity and the sense of emptiness as a result of unfulfilled dreams can often result in emotional turmoil.

Over the years I've developed addictions to work, gambling, alcohol, food and cigarettes in a desperate attempt to cope with my emotions in relation to parenting a child with special needs. As my home life became more challenging my desire to succeed in business became relentless as I soared to the top in my direct selling business. With personal sales in excess of \$100,00 per year and regional sales topping \$1 million I was awarded Highest Retailer of the Year, Consultant of the Year and Manager of the Year for 3 successive years. To those around me I was a strong successful woman, yet behind closed doors I was in emotional

crisis as my addictions continued to spiral out of control and I contemplated suicide.

I remember my darkest day, sitting on my back patio with a glass of wine and cigarette in one hand and a packet of sleeping pills in the other. I was 22 kilos overweight, drinking between 1 and 2 bottles of wine and smoking 20/40 cigarettes a day and had racked up gambling debts in excess of \$250,000.

I felt as though I was suffocating and struggled to breathe. My life of deceit had finally caught up with me and suicide seemed like the only way out. I remember thinking that everyone would be better off without me, surely no one would love me when they realized what I'd done.

Then as fate would have it, my eldest daughter arrived home from school and somehow sensed my pain. I'll never forget her looking into my eyes and saying "You'll never leave me mum, will you?" I remember staring back at her with flashes of her childhood running through my head. I began remembering all the things she had struggled to do yet managed to accomplish because of her determination and never give up attitude. Her courage gave me the courage to face my demons and find a way to turn my life around.

I remember talking to a friend about my home life one day and she said "you're never given more than you can cope with in life Lyndsey, everything will be okay." Whilst it wasn't what I wanted to hear at the time, it's what I needed and those words have stayed with me acting as a reminder that there are no limits on life other than those I put on

myself.

Soon I began to learn that how I felt was not only my responsibility it was my choice and that how I felt had nothing to do with the challenges in life but rather the meanings I attached to them.

Hmmm, I have to say this lesson was a hard one for me to swallow because it was so much easier to blame someone or something for how I felt. The notion that I could choose to be happy and still have a gambling debt of \$250,000, choose to love as my child hurls abuse at me or choose to laugh when my husband was doing all the things that drove me nuts was a very foreign concept to me.

As I started to pick up the pieces of my life I looked around and realized that there were lots of women living on emotional overdraft and struggling to get through the day just as I had been. The harder I looked the more I saw, women putting on a brave face pretending they felt great when they were really in emotional turmoil. I felt sure there was more to life than this and that we deserved to be happy, so set about finding some answers.

Throughout my journey, I've read more books than I can count, attended numerous seminars run by some of the greatest teachers of today and qualified as an NLP Practitioner. Through Essentially for Women I share the strategies I've learned so that women around the world can enjoy the sense of freedom that comes as a result of understanding and mastering their emotions.

About the Author:

Lindsey Baigent, NLP Practitioner and committed student in the University of Life, is the founder of Essentially for Women, a community committed to having fun, making a difference in the lives of others and supporting women in business and in life. To network with women around the country go to www.essentiallyforwomen.ning.com or become a member of Essentially for Women by visiting www.essentiallyforwomen.com.au.

Chapter 18

An Adventurous Spirit

Sue Hite

At 43 years of age, feeling a little jaded and bored with my life, I really felt in need of some "me" time, a bit of soul searching and time out to decide just what it was that I wanted to do with the next phase of my life. Until then, I had always set goals for myself and been able to achieve them through determination and, most of all, passion. Where had that passion gone?

I decided to take Long Service Leave and use the time to travel and re-assess my life. My husband and our two sons were very supportive of my decision, knowing if they gave me the space I needed, I'd come back a much happier person, which of course would extend to them. However, they were concerned about me travelling alone so I checked around for tour operators offering trips for women. I couldn't find anything in Perth, so I set about joining travel forums on the Internet and that is how I met my travel buddy, Tracy from Arizona.

I assured my friends and family that I was capable of deciding whether or not she was suitable for me to travel with. If she turned out to be some kind of weirdo, I would just move on and make other

arrangements. The old me was coming back and the adventurous spirit was beginning to resurface. It was time to pack my bags!

I arrived in Bangkok and had a rather hair-raising taxi ride to the guesthouse where I was to meet Tracy. On meeting her, I felt instant relief; whew she wasn't a weirdo! We spent our first day cruising around Bangkok and becoming familiar with the transport system. On day two we decided to set off for the Tiger Temple in the Kanchanaburi Province. We took local transport which took approximately three hours.

On arrival, we joined one of the monks walking along with a tiger and were able to pat it, which was a real buzz.

We then entered the canyon where handlers stood by the tigers while we got to sit and pat them. That was a fantastic experience. Apparently, these tigers have been raised by the monks so they are used to being handled. Even so, we were obliged to sign a disclaimer before entering the grounds.

The local bus ride back to Bangkok was very entertaining. We stopped so many times that in the end I stopped counting. There was very little air in the bus and a lady fainted so we had to stop; then further down the track we ran out of petrol. Oh and to top it all off, we were taken to the wrong bus station!!! Luckily for us, we combined our Thai language skills and found a taxi driver who got us back to the guest house without too much hassle. At least we could laugh, and the tigers had made it so worthwhile.

Bangkok is a funny place. Every day we laughed a lot which was

certainly therapeutic.

Maybe some wouldn't see the funny side of this city and its people, but we embraced it and it embraced us. For instance, one day we jumped in a taxi and the driver's passion was to sing Elvis Presley songs, so he serenaded us. We showed our appreciation by encouraging him to sing more so by the end of the drive we were in stitches and he was feeling proud and happy; we had made his day and he had made ours! One of the Thai Massages we experienced turned out to be an absolute dud, as the girls were far more interested in watching TV and speaking on their mobile phones. We could have got really upset about this, but at the end of the day we saw it as being one of the many funny experiences to be had in Bangkok!

Another interesting experience in Bangkok is Thai Boxing. Every Sunday you can go to see Thai boxing for FREE at the Channel 7 Stadium near Chatachuk Market. This is where the locals hang out and it's really something to watch them in action. From the stadium it's a quick taxi ride around the corner to the famous Chatachuk Market. The Sunday we were there, I jumped on a motorbike taxi to get to the market, as it was an extremely cheap way of travelling. Probably wouldn't do that again in Bangkok – talk about hairy!!

After leaving Bangkok it was off to Chiang Mai on the overnight sleeper train. Arriving in Chiang Mai was quite refreshing as it's not as polluted as Bangkok and it's quieter. We stayed at a quaint little guest house which was only AU\$12 per night for twin share, so cheap. Whilst in Chiang Mai, we decided it was time to get serious about some exercise,

so we booked a 2-day Hill Tribe Trek with the thought that it would be a good prelude to my 16-day trek in Nepal. Apart from the trek itself, we rode elephants, swam in the natural pools near waterfalls, tried our hand at white water and bamboo rafting, visited the local market and drove around the villages on the back of a truck. Our overnight stay was at a Tribal Village where we were welcomed by lots of cute little kids. Our lodging was a huge dormitory style bamboo hut, with 12 of us sharing the floor space. The villagers cooked up a local dinner which was sensational and then afterwards we all drank the local rice wine and shared stories.

Back in Chiang Mai after the trek there was never a dull moment. Every Sunday the market kicks off at about 4 pm and goes until 11 pm. This market is "the market" if you want a bargain. Much better than the touristy Night Bazaar which is on every evening. We also found some great temples, some offering three-day intensive meditation courses run by the monks. We were fortunate enough to witness a young male being ordained into monkhood at an awesome temple just outside Chiang Mai called Doi Suthep. Another highlight was joining in the daily yoga and meditation classes at a delightful place called NAMO near Thapae Gate.

One of the things on our "must do" list was a Thai cooking school which we did in Chiang Mai. We had a great day at Siam Rice Cookery School and learnt to cook some fabulous food. After eating our finished product, we all moved outside to relax in the sun. The chef saw me eyeing his motorbike off and insisted I take it for a spin. I didn't take too much convincing and went off into the local village for a look around. A great end to another day in paradise!

The rest of my time with Tracy was spent in Northern Thailand, where we met some fabulous people and had lots more exciting adventures. At the end of our time together I flew out to Kathmandu where I joined my husband for our 16-day trek to Everest Base Camp.

The 16 days of trekking was hard going and presented new challenges, but that first glimpse of Everest is a memory I will never forget! We endured altitude sickness, physical exhaustion and emotional turmoil as we dealt with our own demons, turning back when we were within 500 metres of reaching base camp. We had passed many gravestones of trekkers before us, who hadn't made it – it is the journey, not the destination, and it's not worth your life!

Coming back home, I couldn't get the idea out of my head that there had to be other women out there wanting to travel, but not necessarily alone. It was at that moment I decided not to return to my job. I began to pursue the idea of helping other women fulfil their own dreams and goals through adventure, travel and life experiences, thus "Adventurous Women" was born and I had found my passion.

About the Author:

Sue Hile is director of Australian specialist travel company for women only, Adventurous Women, co-owner of Platonica Web & Graphic Design, and travel writer for Australian Women Online. Sue resides in Western Australia with the three most important men in her life, her husband and their two teenage sons.

Sue may be contacted at www.adventurouswomen.com.au or E-mail: sue@adventurouswomen.com.au

Chapter 19

If I Can Do It, You Can!

Tracy Woolley

It's been a little over 3 years since I decided to change my life completely and work full time at my passion of photography. In that time I have attracted many more wonderful things into my life than I ever thought possible.

I have won awards for my photography nationally and internationally including a 1st Place at the 2008 International Photography Awards in the USA and my 'online' photographic business, Nautilus Gallery is growing everyday. I also started another 'online' business called Inspire Your Day in October 2006 which just celebrated it's 2nd birthday and....3 million hits! I have successfully brought an International Peak Performance and Success Coach, Kurek Ashley, for an events to the Sunshine Coast several times, brought world renowned Dr John DeMartini to the Sunshine Coast for a new world first seminar program and hosted Mike Dooley's World Tour II of Australia and New Zealand.

I have accomplished all of this not from years of study, hard work or with a bucket load of money.

What I did to Attract Much More into my Life was:

1. DECIDE – There have been many times in my life where I was tested to breaking point. It was at those points where once I decided that I wasn't going to put up with whatever was going on, or that whatever I was doing had run its course, I changed my life. I DECIDED and there was no going back.

Studying a 13 week Introduction to Photography course through an Australian University was one of those decisions. It wasn't even the main course I was interested in at the time but the elective unit in the Undergraduate Course I started. I decided it would be a bit of fun as I quite liked photography. Little did I know the impact it would have!

I loved the course and was awarded a High Distinction. I *decided* half way through it that I had found my 'Life's Purpose'. I would photograph the beautiful area where I live on the Sunshine Coast of Queensland, Australia and gradually expand to the whole of the Queensland coast and then beyond to Australia and then the world. I didn't know how I would do it. I just would.

And it seemed that once I decided and knew what I wanted, doors just started to open for me, where before there hadn't even been a door!

2. CREATE A PLAN – Once I decided what I wanted to do, I wrote it down on paper.

I have always had a journal, which has helped me sort out and plan lots of events, emotions and issues in my life. I have a photographic memory

and keep too much in my mind at times, so when I need to clear my mind I write it all down.

Once I had found my new 'Life's Purpose' I had so many ideas and thoughts that I wrote them all down. I also thought of where I wanted to end up with my photography so wrote that down and worked backwards from there. I made a plan.

3. ASK FOR HELP – The next thing I did was ask for help. I asked my tutor from my Photography course if he would recommend any courses to continue my learning. I went to Photographic shops and asked the opinions of the camera experts about which cameras were the best. I subscribed to all of the Photographic magazines and read through their articles. I searched the internet for articles on 'How To's' and I learnt more. I set up a website by more research, finding a Web Hosting company that included a free website building package in the price of hosting. I asked for lots of help getting that up and running! I joined all the Photographic Associations that suited my style of photography and linked my website with Photographic Directories all over the world. I bought lots of books (and read them!) on marketing yourself and business setup and sent of lots of emails with questions. What I found with all of the asking for help was that most people were more than happy to give their assistance for free. Something that I now do for people who ask for my help.

4. DO IT – It's now time to get yourself known. This was one of the most exciting and frightening things for me. I had all of the theory, had everything ready and it was time to sell my work and myself. I believe

that it's not just the photography that I am selling it's also the person behind the camera. People want to know who the person is and what made them pick up a camera. They also want to know how they can take the photographs and what makes them get up at 4 am in the dark and go and take photographs of the sunrise day after day.

So I sent photographs and a brief story about myself to the local Newspapers, Tourism Agencies, businesses and anyone else I could think of. They all liked my photographs and started to contact me for interviews. I listed my photographs for sale on Ebay which was a great start and wonderful promotional tool. I went to business network meetings in my area and donated raffle prizes of my photographs. My work started to sell.

5. GET A LIFE SUCCESS COACH – Around 3 months after I started my 'online' Photographic business I had the opportunity to attend a free seminar by International Peak Performance & Success Coach, Kurek Ashley. Another door was opening! I had always mistrusted 'Success Coaches' as I had heard a few stories about people paying out huge amounts of money for little in return. However, I *decided* again that I had nothing to lose so would hear what he had to say. It was amazing!

At the end of the 3 hours I was more excited about my future than I had been even when I had found my 'Life's Purpose' previously. My partner and I, along with 5 of our collective 7 children went to one of his 2 day seminars. Kurek's teaching methods were incredible and we went away with 'real' actions to do each day. We also subscribed to his 'Life Success Club' which we paid a fair amount for each month, receiving a

CD with a mini seminar and actions to do each day for that month as well as special events to attend exclusively for Members. Those actions applied to my business kept me focused and motivated and have been instrumental in my success.

6. HAVE YOUR PEERS GIVE YOU FEEDBACK – One of the important things for me to do was to have other Photographers view my work and give their critique. I have always been particularly admiring of Panoramic Landscape Photographers, Steve Parish, Ken Duncan and Peter Lik, so to have any of them view my work was a great honour. As well, the associations of Professional Photography in both Queensland and Australia and the International Association of Panoramic Photographers are of the highest calibre and have worldwide reputations. So I entered my photographs into competitions where I would get my photographs exposed to the world.

My first foray into the competition arena was exciting and I received a high mark although not an award. I actually didn't understand the rules properly at the time but soon learnt for the next competition! The next competition was the Australian Professional Photographers Awards where I won an award. The next was a worldwide award where I won an Honourable Mention and it kept going. I next had the opportunity to enter a competition where Steve Parish would be judging, so I entered and eagerly awaited the outcome. The phone call where I was notified that I had won a 2nd place was very exciting. I now proudly have hanging on my wall a framed certificate signed by Steve Parish for my place.

In the last 2 weeks of 2006, I was notified by the International Association of Panoramic Photographers that the 6 photographs that I had entered into the 2006 Photo Contest had all been awarded prizes. How's that for attracting more?!

7. BELIEVE IN YOURSELF – So that brings me to a most important and critical factor in attracting much more into your life. The belief that you have in your talent and abilities, and yourself in general. There were so many times in my life previous to finding my 'Life's Purpose' where I doubted everything about myself. I had believed what 'other' people had said I should be and do not believing that what I wanted to be or do was acceptable, or able to be done. However, once I started to believe in me and followed my own path and the calling that was deep inside everything changed. I surrounded myself with people that were positive and supportive and I rewarded myself for the sometimes small and sometimes large steps I was making towards my destination. My confidence in my abilities grew and now I know that I made the best decision for my life.

Listen to your heart and your body. Take some time to sit quietly with yourself each day and ask yourself questions about your life. If you feel happy when you answer them you are going in the direction to reach *your* 'Life's Purpose.' If the feeling is a negative one that feels uncomfortable then, that's the wrong direction. And if you feel like you are running into hurdles and brick walls along life's path then that is the Universe telling you that you are going in the wrong direction.

I like the saying, "That which is meant to be in your life will be free to

be so.”

Now go on, attract much more into your life. If I can do it, you can!

About the Author:

Tracy Woolley is an inspired Award Winning Landscape Photographer, who decided to get a few friends together who are experts in their fields of endeavour to inspire others to create a life that they have always imagined, in their wildest dreams.

Since October 2006, the Inspire Your Day team of:

Tracy Woolley, Kurek Ashley, Cyndi O'Meara, Dr Craig Gilberd, Neil Dearberg, Jack Canfield, Dr John Demartini, Mike Dooley, Jo & Rick Harrison & Marc de Bruin have been providing the Australia and the world with insights, products, services and events with a holistic approach to life.

Spreading globally, Inspire Your Day services subscribers from 150 countries, and with hits totaling over 3.5 million in 2008, we are certainly inspiring the days of Australia, and the World.

Start your day with your FREE Inspirational Quote to uplift and motivate you every day from Monday to Friday. www.InspireYourDay.com.au

Be inspired with a visit to the gallery at – www.NautilusGallery.com

Chapter 20

Do Something Everyday That Makes You Feel Uncomfortable

Cherry Maclean

“Do something everyday that makes you feel uncomfortable. After a while you will see a shift in your belief structure. That’s when the real changes happen!”

A few years ago, my husband, Ian Maclean was working away at a very isolated mine while I was living in a beautiful tropical part of Australia. Speaking long distance, on the phone with my sister, she said ‘do you want your marriage or not’. Within a couple of weeks I hopped on a plane with our young toddler. I let Ian know only two days before, so that he could pick us up from the airport and ensure we had somewhere to stay. Otherwise I would have added some extra excitement with more of a surprise visit.

A year later with a young toddler at home in the mining town and a second new baby, I helped run our local community center. We already

had many successful ladies evenings, but nothing for the men. I came up with 'Blokes Astronomy Night' and asked Ian to help; he had a passion for astronomy. I'm always looking for opportunities where everyone can benefit. It was popular and a few weeks later we also put on 'Chocolates Under the Stars' for the ladies, as a result of public demand.

Shortly after this I found myself nursing my mother in our own home, without the usual community support, because of the mining town being very isolated. She had suddenly become terminally ill and was bedridden; I cared for her every need, 24 hours a day. During this delicate time I also organized babysitting for our children and help from local church volunteers, to look after my mother, both at the same time, even though my husband was home. I was then able to attend college one night a week to achieve my 'Information Technology and Computer' qualifications. After several months, she tragically lost her fight with cancer, I not only lost my mother, but she was my best friend too! I continued to attend college, even though I was still grieving. Graduating a short time later.

I then became the 'ICT (Information and Communication Technology) Support' for one of the largest schools in Northern Australia. Making sure all the computers and the network kept working. It was a fun job for me, although faced with problems everyday, they were exhilarating challenges to me. Mountains can be overcome when problems are merely challenges! This job was a big shift in my comfort zone, I'd never thought of myself as knowledgeable enough to take on such a responsible role. My career previously was Office Administration. I

started the computer course for fun; knowing it was important to look after myself, no one else was. I told myself that to take time out to look after me first, was the best thing that I could do for my family and myself and I will be a better person for them too.

During this time my eldest boy had being bullied for 3 years at three different educational institutions. When I returned to the workforce in the Computer Support role, I thought our children where ready. But I found myself trying to work my new job and spending a lot of time helping and encouraging my little boy go to school. I saw him punched in the back... He just didn't want to go to school. I talked to the schools and they forgave the bully... I asked many times for my husband to help, but he wouldn't. He didn't have the skills or know how to deal with it all at the time and as a result, the help and support that I felt I should have, wasn't forthcoming. For the first and only time in my whole life, I fainted from exhaustion in the playground at my sons' school. After this, my way of thinking dramatically changed, on a very deep level. My direction in life then became very independent of my husband. I really got the message, how much on my own I was at the time. This was a big turning point in my life; realizing how much life was up to just me.

Walking home from work, often quite late was an interesting challenge; I had to keep a keen eye out for wild angry buffalo, which roamed our streets at night. It didn't stop me; the walk was very invigorating and gave me a lot of time to reflect and refresh my thoughts. After losing my mother I thought about my direction in life. I had become very overweight after having 2 children and eating lots of chocolate... Around this time I became ill with a stomach virus. It was such a tough virus

that a friend of mine was hospitalized with it. I took off several kilograms in the next few days. Instead of making up for it by eating extra well, I saw it as an opportunity to continue the weight loss. I proceeded to lose around 1 kilogram a week over the next several months losing a total of over 20 kilograms. My favorite meal of the day was a vegetable platter instead of dinner, which I enjoyed very much at the end of the day after the kiddies went to bed.

I spent many late nights scouring the Internet for inspiration and came across Sandy Forster talking about her book 'How to be Wildly Wealthy Fast' before it had been named. I watched and waited. Then I saw her speak on national television. I knew that I had to be part of the support program. I joined, paid in full, and then told my husband afterwards! If I had mentioned it to him first, I would never have joined. He made all the usual cynical comments, that would normally crush me and take away any joy in it all, but I was already totally committed. He soon got to like me being in the program.

'If you ever feel you are stuck in circumstances, powerless and frustrated, start by doing something everyday that makes you feel uncomfortable. After a while you will see a shift in your belief structure. That's when the real changes happen.'

After a couple of years, Ian benefited from the extra inspiration, high spirits and new knowledge that I had. He has also become very motivated and is excelling in his own entrepreneurial adventures. We started what is now one of the largest Astronomy Club's in Northern Australia, which he still runs. Ian writes scientific articles for several

publications and has his own Educational Astronomy Web Site. Please download a free audio at www.nightskysecrets.com and learn about Astronomy. Have a look at his general site too www.IanMacleanRecommends.com

Now mother to three wonderful children, I've been propelled along a fulfilling journey of children's education. My career also placed me in roles where I researched and provided links to Internet sites that helped students and teachers. I spent thousands of hours scouring the Internet and educational stores for the most effective educational worksheets, tools, interactive web sites etc! I have an abundance of knowledge and resources that are invaluable to anyone helping to educate children. Please download free kids learning worksheets from www.onlinekidslearn.com.

About the Author:

Cherry Maclean is an Innovative Designer, Developer and Producer of Children's Online Educational Products, including Fun and Creative Educational Worksheets, Interviews that Kids can listen to from Experts, Science Experiments and much more...

Download Free Educational Products at www.onlinekidslearn.com

For Cherry's Favorite Recommendations on many areas of life visit www.CherryMacleanRecommends.com

More info on Cherry is at www.CherryMaclean.com

Chapter 21

The Window

Author Unknown

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour a day to drain the fluids from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back.

The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation. And every afternoon when the man in the bed next to the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed would live for those one-hour periods where his world would be broadened and enlivened by all the activity and color of the outside world. The window overlooked a park with a lovely lake, the man had said. Ducks and swans played on the water while children sailed their model boats. Lovers walked arm in arm amid flowers of every color of the rainbow. Grand old trees graced the landscape, and a fine view of the city skyline could be seen in the distance. As the man

by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although the other man could not hear the band, he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words. Unexpectedly, an alien thought entered his head: Why should he have all the pleasure of seeing everything while I never get to see anything? It didn't seem fair. As the thought fermented, the man felt ashamed at first. But as the days passed and he missed seeing more sights, his envy eroded into resentment and soon turned him sour. He began to brood and found himself unable to sleep. He should be by that window - and that thought now controlled his life.

Late one night, as he lay staring at the ceiling, the man by the window began to cough. He was choking on the fluid in his lungs. The other man watched in the dimly lit room as the struggling man by the window groped for the button to call for help. Listening from across the room, he never moved, never pushed his own button which would have brought the nurse running. In less than five minutes, the coughing and choking stopped, along with the sound of breathing. Now, there was only silence--deathly silence.

The following morning, the day nurse arrived to bring water for their baths. When she found the lifeless body of the man by the window, she was saddened and called the hospital attendant to take it away--no words, no fuss. As soon as it seemed appropriate, the man asked if he

could be moved next to the window. The nurse was happy to make the switch and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look. Finally, he would have the joy of seeing it all himself. He strained to slowly turn to look out the window beside the bed. It faced a blank wall.

Moral of the story:

The pursuit of happiness is a matter of choice...it is a positive attitude we consciously choose to express. It is not a gift that gets delivered to our doorstep each morning, nor does it come through the window. And I am certain that our circumstances are just a small part of what makes us joyful. If we wait for them to get just right, we will never find lasting joy.

The pursuit of happiness is an inward journey. Our minds are like programs, awaiting the code that will determine behaviors; like bank vaults awaiting our deposits. If we regularly deposit positive, encouraging, and uplifting thoughts, if we continue to bite our lips just before we begin to grumble and complain, if we shoot down that seemingly harmless negative thought as it germinates, we will find that there is much to rejoice about.

Brought to you by

Danette Hibberd

and a group of absolutely fabulous women

“Harness Your Potential As A Woman”

[Women Connect](#)

Imagine finding a 'one-stop shop' with over \$250,000 of tools and resources provided by experts around the globe to take you forward – personally and professionally – to create the life you desire – the life you deserve!

Now launching the largest online success portal for women

FabulousBeyondFortyClub.com