

CHOICES

SUMMER 2014

THE WELLNESS ISSUE

HOW TO FIND
AND NURTURE
WELLNESS IN
YOUR LIFE

AN INTERVIEW WITH JEFF CIVILICO

LAS VEGAS HEADLINE
ENTERTAINER

7 STRATEGIES FOR BALANCE

AND HOW TO APPLY
THEM TO YOUR LIFE!



QUALITY OF LIFE IS A CHOICE

YOU CAN CHOOSE TO MAKE
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FROM THE EDITOR

Is there such a thing as life balance? It is definitely challenging to keep up with the demands of work and home life without getting stressed out.

Life is an experiment. You try one thing. It works. You try another. It doesn't work. Instead of letting it upset you or even paralyze you, do some self-analysis. What went right? What went wrong? What went right that could have gone wrong? What other possibilities are there? Then, do something differently. Be deliberate and take reasonable risks. Break down the process into smaller more manageable steps. Put the

proper effort into achieving your goals and go after what you want. Prioritize what is most important to do first, second, third, etc. Then do each thing in the order of priority. Don't do anything else until you get the most important one done.

"Yes," you say, "but life happens and we get distracted." That's true. Then, return to the next important thing on your list. Do one thing at a time. Multi-tasking doesn't work.

Remember, there are only 24 hours in a day, and some of your priorities should be such things as taking care of your health, spending time with people you care about, relaxing and having some fun. Maybe it's not life balance we need, but life blending. What do you think?

Judi

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QUALITY OF LIFE IS A CHOICE

BY JUDI MOREO

“Man maintains his balance, poise, and sense of security only as he is moving forward.”

- Maxwell Maltz

Do you feel as if your life is moving faster and faster? Today, we do everything fast: talk fast, drive fast, even eat fast. Time is at a premium and most of us are afflicted with “hurry sickness.” There never seems to be enough time to do the things we have to do, much less, those things we’d like to do. Many of us don’t even have time to think. Something is terribly wrong with this picture! There are probably times when you feel like a spectator watching your own life unfold, instead of being in control.

Time is the most precious and limited resource we have. In spite of our best efforts, time is unyielding. No one can stop it, slow it down, or save it. It is a rare person who has enough time to do all the things he or she wants to do. If you are like most people, trying to balance a busy professional life and a busy personal life, you know what a challenge it can be to get everything

done. Keeping current with what’s going on in the world, not to mention technology, your industry, changing expectations at work, and personal obligations, is becoming harder and harder.

For some reason, we keep adding “just one more thing,” and forget to eliminate another. The result is an ever increasing time crunch. Here are some questions for you to consider: “Do I take on too much? Do I have difficulty saying “No” to extra demands? Do I fail to set priorities? Do I fail to plan?”

Sit back, shut out your other thoughts, and imagine what it would be like to spend your life doing the things which are most important to you with no interruptions. Imagine using your work time on activities that directly relate to achieving your most important goals and to those tasks that must be accomplished and using your personal time to enjoy the things you really

want to do. Create a picture in your mind. Envision yourself going through the day doing work that truly makes a difference. It feels good, doesn’t it?

Now, that you’ve spent some time exercising your imagination, let’s get back to reality. We still have the same amount of time we’ve always had. The clock still ticks off 24 hours every day. The calendar still has seven days a week, 52 weeks a year. So, why do we feel like we are running out of time?

Technology has reshaped the way we work, eat, sleep, play, and live. We are living in this age of instant everything. Information is transmitted at the speed of light and is received instantly. Replies are expected immediately. It seems there is far too much to do and too little time. You may be asking on a regular basis, “How can I get all this done in the time I have?” or “Is this all there is to life?” It’s possible you are feeling less and less satisfaction, as well as more and

more stress. People in this predicament often say, “I need to manage my time more effectively,” or “I need to get control of my life.” Realize this! You can’t manage or control time. No one can. You can only manage yourself and your activities within the time you have.

Joan Baez once said, “You don’t get to choose how you are going to die or when. You can only decide how you are going to live.”

Decide right now that you are going to start making every moment of your life count. To my knowledge, this is the only life you are going to get, so make it enjoyable, satisfying, and rewarding. There are three primary aspects to doing this: take control, work smarter, and take action.

Step#1 Take Control

Taking control begins with analyzing what really happens to your time. Keep a time log for a period of two weeks in order to see exactly what you do with your time. Make a thorough analysis. When you do this, it will identify time wasters and all activities that are not necessary, as well as where you are spending time that doesn’t contribute to the accomplishment of your goals. You will, of course, also identify time spent on areas that are getting the best result. You are probably thinking, “I don’t have time to keep a time log. That’s just one more thing that will add stress to my life.” Stop it! That is negative. Just do it. In two weeks, you’ll be glad you did, as you will be amazed at what you discover.

Step#2 Work Smarter

Plan yearly, quarterly, monthly, weekly, and daily. The secret to successful planning is to allow extra time for unexpected situations and not over-commit or over-book yourself. Establish priorities for your activities so that at the end of the day, you will have completed the most important things. Planning long-term projects and breaking them down into smaller projects and timetables will help you dedicate a few minutes each day to important high value activities that carry future due dates. By getting ahead on projects, you are less likely to have last minute crisis and time crunches.

The following five questions will help improve your time utilization:

1. Did my activity relate directly to one or more of my goals or objectives?
2. How can my activities be better handled in the future?
3. What activities can I delegate in the future and to whom?
4. What activities will I eliminate because they are useless?
5. Which activities can I minimize or control the time involvement?

Be aware of bad habits that can sabotage your best efforts. Subconscious patterns can make you your own worst enemy. Whether it is trying to remember everything instead of making lists, being consistently late because you wanted to do just one more thing before leaving the office, or being easily distracted, you can change your habits.

Don’t attempt to jam more and more activities into your already over-crowded schedule. Learn to say “No” to things that don’t fit in with your goals. If





you say “Yes” to everything, then “Yes” doesn’t mean much when it’s said. Saying “No” more often allows you to say “Yes” to your priorities and to really important things. It will allow you to participate fully when you do say, “Yes.”

Identify those areas of greatest stress and begin to make changes. A continual high stress, high-rush style can cause health problems, not to mention sleep and interpersonal difficulties.

Step #3 Take Action

Oliver Wendell Holmes said “I find the great thing in this world is not so much where we stand as in what direction we are moving. To reach the port of Heaven, we must sail sometimes with the wind and sometimes against it, but we must sail and not drift nor lie at anchor.” Action is our only choice if we are to sail. Without it, we become stagnant and like a ship at anchor, we’ll go nowhere. We must take specific, directed action to reach our destination and have a quality lifestyle.

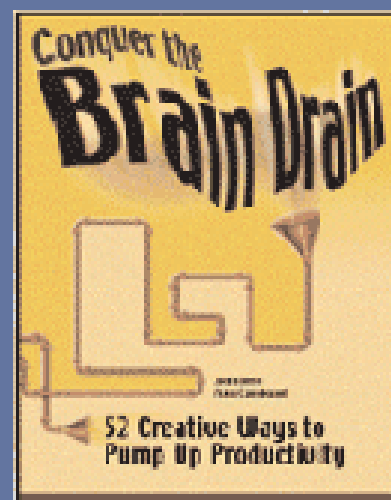
No matter what you do, discipline is the key to success. Success is the result of deliberate, disciplined actions every day. Sure, I understand there are many things you have to do that take up your

time, but you must stay focused forward and set aside time to do the things you like to do as well. Every step, no matter how big or small, is one step closer to the life you imagined.



ABOUT THE AUTHOR

Judi Moreo is the author of the award-winning book, “You Are More Than Enough: Every Woman’s Guide to Purpose, Passion, and Power” as well as its companion, Achievement Journal. She is a Certified Speaking Professional who has spoken in 28 countries around the world. Less than 10 percent of the speakers in the world hold this highly respected earned designation. To contact Judi or book her for a speaking engagement, contact Turning Point International, (702) 896-2228 or judi@judimoreo.com.



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What is a balanced life anyway? Are you satisfied with your career? How about finances? Relationships? Health? Spirituality? Recreation? Education? Community? I hear you asking, “How can I even focus on all of those things?” You are probably saying to yourself, “I work. I have a family. I have so much to do now, how can I possibly add anything else?”

If life is a journey, then a balanced wheel is important for a smoother ride as you travel down the road. If you think of these eight areas as spokes in your wheel, what do you think happens when one or more spokes is shorter than the rest? It creates a bumpy ride. The same thing happens to your life when you spend all of your time and energy focusing on just a couple of the spokes of the life wheel.

Let me give you an example. Say you are focusing on your career. While you grow your career and focus all of your attention on it, neglecting your health and relationships you will soon find that both are less than you desire. No one ever says on their deathbed “I wish that I had worked more.”

So, how do you achieve more balance in your life? First, rate yourself on each area of your life. How do you feel that you are doing? Chart it on a scale of 1-10 with 1 being not very well and 10 being outstanding – exactly where I want to be!

Think of this assessment as a self check-up. Determining where you need an adjustment will allow you to make corrections. It is a little like taking your car into the mechanic to have the tires rotated. It will smooth out the ride and set you up for a more satisfying journey.

UNDERSTAND BALANCE

BY PAM BURKE TYLER



In each section of the balance wheel there are the numbers one to ten. Rate how you are doing in that area of your life on the scale of one to ten. One being poor, ten being excellent. Circle the number. When you have each area scored, connect the dots with a line.

If you have a perfectly round circle or something fairly close to a round circle from a five outward, then you are doing alright at keeping your life in balance.

Here is the most exciting part! Your assessment is personal and allows you to make decisions about incremental changes that you choose to make. Everything is up to you. The power is truly in your hands!

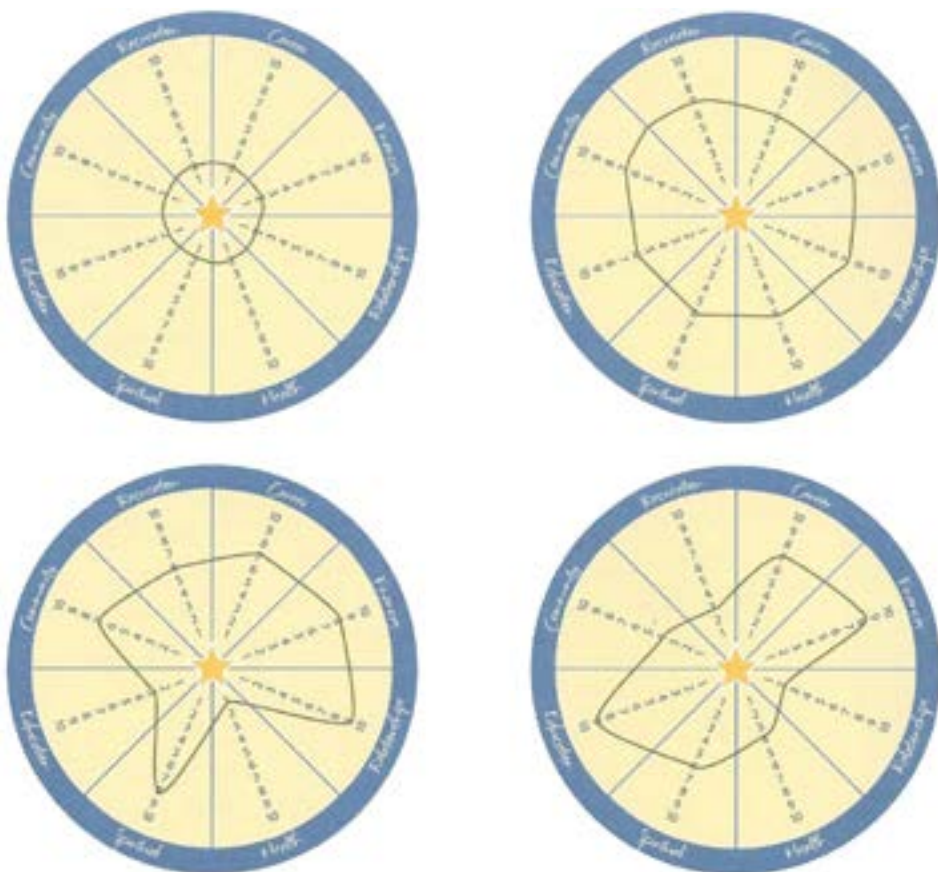
Another thing to remember is that all of these areas are connected, just like the wheel. And, this is great news! It means that sometimes you can work on more than one area at the same time!

For example, perhaps you enjoy dancing. Dancing can be both recreation and health related, and depending on the dancing, it could involve spirituality, community and relationships. For instance, a friend of mine is very involved with a dance group for her church. She dances, teaches children to dance, encourages others and all is done with a sense of worship and gratitude to God. So look for the opportunities in your own life to achieve balance. The rewards are worth it!

If you have a perfectly round circle or something close to it from a five or below, you may be in balance, but you need work in all areas of your life.

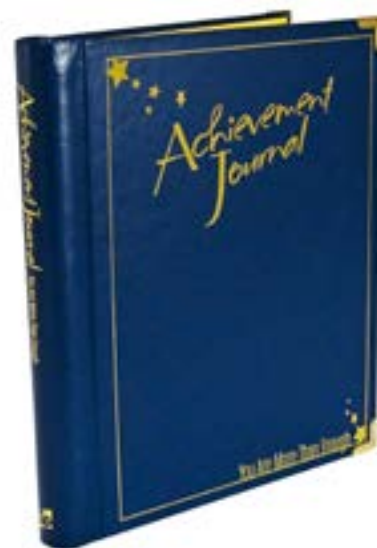
If you have something that looks more like a constellation or an ameba, then you will be able to see at a glance which area of your life needs a bit more concentration and attention.

(An excerpt from the Achievement Journal: Companion to "You Are More Than Enough: Every Woman's Guide to Purpose, Passion, and Power" by Judi Moreo)



ABOUT THE AUTHOR

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Learn more about the Achievement Journal on page 47

BALANCING ACT: LIVING A MORE REWARDING LIFE

BY ALISA WEIS

I grew up in an active, athletic family where “relaxation” wasn’t part of our vocabulary. My siblings and I hustled around from school to swimming practice at our local YMCA to homework assignments at night. While I benefited from the fast pace of life, as an adult, I’ve had to deliberately schedule “rest” into my weekly routine.

With a young family, plenty of deadlines to keep and several areas of focus, I’ve learned that I can’t thrive without a plan. Though I’m a work in progress, there are several “guidelines” that help streamline my efforts and add fuel to every day. Here’s hoping that at least one, if not more, will help you as you put that next foot forward, too.

Personal Care

Though taking care of oneself might seem obvious in the quest to “live well,” it’s amazing how quickly we can neglect the essentials in efforts to complete the next task. Hopefully, you don’t learn this the hard way as I did late last summer.

When in the midst of training for my fifth half marathon, my negligent daily habits caught up with me. My nutritional intake hadn’t been up to par in quite some time since I’d been stressed with work. I looked “fit,” but a food log would have revealed that there wasn’t enough protein or water in my diet. I often relied on coffee to get me through



the mornings and didn’t eat anything with substance until late afternoon or evening.

After a lengthy, hot run in August, I finally crumbled. I made it through the 11 miles as intended, but was immediately lightheaded and fatigued after. Within days, I had a persistent fever and had to seek medical help. Tests revealed that I was deficient in many vitamins, and I had to see a nutritionist to help get me back on track. Though I’m still not perfect with remembering to take my vitamins, I won’t allow myself to spiral down like I did before. Because I wasn’t attentive to my personal welfare, I couldn’t compete in the marathon.

Keeping a Focus

Beyond the foremost task of raising my children well, I’ve narrowed my focus to two areas of interest: fitness and writing. Though the world is filled with rich opportunities, I’ve realized that I won’t succeed with my passions if I spread myself too thin by trying everything that’s out there.

So, while I’ll curl up on the couch to watch a sitcom at night or try my hand at an art project, I’m really aware of time spent on the “extras.” If more hours are going to places that don’t align with my areas of focus, I reevaluate what’s truly important and consider whether or

not the new interest is taking me from accomplishing what I've set out to do.

Saying "No."

It's far better to say "no" to tasks and even worthy causes if they're going to make you feel overextended later on. Though I don't like refusing a volunteer opportunity, I pause before instantly signing up for a dessert at a fundraiser, a book study that would require extra childcare, or organizing a friend's baby shower. Though I like to help whenever possible, it's best to evaluate the pros and cons before giving an instant "yes" and wondering later how I can pull off the effort.

In the article, "Work-Life Balance: Tips to Reclaim Control," the Mayo Clinic Staff says, "whether it's a co-worker asking you to spearhead an extra project or your child's teacher asking you to organize a class party, remember that it's ok to respectfully say "no." When you quit accepting tasks out of guilt or a false sense of obligation, you have more time for the activities that are meaningful to you."

Keeping a Calendar

Since my husband and I have full schedules, it's become essential for us to keep a white board in our house, listing our most important appointments. Though many can keep appointments through their cell phones, we've found that it's best to have one main calendar on display in the kitchen so our schedules align.

Updating each month on the white board helps prevent our family double-booking events and having to scramble at the last minute to get something done, which is never a good feeling.

Limiting Media

Though there are numerous advantages to modern technology, being available 24/7 is not one of them. Too many in the workforce have no distinction between professional and personal hours, and their families pay for it. The individual also loses in that he or she is sacrificing the other joys of life to stay afloat.

Of the five "guidelines" listed, limiting media requires my most growth. Too often I let the lines blur, especially as deadlines arise. Sometimes I deliberately leave my phone charging in the car for an hour or two in order to spend quality time with my kids.

Physically removing myself from technology helps me prioritize the minutes and hours more carefully. More often than not, that "urgent" call or email wasn't quite as pressing as I thought. Now, you try it. Instead of feeling burnt out from being at "work" long after the day has ended, you'll feel more energized in having taken those minutes and hours back into your own hands.



ABOUT THE AUTHOR

Alisa Weis is a freelance writer for several newspapers in Washington State. She has a Masters in Secondary Education and enjoys teaching young people how to write both technically and creatively. When she isn't consumed with a writing assignment, she can be found playing with her two preschoolers, running outdoors, and frequenting coffee shops throughout her small town of Ellensburg, Washington.

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“Finding ways to make life meaningful and purposeful and rewarding, doing the activities that you love and spending time with the people that you love - I think that’s the meaning of this human experience.”

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CHOOSE TO CHOOSE

BY LAUREN MCLAUGHLIN



Our internal desires are rooted in many different time periods and controlled by many different levels of energy. There are, for example, the things we used to want, which hang out on our “to do someday” list, but chances are good that we really don’t want them anymore.

Then, there are the things we might like to do someday...our bucket list, so we hold them in mind for the future because they sound like such good ideas. There are things we’d gladly do right now if we could, like being able to speak a foreign language, but we really don’t want to bother learning how. And, there are the things we think we want to do, like going bungee jumping, or mountain climbing, or visiting the gorillas in the mist, which sound fascinating, but we’re pretty sure we’d never dare try them.

On top of all those past and future choices, we are faced with new choices every day that are essential to our current way of being; such as choosing between one potential job or another, one potential car or another, or even one potential partner or another.

The challenge posed by all these many “unaccomplishments” is that they stack up as we get older and they become burdensome. They cause us to walk around feeling vaguely unfulfilled all the time, so there’s a really good reason to sort through them at some point and

discard the ones that actually just don’t matter.

But, how do we get out from under this cumbersome bundle of choices?

A very simple tool to help us sort through all our choices is called *Life Design* and it consists of four simple questions, which if honestly and thoughtfully answered, will tell us a great deal about the choices we really want to make. Those four questions are:

What do I want?

Why do I want it?

How will I feel when I get it?

What makes me believe I can have it?

Let’s just suppose you have applied for two jobs and both employers have indicated an interest in hiring you. Life Design will help you to simply and accurately test the true desires of your heart.

What do I want? I want to take the job with Company “A”.

Why do I want it? I like everything about the job description. The salary is within the range I was looking for. The office space is beautiful. I like the benefit package. It’s close to where I live. I already know two people who are on the staff.

How will I feel when I get it? I’ll feel secure – it’s a big company with a good reputation. I’ll feel comfortable – my work space is very attractive. I’ll feel challenged – the work really interests me. I’ll have room for growth – I can progress to a higher level when I’m ready.





What makes me believe I can have it?

– The interviewer told me I was a front-runner. I'm fully qualified. I let them know that I would love the work. My references are impeccable.

Now repeat the process for Company "B"

What do I want? I want to take the job with Company "B"

Why do I want it? It's near where I live. I don't know how to do the job exactly but they say they have a good training program. I can live on the salary they are offering although I'd like a little more. I'll start out in a cubicle but they assure me I can work up to my own office.

How will I feel when I get it? I'll be happy once I learn the job. The company has a good reputation.

What makes me think I can have it?

They already offered me the job if I want it.

Based on what the *Life Design* formula is showing you, you now know that Company "A" is your first choice and you also know that Company "B" would make a "suitable alternative". But who wants to settle for a "suitable alternative?" Now is always the right time to make a better, clearer choice.

Whether you are revisiting old possibilities or dealing with "in-your-face" decisions, each of the questions in the *Life Design* formula is equally important in helping you to decide what you truly want.

For example, if you can't come up with enough reasons "why" you want what you think you want, (and come up with them fairly quickly), chances are you really don't want it or at least you don't want it right now.

If when you test the way you will "feel" when you actually get what you want, and those feelings aren't both positive and abundant, then you can tell right away that you're headed in the wrong direction.

And finally, if you really can't "believe" you can have the possibility you are exploring, chances are very good that you won't be able to draw it into your future life experience because believing always comes before seeing.

Once you get the hang of using *Life Design* for assisting you in making both major and minor choices, you will begin to consistently draw to you only those things that will make you happy -- and being everyday happy with your personal choices simply cannot be overrated.

Your design = Your life. Check it out.



ABOUT THE AUTHOR

Lauren McLaughlin is a speaker, teacher, writer, retreat facilitator and author of "Go to ELF! – Connecting With The Eternal Life Force," a book that offers the reader an opportunity for both entertainment and self-realization. An ordained Unity minister, Lauren lives in Clearwater, FL with her husband John and their cat, ELFER.



ur lives are busy. Family, friends, work and self: all these aspects tug at our time and attention.

Balancing these critical interests is an ongoing effort – an effort that sometimes goes awry as we often become fatigued and frustrated when perceived imbalance arises.

How to best manage these aspects though, commonly takes an external or outward focus. Aligning dates, times, transport, communications, events, etc. for utmost efficiency is our goal. And, while there is certainly value in this approach, I would like to propose an alternative. That being: balance our minds first - our inner world – through meditative practice, and the outside aspects will effortlessly manifest in their proper place.

The topic of meditation is broad and deep. Teachings have existed for thousands of years, across cultures. In essence, meditation is simply a manner, or means, of quieting the mind – recognizing and dissolving the seemingly endless stream of thoughts that appear to race onward uncontrollably. There are many different styles and tools for meditation. Some focus on a sound, others a visualization, others our breath. In each case, the end result is the same, an open, calm, spacious sense of peace and compassion from which all else flows.

The historical Buddha Shakyamuni worked tirelessly for years seeking to understand the essence of mind. On enlightenment, he proceeded to teach his understanding for the benefit of all, well into his 80s. His wisdom and insight is perfectly suited for attaining our modern day goal of life balance.



A MINDFUL APPROACH

BY PETER SHANKLAND

At its' core, Buddha recommends finding balance in our minds between faith and wisdom, and effort and concentration. When balance is attained among these four elements, our lives fill with peace and joy, our bodies, speech and minds radiate and reflect our genuine selves.

Here, faith refers to having faith in the truth and power of Buddhist teachings, putting them into practice and coming to a realization that they are indeed true and worth of effort – gaining faith through practice – a faith borne of our own intellect and understanding; rather than a simple blind faith of belief. That is, our efforts at meditation manifest practical results and a bettering of our lives.

Effort then, good hearted and with pure intention, unfolds into effortless concentration – a mind not caught up in its' racing thoughts and fantasies – not enamored by constant chatter and “what if” scenarios. For when our efforts take hold, mind will seek the calm balance unveiled thorough training in concentration.

Concentration becomes the effortless norm in all that we do. Meditation trains us in concentration, which cultivates the

“One strong in faith but weak in wisdom has uncritical and groundless confidence. One strong in wisdom but weak in faith errs on the side of cunning and is as hard to cure as one whose sickness is caused by a medicine. When the two are balanced, one has confidence only where there is ground for it.”

- Buddhagosa
5th Century Sri Lankan Monk

habit of clear thinking within our minds. The true essence of mind unfolds. Its' clarity is revealed.

Much like the way a glass of muddy water, when stirred and left to settle, quickly becomes clear. Similarly, when balance within our mind manifests, wisdom radiates. For wisdom, along with compassion, comprise the essence of our minds. When we move from a place of wisdom and compassion, we arrive at a balance of the external aspects of our lives. And this brings about a happy, effortless smile. Peace



ABOUT THE AUTHOR

Peter Shankland currently resides in Las Vegas, NV where he teaches massage therapy, and practices various complementary disciplines. See: www.peace.massagetherapy.com for more information.

WHAT REMAINS WHEN YOU LEAVE?

BY JACK W. ROLFE

Each time you depart from every single destination that you will ever visit, you automatically leave something behind. Yes, this “thing” is left in your place in every single spot you occupy throughout each day and walk away from. The ironic fact is that this “thing” also goes with you! The item goes with you everywhere while also staying where you have been. You have no choice about whether it stays or leaves, but you do have a choice about exactly what it is. Are you curious yet? Have you figured it out? Well, here you go...it is your “character.” That is correct. Your reputation, integrity, moral fiber, spirit, personality, temperament and the makeup that represent you. Your character goes and stays wherever you go and wherever you have been and travels with you wherever you will go and be.

What character do you want to leave and carry with you? That is a choice you have. I also suggest that creating the character you want to have is not complicated to achieve. In fact, the creation of your character is very simply broken down into two parts. First, the relationships that you foster and build. Second, the way you serve those people in those relationships. The more you get outside of yourself, the greater your character becomes. When you focus on assisting individuals around you and

“Paying Forward” good acts of kindness given to you, then your character expands tremendously. This character now leaves a lasting print upon all it touches and begins to also expand the character of others. The compounding effect is powerful.

Why is it important to reflect upon the topic of character as we enter the Fall season of the year? This time of year brings a change in weather, beautiful colors in the trees, college football and preparation for the Halloween and Thanksgiving Holidays. Fall is also the new start of another school year. Children of all ages prepare to launch into another year of learning and growing. Thus, a perfect time for you to teach a young person the importance of building character. You can change the life of youth by setting the example and leading the way. The School of Life Foundation provides our character education program to young people across the country and we need your help. We believe a positive change in the world can take place by forming character one student at a time, one family at a time, one school at a time, one community at a time and then one nation at a time.

I invite you to join us by asking the question routinely. When you leave the house in the morning ask yourself, “What have I left behind?” When you

leave work each day: “What have I left behind?” When you leave the grocery store: “What have I left behind?” When you leave your child’s school event: “What have I left behind?” When you simply walk down the street: “What have I left behind?” When you depart from life: “What have you left behind?”



ABOUT THE AUTHOR

Jack Rolfe is the founder and CEO of the School of Life Foundation. Jack authored *Learn to “School” Your Toughest Opponent* and is a contributing author in the books *Life Choices: It’s Never Too Late* and *Heart of a Toastmaster*. He and his wife, Lexie, have five children, eight grandchildren and reside in St. George, Utah.

HAVE YOU EVER FELT STUCK?

Have you ever been stuck? Felt like no matter what you do, you just can't get ahead? Do you ever think you should be more successful by now? Are you struggling with finding your life purpose? Are you disappointed and discouraged with where you are or where you seem to be headed? Do you feel like you were created for something more, but don't know what?

If so, let Judi Moreo be your coach and mentor. Judi will provide the tools and techniques you need to achieve your desired results and she will hold your hand through the process. She will work with you to design a program specifically for you to take you from where you are to where you want to be.

Not only will you receive guidance and feedback, you will benefit from Judi's extensive background in leadership, management, image, presentation skills and service. Her insights and guidance will help you become who you want to be and present yourself as you want to be seen.

For more information, call Turning Point International at (702) 896-2228 and speak with Judi personally about the possibilities for you.



As an international business leader, Judi knows firsthand what it takes to be successful. She has owned and operated businesses in both the United States and South Africa. In addition, she has spoken, consulted and presented both keynote speeches and training programs in 28 countries on four continents.

Judi is an accomplished author with 10 books to her credit, several of them award-winning best sellers. She has been a journalist, model, finishing school and model agency owner, a professional speaker, a corporate executive, an entrepreneur, a consultant and a cancer survivor.

Around the globe there are many men and women whose lives are a testimony to Judi's personal and professional success. It is no wonder that she has a collection of awards, but to her "life is not about awards. It is about the reward of making a difference in another person's life." And that she has done over and over and over again.



SAVING MY SANITY— TAKING CARE OF ME

BY BECKY GRAVA DAVIS

M

y lips said yes; my gut said no.

This past year, I said yes to extra work for financial gain and embarked on several projects all in the name of advancing my career. With a packed schedule already filling my plate, I made time by neglecting my daily routine of exercise, meditation, and eating healthy.

The result? Two back-to-back stress-related illnesses that made a mockery of my financial gain and forced me to spend time resting that was originally budgeted for developing my website and making career contacts. Yes, a health coach who made a conscious choice to say yes when the wise decision would have been to respond with a resounding NO.

This health coach's life had eroded into insanity and my work-life balance was seriously off-kilter! This health coach needed a dose of her own medicine! This health coach had to take a step back and regroup!

While recuperating one weekend and mindlessly watching TV, Cheryl Richardson appeared as a featured guest on Oprah's "Super Soul Sunday." The timing was no accident; it's what I needed to hear—the Universe was sending a clear and concise message to me.



Richardson is the author of several books including “Take Time for Your Life” (a New York Time’s best seller) and “The Art of Extreme Self-Care.” Her latter work was the topic of discussion on that fateful day. I took detailed notes and followed up with a revealing self-inventory. Here’s what I had to re-learn in order to re-establish sanity in my life:

1. Learn to Recognize an Absolute Yes

“You can’t make sanity out of an insane situation,” proclaimed Richardson. On the show and in her book, she explains that if your schedule is already overbooked, your “brain is too full to think straight.”

Richardson advises asking yourself the following question when faced with a decision, “Is this an absolute yes?” For me, instead of taking on extra projects to earn extra money, I realized that improving my financial situation would have been better served by eliminating unnecessary spending and restructuring my budget.

Also, as a college instructor, I provided my cell phone number to my online college students last semester so I could be reached after hours. Was that an absolute yes? Absolutely not! That policy has since been revised—I check email once a day, have eliminated the late night texts, and no student has been neglected.

2. Learn to Say No

One opportunity to earn extra money this past year resulted from being offered a part-time teaching position at another university. The money was attractive, but the bait was one of my weaknesses—the hesitancy to say no.

You see, I’m a people-pleaser and hate to disappoint.

Learning to say no is a skill and takes practice. I was offered the same position beginning next year, but proudly responded, “Thank you so much for thinking of me, but I will have to decline the offer.”

As Cheryl Richardson advises, don’t defend or over-explain your response. The more you practice saying no, the easier it will get.

3. Practice Extreme Self-Care

Coaches need coaching; counselors need counseling; teachers need to be taught. I am no exception; Richardson is no exception and recounts the origin of the theme and title of her book “The Art of Extreme Self-Care.” Her mentor and life coach Leonard Thomas, founder of Coach University and a pioneer in the field of professional coaching, introduced Richardson to the concept of taking care of self, first and foremost.

Richardson shared how proud she was when explaining to Thomas how busy she was and how involved she was in helping other people. Her pride was quickly squelched with his quick retort, “Wow, you do a great job of taking care of a lot of people. You’re such a good person. And, the truth is, Cheryl, your ‘good girl’ role is going to rob you of your life.”

Need I say more? Thomas was speaking to me! I had accepted extra work under the guise of earning extra income, but at the core, I wanted to please others at the expense of neglecting my own well-being both physically and mentally.

Today, I’m back on track with my exercise routine, my healthy eating, and meditation. I also enrolled in a self-improvement program called Personal Transformation Intensive (PTI), a five-month program that incorporates several modalities to include heart-centered hypnotherapy and group counseling.

Sanity has returned—I’m taking care of me.



ABOUT THE AUTHOR

Becky Grava Davis is a full-time college professor and pursues her passion for holistic healing by practicing part-time as a certified integrative health coach and yoga instructor. She is a published author of several health articles for both print and online publications.

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CHOICES

WITH JUDI MOREO



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7 STRATEGIES FOR BALANCE

BY JAN MILLS

I've had many teachers and lessons in life – some good and others not so good. An early teacher was my older brother, Bob. I followed in his footsteps by becoming a driven and successful entrepreneur at an early age. By my mid 20's, my company was producing events and TV shows throughout the world even though I had been diagnosed with Multiple Sclerosis, a degenerative disease for which there is no cure. The disease was an unwelcome teacher. Working long hours, my imbalance was further tipped in my 30's when I was hit by a drunk driver. This was my second unwelcome teacher. The "accident" was the teacher that prompted me to retire from a stressful career and instead focus on my new passion for health. Three decades after the diagnosis, I'm a dedicated Health Coach who is still learning new lessons including these seven strategies my brother recently shared and here are the ways I've applied them to my life:

1. KNOW WHAT FEEDS YOU & WHAT DRAINS YOU

I studied Nutritional Medicine, learned about holistic health and enjoyed countless workshops on personal growth and meditation to feed my body, mind & spirit.

Energy comes to us and is robbed from us in many forms. Food sensitivity and allergies such as gluten, dairy, caffeine and sugar can drain your energy and make you feel as though you are in a sinkhole. Some activities, difficult people and environmental toxicity can feel like a vacuum.

2. EXPEND MORE ENERGY BEING FED THAN DRAINED

We often hear that "we are what we eat." We are also reflections of the thoughts we think and relationships we choose. Choose healthy foods and positive relationships.

3. LEARN TO SAY NO

As a perpetual people-pleaser, this was difficult to learn. I know now saying "NO" to others is sometimes necessary in order to say "YES" to ourselves!

4. PRACTICE MINDFULNESS AND START EACH DAY WITH SOME FORM OF EXERCISE... MENTAL-PHYSICAL-SPIRITUAL

My husband, Martin, and I share a spiritual meditation each morning. Some days the exercise is physical, and others, it is listening to an inspirational recording.



5. JOURNAL FREQUENTLY AND DO AN ASSESSMENT **

Daily writing in your journal can be transparent and revealing. Assessments can be a helpful tool, especially when you have the support of an objective professional.

6. ALWAYS PUT FORTH POSITIVE THOUGHTS TO OTHERS AND ONLY GIVE FROM YOUR HEART. FORGET ABOUT PRAISE, POWER, AND PROFITS WHEN APPRECIATING OTHERS

It's important that we forget about praise, power and profits when appreciating others. Share hugs with friends or send notes and let them know how special they are.

7. REAFFIRM YOUR SPOUSAL RELATIONSHIP SEVERAL TIMES EACH DAY

Martin and I profess our love for each other verbally many times each day and hug each other "just because" like we did when we got married thirteen years ago.

In order to take action and create positive change, I find life's lessons in balance involve reflection and assessment. As a Health Coach and Author, I'd like to assist you by offering these tools as my gift to you:

**True Health Assessment and True Health Companion is a confidential online questionnaire created and responded to by the physicians and scientists at USANA Health Sciences. It will outline your key health risks, offer nutritional recommendations as well as suggestions for a healthier and more balanced lifestyle. After completing the True Health Assessment you will have free access to your True Health Companion which is a planner that allows you to log daily nutrition, fitness activities, weight management, hydration, sleep/mood/energy tracking, supplements and more.



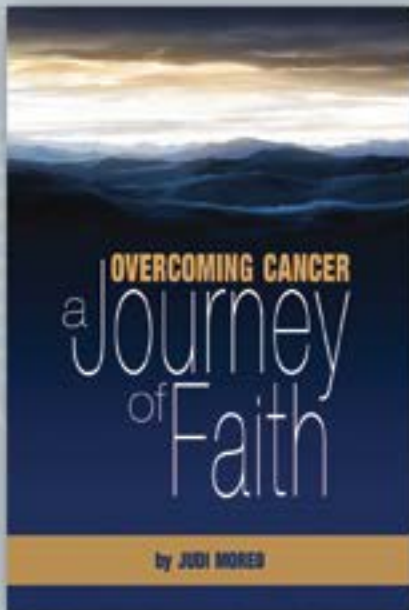
ABOUT THE AUTHOR

Jan Mills is a Holistic Health Coach, published author and international speaker whose years of research and training in mind-body-spirit wellness can help simplify your health care choices. You can design your path to a healthier and more balanced life by contacting Jan through www.janmills.net



Award-winning author Judi Moreo knows what it is to travel the journey of cancer and shares that experience in this book.

Overcoming Cancer: A Journey of Faith



Through her personal story, inspiring quotes and practical suggestions, Judi shows us that cancer and fear are messages to us to make lifestyle changes. This supportive book can help the newly diagnosed cancer patient ask better questions, understand there are alternative and integrated treatments that can work and, most of all, maintain hope.

Even though traveling the cancer road was a rocky and difficult journey, it was also rewarding. The path through cancer requires enormous discipline, work, and change; yet it is filled with excitement, experiences and discoveries that can bring us to a new and better place if we are open to possibilities and focus forward.

"This book may help save your life or that of a loved one. Judi Moreo "gets it." She understands that the question is not "what kind of treatment do I undergo?" but rather "how do I heal myself?" Her personal experience with cancer taught her to recognize that recovery from chronic illness is often a recovery from an unhealthy life in many respects. With humor, grace and courage, she addresses the physical as well as the mental, emotional, psychological and spiritual needs for recovery in an easily accessible, practical way. Whether you are looking for help to reclaim your health from cancer or any other illness, let Judi be your guide."

- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

"This book is a must for those facing cancer and for those who have loved ones facing this fear-filled disease. Judi writes from the heart -- telling her story with truth and emotion. She highlights her course of action, not forcing her opinions on anyone but truly providing options to conventional cancer care that are sound and doable. Her recommendations for nutrition therapy and exercise are quite impressive and fact-based."

- Julie Freeman, MA, RD, LD, Licensed Nutritionist, Integrative Medicine

This Book and Others Now Available Online!

www.JudiMoreo.com





JEFF CIVILLICO

AN INTERVIEW

BY JUDI MOREO

Jeff Civillico is a Las Vegas based headline entertainer, who blends his perfected art of juggling with friendly audience interaction and insane amounts of energy. He is currently the star of his own show at The Quad Casino Hotel on the fabulous Las Vegas Strip. This late afternoon show is a favorite with tourists and locals alike as it is a show that is appropriate for both your children and your grandparents. With his "Comedy in Action" show, he has performed everywhere from Australia and New Zealand to the White House. He is a favorite onboard Disney Cruise Line, and I can certainly attest to that. Jeff and I happened to be travelling on the same plane from Florida back to Las Vegas and throughout the airport, little kids were jumping up and down, yelling, "There's Jeff," and running over asking for his autograph. It was like travelling with a rock star!

In addition to his comedy show, Jeff also delivers a powerful keynote speech that illustrates the keys to "Branding Your Passion" to create the career, and lifestyle, of your dreams. A 2005 honors graduate of Georgetown University, Jeff currently serves as President of the Georgetown Alumni Club of Las Vegas.

He is the Founder and President of Win-Win Entertainment, a non-profit organization that pairs performers willing to donate their time and talent with charities in need of entertainment.

When you speak of "branding your passion," what does that mean?

Branding your passion is an art and therefore needs to happen organically.

When I talk about branding your passion, I'm speaking not only about being an entrepreneur, but also being an "intra-preneur." You can brand your passion in your role within a company, within your school, or within your family.

I juggle and entertain. So often people say to me, "You are so lucky to be able to do what you love for a living." Think about it. Realistically, if I sat down to choose a career based solely on personal and financial fulfillment, juggling probably would not have been on my top ten list. Yet, I have been able to brand my passion for juggling in a way that affords me a very comfortable and deeply gratifying lifestyle...not to mention an incredibly fun one. But, juggling has afforded me many opportunities.

How is this possible?

I discovered my core competency, packaged my services, and positioned them in a way that was attractive to the marketplace. I don't think it is possible to create a step-by-step handbook for taking a hobby like mine and branding it. I believe it is the interconnectedness of a person's passion, philosophy, plan, proactivity, and performance. It takes all of these plus knowing what your personal brand is and building a power team to make it possible.

How did it begin? Did you always want to be a juggler?

No, (laughing) and I still don't want to be a juggler. I want to be an entertainer who connects with my audience. I'm concentrating on comedy and being more of a host personality, both in the way I carry myself on stage and also in the type of events I book.

As a kid, I went from one hobby to the next--- completely engrossing myself in whatever it was at the time. My parents talked of "Jeff's obsessions." I collected rocks, stamps ...looking back at the other options, I think I actually became the least nerdy kid possibly by choosing juggling.

My passions have changed over the years. At first it was hardcore, technical juggling. I wanted to juggle more stuff than the other guy, and win more medals at the world juggling competitions (yes, there are world juggling competitions!)

Then my passion became entertaining. I quickly learned that the audience didn't care as much about the juggling as they did about laughing. They wanted to laugh. I loved the feeling of making an audience laugh. What a rush! My quest became to craft interactive juggling routines in a way that built a strong rapport with my audience.

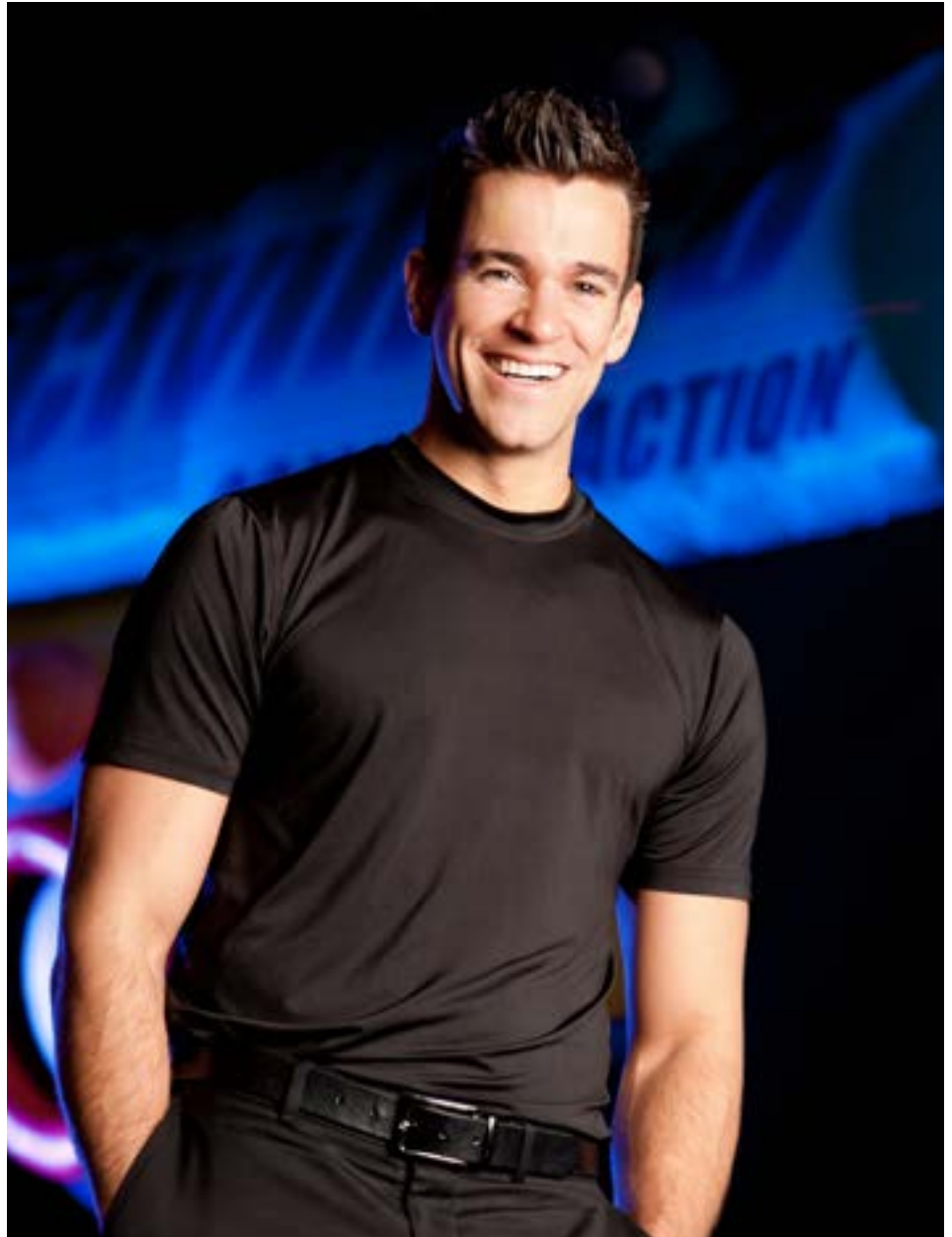
Is that still your passion today?

My passion is connecting with people – on stage and off. I've learned what really thrills me is bringing people together, whether it's laughing together with a huge crowd for forty-five minutes on stage or talking to one person after a show for five minutes, or building my non-profit, Win-Win Entertainment, to match willing performers with charity events in need.

You say that a personal brand is about trust? Please will you tell us what you mean by that?

Sure. Think of how a consumer tends to buy a known brand, because they can trust it's a quality product. When you buy the brand, you are buying into that product as something that has been tested and is reliable. I want to carry myself in such a way that people want to do business with me because they trust I will be on time, professional, and deliver a quality product every time.

I love your idea that we should all have a power team. How does one go about getting others on their team?



Be the same person on stage and off stage. Treat people kindly and show your appreciation for them. When you do that people will tend to want your success for you, and therefore, will help you get it in whatever small way they can. It's all about building relationships.

||| **ABOVE**
Jeff Civillico

You seemed to rise to stardom in Las Vegas very quickly. I know others who have been trying to get where you are

for years and haven't made it. Why do you think it happened for you?

I worked my butt off! I tend to eat, breathe, and sleep both the creative and the professional aspects of Las Vegas. I genuinely love the town and the 24/7 nonstop energy that comes with being the entertainment capital of the world. I'm almost always working either actively or passively because I honestly love what I do and it genuinely doesn't seem like work.

It looks glamorous...your life...having your own show in a major Las Vegas hotel. Do you feel like you lead a glamorous life?

I wouldn't say glamorous, but I would say exciting and adventurous. I am well aware that at this stage in my career, at least, if I were to stop working as hard as I do now, my business would suffer. I don't just show up and work for the 75 minutes I'm on stage. I'm constantly marketing and promoting at this point. I will admit that it is pretty fun when friends from high school in Philadelphia tell me they saw my video at TSA at the Las Vegas McCarran Airport or in a taxi on their way to their hotel.

What has been your biggest challenge?

Not burning out. I tend to operate at such a fast pace, tacking so many things into my schedule, my biggest challenge is staying healthy. I'm a healthy guy, and I want to stay that way, so I work at staying both mentally and physically healthy. I tend to go and go and go until I collapse, so I really have to pace myself.

What advice would you give to a new entertainer?

If you want to differentiate yourself, you

have to do things most people don't do. Develop and live up to a reputation for consistent prompt action. Over time, this will put you in the top 10% of your industry. And enjoy the journey... whether it's on cruise ships, seeing other parts of the world, the travel, the sightseeing, the being a road warrior and hopping all over the US seeing tiny towns you'll probably never go to again. It's really fun, so embrace it. There's no way you can get to another level without moving through those markets. Know you are on the right path, taking the right steps. It's going to lead to much bigger success down the line.

Where to from here? What would you like to do next?

I definitely want to continue growing my Las Vegas show, focusing more on hosting in the live medium and gaining more traction in the television market.

I know you balance a resident show 5 days a week in Las Vegas with performing at various corporate events all over the nation. If someone wants to contact you to entertain for an event at their company, school, or organization, how would they contact you?

Contact Donna Buttice at donna@jeffcivillico.com

You are also very passionate about the non-profit that you founded, Win-Win Entertainment. Tell us a bit about that.

I founded Win-Win Entertainment a couple of years back in Las Vegas to serve as a conduit between the entertainment community and charities/charity events. I am overwhelmed at our growth. We have an amazing board of directors. We've doubled our data base of performers, and we now produce a very successful annual signature event called "Headliners Bash," with this year scheduled for Friday evening, November 21st, at the Linq Casino (after the Quad completes it's rebranding on October 30th.) Hope to see everyone there!

This is an event everyone will definitely want to attend. I've attended the last two years and it's the best of the best of Las Vegas entertainment all in one show. It's a real credit to you and to the Board of Directors. As with everything you do, it's first-class, amazing and fun!!!





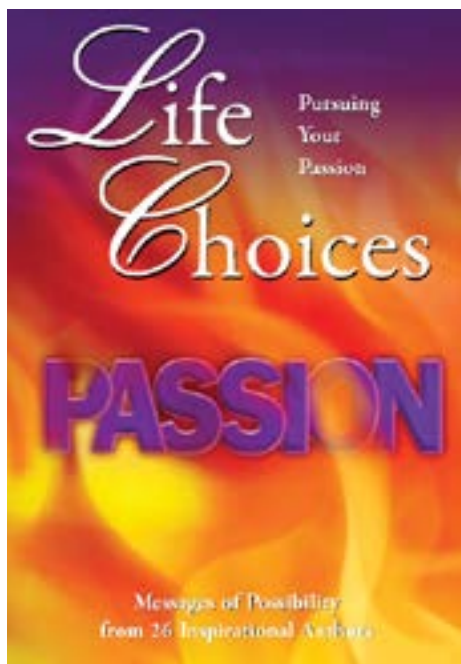
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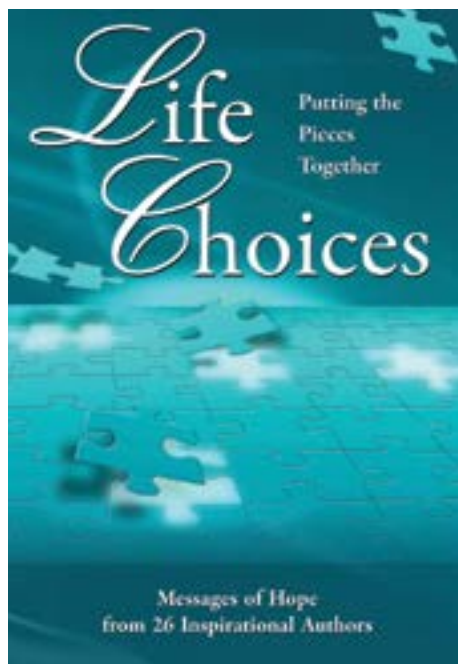
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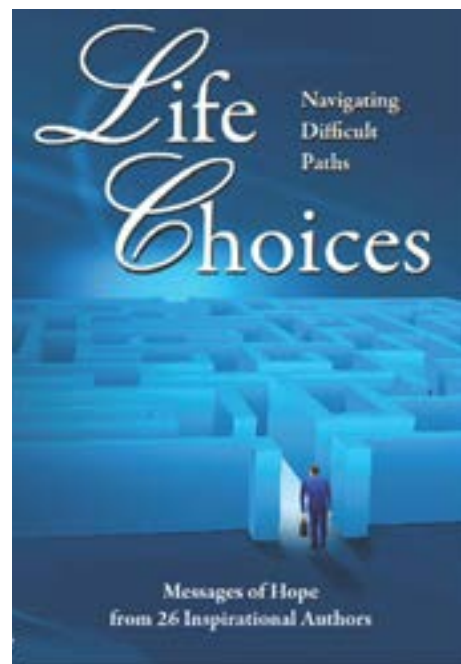
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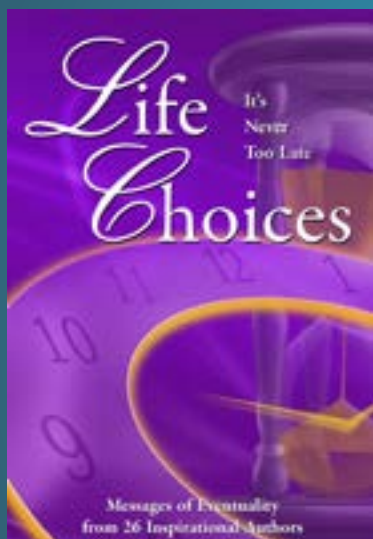
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible - READ THIS BOOK. Twenty-six authors share with you how they pursued their passions and made their dreams become reality.



Should you find yourself in circumstances that require the making of difficult choices, the stories in this book can offer you courage and inspiration. Each author has addressed hurdles they have faced in order to reach their current level of success. It is a collection of powerful true stories written by real people who have overcome the obstacles in their paths.



This empowering collection of stories reminds us that we all have choices and the choices we make are what determine the course of our lives. The authors of these stories are real people who have reached into the depths of their souls to share their inspiring journeys when navigating the difficult paths of their lives.



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Marlene Livingston Curry is available for lectures and workshops based on her book *Resilient Survivor*.

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marlene@marlenecurry.com

WHEN LIFE IS HANGING IN THE BALANCE

BY KATHY HAMILTON

At times, into your perfectly organized life, a curve ball is thrown and you might get knocked a little off kilter. Most often, it's minor, short-term inconveniences that simply require a slight adjustment in the routine to accommodate them. Life quickly rights itself and you are back to smooth sailing. But, what about when you get hit with a ton of bricks, out of the blue, blind-sided and your world is turned completely upside-down? The proverbial anvil that was dropped on my head and changed the course of my life forever was named cancer.

No, I have never had cancer, but I became caregiver to my 40 year old sister-in-law, Paula, when she was diagnosed with advanced stage melanoma. Her prognosis was grim. She needed an advocate- someone to

help her, to ask questions, to listen, to be her friend. I volunteered, thinking, "I've got this!" After all, I was strong, healthy, energetic and unemployed. I raised three kids, how hard could THIS be?

After an appropriate amount of locomotive racing, building leaping and quick changes of attire in conveniently located phone booths, I set out to save the world. Actually, just to save Paula. It didn't take long to figure out that I couldn't sustain the steady pace of doctor appointments, iron infusions, chemotherapy treatments, blood transfusions and PET scans AND maintain my already fully scheduled, regular life. I had to learn how to balance my formally normal routine to include what Paula and I called the "new normal." I often wondered if I would be able to do it all.

I prioritized and re-prioritized, evaluated and re-evaluated, adjusted and re-adjusted. Not just my schedule – that was the easy part – but also my thought process, my belief system, my values. The next six months became a journey of discovery and change. I learned about how to be a great friend and caregiver; how to help and when to ask for help; when to hold on and when to let go. The list goes on and on.

Here are just a few of the lessons I learned that may help you if you find yourself caring for a sick friend or family member - when normal isn't normal anymore.

Know your limits – then check them at the door.

You really have little idea how strong you are until you have to be stronger.

The human spirit is truly amazing and your inner Superman will emerge when most needed. You've got this!

Let people help you.

Others want to help, but don't know what to do for her, so they offer to help YOU. Let them. Share the weight, no matter how slight.

Take care of yourself.

You are no good to her if you don't. Meditate, rest, eat right, treat yourself. You deserve it – you are not a martyr.

Make promises – even if you know you can't keep them.

Assuring your friend that you will make sure her mother-in-law will NEVER get custody of her children does not compromise your integrity. Sometimes, you just have to say what is right in the moment for her.

Listen

To her – hear what she means, not just what she says. To her doctor – she is in crisis and her mind can only absorb so much information. To your Gut – your intuition will guide you when your brain can't find the logic and your heart is too sensitive to give you good direction.

Be an absolutely trustworthy confidante.

Treat your conversations with her like you are a criminal defense attorney in the capital murder case of a former professional athlete trying to fit his hand in a bloody glove! She has to trust someone 100%. Let that be you.

Believe

In something...anything. It doesn't even matter what it is – God, universe, science, evolution, magical pixie dust... anything! Whatever it is you believe, you will find strength in that thing. It will help you through.

Live

Even when you lose a loved one, family member or friend to cancer or any other cause, remember that you still LIVE. Make a list of those things that you would regret if you were in your last moments and do them now. Live now, because you live NOW.

In the six short months from Paula's diagnosis to her death, I regularly questioned my decisions, my strength, my faith, even life itself. In learning my roles and responsibilities, I made invaluable discoveries about family, friends, faith and self. I am forever changed – a better person for having the privilege of this journey next to Paula. I found the balance in My Life.



ABOUT THE AUTHOR

As a speaker and writer, Kathy Hamilton shares her stories of lessons learned from years of corporate and hard-knock life experience. She brings energy and humor to her presentations while providing valuable tools to improve communication, self-esteem, and perspective on the path to creating your own legacy story. Watch for her book *Surviving Cancer from the Waiting Room: A Caregiver's Journey*, to be released soon.



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NEVER SAY LOSE WEIGHT

BY PAULA HUFFMAN

When I was in my Masters of Science in Holistic Nutrition program a few years ago, I was talking with a fellow student who was teaching me to blog. We were exploring blog topics and since I often help people get rid of weight, he said he had a question for me about the subject. The question was, “Why do you never want to

use the words, ‘lose weight?’” He waited about 10 seconds for me to answer. I couldn’t come up with any reason, so he said, “When we lose something, we try to find it again.” Wow. What a revelation! Since that day, I can no longer use the words “lose weight.”

A couple of months later, I was listening to a webinar featuring motivational speaker, Bob Proctor, who said something almost

exactly like what my friend had said. “When a child loses something or anyone loses something, they look for whatever is lost. The subconscious mind does the same thing. It looks for what is lost...which happens to be the weight. This is one of the reasons the majority of people who lose weight can’t keep it off.”

This is also a reason there are “yoyo diets.” It is important to use other words, such as drop, dispose of, get rid of, release, or shed, so the subconscious mind will work with you instead of against you. I now point this out to my clients and have them choose replacement words that feel right to them.

I had a client who was told by his doctor he needed to “lose about 200-250 pounds.” My client had not been successful in doing that. So I had him choose a new word. The word he chose was “dispose.” I asked him to share with me why he chose that word. He said, “In his mind he saw an invisible garbage disposal inside of him disposing of the weight.” A couple of weeks later, I called him to see how he was doing. He said the disposal was working well with the other information I had given him. He was able to be successful this time.

I make sure my clients understand why it is so important for them not to use the



words “lose weight” even though the folks who work in the medical field and people who sell various programs on weight reduction still do.

Thoughts and words have energy and power. Think about what you say before you say it. It is time for all who use this phrase to stop it immediately. Since you have now read this article and understand why people wanting to dispose of weight shouldn't use the phrase, make others aware and share with them why it is important. Let's help people shed that weight once and for all!



ABOUT THE AUTHOR

Paula Huffman is a registered medical assistant who has a Master of Science degree in Holistic Nutrition. She has always been interested in the field of health in one form or another. She is also a phlebotomist, massage therapist, and a Reiki Master.

I'M NOT LOSING WEIGHT.
I'M GETTING RID OF IT.
I HAVE NO INTENTION OF
FINDING IT AGAIN.



CAREER, FAMILY, FINANCIAL, SPIRITUAL AND WELLNESS

MAKING TIME FOR THE FIVE PILLARS

BY JOAN BURGE, AUTHOR OF *GIVE YOURSELF PERMISSION TO LIVE A BIG LIFE*

I've worked since I was 19 years old and I am 61 as of this writing. I was married and had two children and worked since they were six weeks old. I always loved being in offices and being a career woman. I wore many hats and still do: mother, daughter, sister, grandmother, wife (now widow), and friend. Trying to balance work and home life was important to me because I really loved both. I believe I did a fairly good job of wearing my various hats over all those years. But to be honest, they never were really in balance. There were times when work took precedence over family especially when I started my own business in 1990. There were times when family needed a great deal of attention, especially when my husband of 34 years was diagnosed with pancreatic cancer.

What I have learned over the past three years is the importance of giving equal attention to the 5 Pillars of life: Career, Family, Financial, Spiritual and Wellness.

While each pillar stands alone, they are intertwined. Family life can impact career; career flows over to family and financial. Wellness is paramount to the other 4 pillars; without good health, we can't do anything.

My approach is to give equal attention to the 5 Pillars over time—whether it's over one month's time or the entire year. I choose to give attention to these Pillars and have made conscious choices about each Pillar since my husband passed away 3 years ago. The first choice

was deciding that I would give equal attention to the 5 Pillars. I also chose that my wellness was a high priority and so I joined Lifetime Athletic. I even hired a trainer to work with me the first year so I had a solid foundation and would feel comfortable when I worked out by myself.

The good news is that we can choose what we want to do in any given moment. A person chooses whether to watch TV while eating a bag of cookies or go to the gym or take a walk. We



choose the foods we put in our mouths. We choose to buy an expensive or a discounted handbag. Our choices, of course, will impact our outcomes.

When your 5 Pillars are intact, you feel in balance. You are able to nurture each aspect of your life and, therefore, feel more fulfilled. It's easier to handle the challenges that come your way in any one of the Pillars when the other areas have been given attention. In other words, when your finances are in order, it's easier to focus on family or your career or spiritual.

It will be much easier for you to think of giving equal attention over time to the 5 Pillars of Life rather than thinking of balancing all of them because they

do shift; at different times, different aspects of our lives need attention. So, feel confident that you can accomplish this. It takes a little time to get in the flow and embrace this principle but it will make your life easier and feel more balanced.

ABOUT THE AUTHOR

Joan Burge is an accomplished author, speaker, coach and corporate trainer. As the founder of Live a BIG Life, she is challenging women from all walks to life to live a fearless, fully functional life! Her fiery trials and lifetime of hard knocks as a daughter, mother, wife, career woman, caregiver, grandmother and business owner provide her a wealth of wisdom that help women succeed and thrive in their professional and personal life.



PICTURED AT LEFT
Brian Tracy with Judi Moreo

“Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance.”

- Brian Tracy

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Louise L. Hay



THE GOOD USE OF STRESS

BY KRISTINE MODZELEWSKI M.S.



Stress is an inevitable part of every person's life. However, most of us have a huge misconception of what stress is and how it affects our daily lives. Stress is difficult to define because it is a sensation and energy each one of us has and what causes stress in one person may not cause it in another. I spent several months in Buenos Aires, Argentina, researching a medical facility which is pioneering an investigation of how to use practical philosophy in treating stress at any stage. This medical facility, which is known for applying traditional medicine with philosophy in any and all treatments, indicated

something unique in identifying stress. A simplified example is: there are many stress factors in all of our lives, yet the solution to relax, meditate, or think "this too shall pass" may actually prevent you from saving or changing your life. Knowing all three stages of stress: purgatory, hell, and paradise (described in more detail further on), and how to recognize what stage an individual is in will allow the philosophical coaches at the facility to work on the correct ideas and consequently modify physical and emotional reactions.

To start, we can define stress with the expertise of Dr. Hans Selye, a pioneer in the scientific investigation of stress.

He defines stress as a non-specific response of the body when faced with any demand, presented to the organism (when external demands exceed the available resources.) This response is a normal part of the organism's preparation for fight or flight. Fight or flight is also known as acute stress; this can be triggered from both real and imaginary threats. As mentioned, stress is always going to exist; it's a phenomenon of life. **Stress is a form of energy** (energy without any direction); we choose what to do with the energy (fight or flee.) Stress can be used for good results in life or for bad results in life. Most of us associate stress with bad results (distress.)

Another way to define stress comes from Richard Lazarus, who states that stress is a result of interaction of a person and environment, which a person perceives as threatening superior to his researches and dangerous to his well-being. This is when someone perceives the demands they have exceed the personal and social resources they have. Again, stress is an energy we all have. Again, pioneering scientifically the medical facility in Argentina, the good use of stress at any stage, is the key to the success in treatment.

After spending two months on my past trip in Argentina working with the psychologist, Horacio Vesce, I was able to research and study how to use stress for positive outcomes, rather than fear it. The remainder of the article will explain how stress is viewed from a philosophical point of view, something we can all learn to apply within our self with guidance.

Stress is the adaptation between our theoretical world and our practical world. When there is an imbalance between these worlds, it creates negative stress. For example: When we travel, we set expectations and goals (theoretical world), and when situations don't go as planned (practical world,) a stress in the imbalance of these worlds develops. The key is understanding oneself and how stress can result in positive results. **Stress is passion and is what allows us to be alive.** Our two worlds, psychological and physiological, are connected with the energy-- stress. It is a good energy but we need to know how to use it. Regardless of how you use stress (for good or bad,) the energy applied is the same. Each of us has the choice to use stress for obtaining our goals and dreams, or we can just stand by and not apply it for anything.

To help enlighten more, we will use "*The Divine Comedy*" by Dante Alighieri. There are three journeys: hell, paradise, and purgatory. Hell is a state of being when we allow stress to cause us anguish and pain. There isn't harmony between the theoretical world (our dreams) and reality. This can lead to anxiety, depression, distress, etc.

What we want to obtain with stress is a state of paradise: pleasure, health, life. We need to be able to bring ourselves to a philosophical state (wonder, constant investigation) to achieve the level of paradise. Children make the best philosophers as they are always asking the question, "Why?" They are constantly seeking answers about the world around them. We need to take that same idea and ask questions and investigate who we are. **The goal is to not suffer between our material world and our ideal world.** This requires working with someone with wisdom (a philosophical coach) to guide us in how to maintain balance to achieve happiness.

Purgatory is the transitional state between hell and paradise. We are applying the tools we learned (from our philosophical coach) to transform the hellish state. With philosophical practice, we can begin the transition. As the anguish and pain dissolve in the hellish state, we are equally gaining more pleasure and health in the paradise state. To begin this transition, we must philosophize ourselves: why we make choices, what do we want, how do we act. **These are philosophical questions to which human beings have the capability to find answers.** Rather than suffering, one should use philosophy to balance the negative interconnection to positive interconnection of the "perfect world" to reality. This is how we use stress to find good results. It is the union

of theory and practice; with this new investigation we have a different point of view with more wisdom.

Let's face it, life can be hard. We have teachers while in school, coaches to excel in athletics, trainers for the gym... these are all people who are more advanced in the field to guide us on the best path to our goals. Why not have a coach for life... someone who has studied philosophy and can apply it practically in daily life, teach us how to use philosophical ideas to use our stress to obtain our goals?



ABOUT THE AUTHOR

Kristine Modzelewski, M. S. of Avanti Wellness has a Master Degree in Psychology. She's researched for two years on comparisons of treatments for addictions and depression within the United States compared to CMI Abasto a medical facility, in Buenos Aires, Argentina.

Avanti Wellness is an American company that represents CMI, working to bring awareness and helping people in need.

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HAPPINESS PROVIDES WELLNESS

BY JOAN S. PECK

Happiness is something we humans allude to on a daily basis. We seem to judge our day by how happy we are with the outcome of the day. How often do you hear someone ask you how your day is going? What they really mean is... are you happy with your day so far? Happiness just by definition of joy, delight, and other positive emotions plays a huge role in our lives and has come to define life's worthiness and wellness.

What helps to define it? We know that no one person can make another person happy although they can provide the opportunity for happiness, and that can be something as simple as saying, "I love you." In the opposite, our happiness can be shaken if a person says, "I don't love you." But the reality of either statement is our reaction to it – how we perceive those words and/or actions of the other person, and how we allow them to affect in a positive or negative way our inner happiness.

And what is our inner happiness? It is our belief that all is well and is as it should be. It is that inner faith

that no matter what happens in our life, we are loved by the Universe and all will work out as it is meant to be. Wellness is accepting and loving yourself and others for who you are and who they are; wellness is not allowing other people to take away from you any hopes, desires or dreams; wellness is being free of the judgment of others; wellness is gratitude for all the blessings in your life.

What is happiness, then? Happiness is an emotional energy. You know that sensation you get, right? It is as if a warm flow starts at the top of your head and flashes through your body and you feel uplifted. It feels good, and you can create that sensation when you allow life to flow; when you can feel and accept the love that is yours by doing the kindest acts; when you recognize and cherish all the natural beauty that surrounds you with the understanding that it and you are part of All That Is. In essence, happiness is YOU and what you make of life.

What about all the unhappiness that exists in the world? When we look at happiness on a larger scale it still comes down to making the choices in your life that affect you and others in a positive way. Yet, when we look outside ourselves, we can't help but





be aware of all the actions that exist in the world which either dampen our enthusiasm or add to our delight in living and have the ability to affect our own happiness. For who isn't affected when they hear of children starving, people shot for what they believe, people enslaved by the sex trade, discrimination and so much more? We are affected because there is an awareness that we all are One.

How can we become the observer of all the unhappiness in the world without it affecting our own happiness – that inner happiness of belief and faith that provides the wellness in our life? It is simply that we do what we can to change the circumstances of the suffering of others and when

that isn't an option because we can't affect them directly . . . simply send them love.

That action of sending love can bring about positive results for the receivers of your love although you personally may not be a part of it. In addition, your action has the power to bring you that rush of warming sensation flashing through your body and uplifting you, with the understanding that love in all forms creates happiness and wellness. It is important to remember that at the seat of wellness is happiness and that when you create that, you create the kind of wellness that provides you the ability to have a long, satisfying, healthy life.

“Folks are usually about as happy as they make their minds up to be.” - Abraham Lincoln

**“Happiness is when what you think, what you say, and what you do are in harmony.”
- Mahatma Gandhi**

**“It is not happy people who are thankful, it is thankful people who are happy.”
- Adrienne McLeod**



ABOUT THE AUTHOR

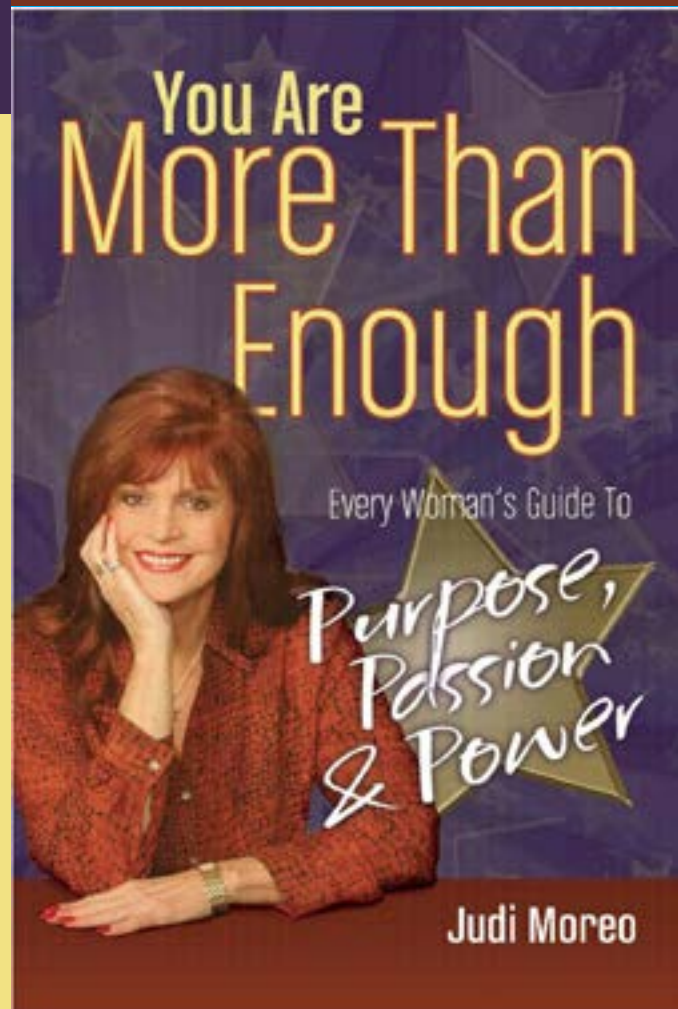
Joan S. Peck is the author of several spiritual books and a contributing author to two of the books in the Life Choices series. She has a new book coming out this year – Prime Threat – Shattering the Power of Addiction, a book written with her son from the other side.

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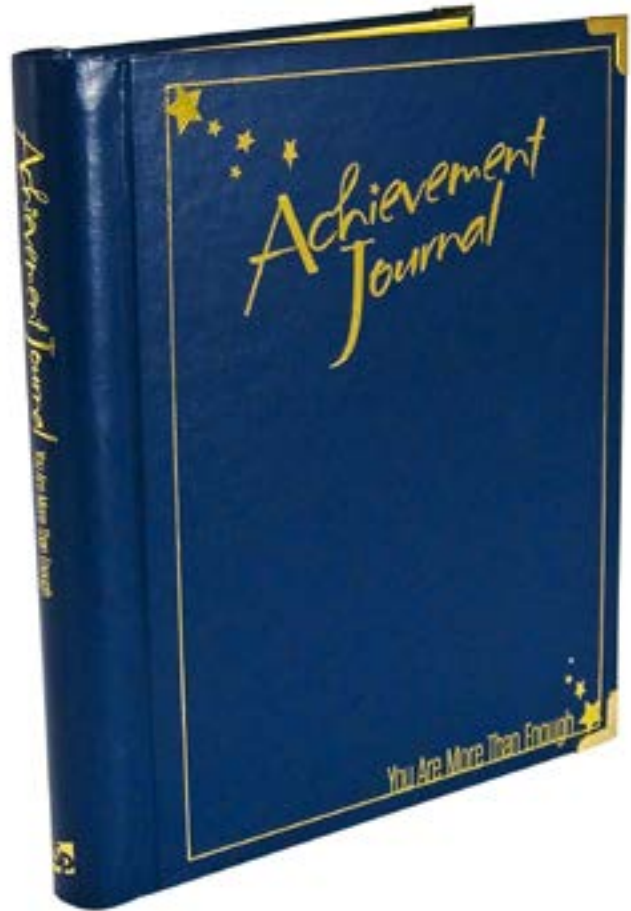
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**- Montel Williams, TV Host
The Montel Williams Show**



THE VALUE OF PRIORITIES

BY JENNIFER TARLIN SEMRAD

Are you like me? For years I have been saying there aren't enough hours in the day. I am a list person and I have multiple "to-do" lists that I often don't finish. These lists sit on my kitchen counter, on the refrigerator, in my purse, at work, or in notebooks I keep by my desk at home.

They contain anything from the mundane like food items to buy to making doctor's appointments to writing ideas. Pieces of my life are contained in these endless post-it notes.

I am a person with eclectic interests. I am not satisfied with just going to work and having nothing else in my life. Sometimes this works against me in achieving my life balance. I have so many areas of interest, some of them being: health and nutrition, cooking, writing, reading, travel, supporting animal rights, volunteering, and, of course, time with my husband. This isn't the whole list, but you get the idea. I am often frustrated that the mundane tasks, obligations we all have and must do: clean the house, laundry, and errands

dominate my time when I want to pursue my interests. I give 40 hours of my life weekly to my job, and am fortunate I can leave my work at the office. Although I like my job, it is not my life. For me, the best part of the day starts after 5pm.

Over these past five years, I have been fortunate to have a partner who takes on household and financial responsibility, which allows me more time to pursue those activities that I need or want to do, such as going to the gym or working on my writing. Although we work opposite schedules, I place a positive spin on our situation, since this gives me alone time. I don't mind being in my own company. I realize it is up to me to achieve my own life balance. I don't always make the best decisions, but at least I know I have options.

Having fun has become a way of life for me. This is something new for me as an adult.

This is an integral part of my life balance. It was not always this way, as I sacrificed my needs for the wants of another person for years, and became miserable. By the time I reached 40, I started to find myself. For me, exploring my personal interests and having dreams are now an integral part of life.

Keeping my priorities in line helps me achieve a life balance. Health is number one for me. I have learned without that, nothing else can fall into place. Although our time is limited, quality time with my husband is essential to my well-being, and we enjoy life.

What about you? Are you taking care of your health? Spending time with those people who are most important to you? Having fun? Have you prioritized your "to do" list? When you do, you'll find there is more time in the day for the people and activities that you love.



ABOUT THE AUTHOR

Jennifer Tarlin Semrad is originally from the Boston area and has resided in Las Vegas for the last 9 years. She holds a BA degree in Journalism, with a Psychology minor from the University of Massachusetts, Amherst, and post-graduate business coursework. She dreams of writing a bestseller.





COMMUNICATING WITH YOUR FAMILY TO IMPROVE A SENSE OF WORK/LIFE BALANCE

BY DEBORAH CLARK

I write this as a student. I am learning how to balance the family relationship into my life, as a healthy, communication with all the love that it brings to my heart and soul.

During our lifetime, we have so many different types of relationships. As children, our first relationships are with our parents, our caregivers. We

begin to recognize the “Milk Lady.” We figure out that if we cry, she will come. Then, there’s the “Big Guy.” He’s not a major milk producer, but he has the warmest hugs. The days pass quickly. We grow like weeds, as do our relationships. Sometimes, we have siblings who poke, stare, and hug a lot. We meet our aunts, uncles, cousins; more hugs, lots of kisses, it’s not such a bad deal. The family relationships protect us, and guide

us through our developing years. We learn the names. We smile. We hug back. We miss them, if they are not around. We are taught about what relationships mean. We experience the security of family. We understand how important it is to have others in our lives who care about who we are and what we do.

Adolescence presents the first relationship conflicts. As our worlds

expand, we make friends who influence our behavior. The family relationships become strained as we desire more freedom, and independence to explore other arenas. This is the beginning of who we become. We compromise to maintain friendships, while we negotiate with our family to strengthen the bonds of love and respect. Adulthood creeps up on us like a blinding snow storm. It's like a whiteout. We can't see the future, but it is the past -- our past family relationships-- that is the glue holding us together.

The question becomes: How do we keep our relationships as our lives change?

The typical response to not being able to spend more time with family or not calling family is being "too busy." We all need to look at what we are so busy with that leaves us no time. Really think about what we are doing and why we are doing it. If you are doing it for your family, then what's the point if you have to sacrifice the family relationship in order to get it done? We are all products of our families. There are more than enough stories about so called successful people lamenting about the cost of success was no time with family. Even in these

trying times, it just doesn't seem to be worth losing your family ties for... what exactly? Doesn't make sense.

At the basic root of the problem, we need to give the family the same level of commitment as we do everything else. Put appointments on the calendar, not just penciled in. When conflicts come up, think about it before you decide not to show up.

Also, remember that the extended family is there for you, too. To reach out beyond your personal dinner table is to be richer in spirit. The knowledge of second and third generation aunts, uncles, cousins... the list goes on and on and the relationships are priceless. Even if it's just an occasional phone call, the love is still there waiting for you to come and get it. Reach out to someone today.

"Any problem, big or small, within a family, always seems to start with bad communication. Someone isn't listening."

- Emma Thompson



ABOUT THE AUTHOR

Deborah D. Clark, DTM, is a contributing author to two of the books in the Life Choices Series; *Life Choices Navigating Difficult Paths*; and *Life Choices Putting The Pieces Together*. Deborah celebrates the launch of her new website and customized Mentor Program to meet the needs of each individual client with training development and feedback.

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5 SIMPLE REASONS FOR KEEPING COCONUT OIL IN THE BATHROOM

BY JASMINE FREEMAN

My curiosity about coconut oil started about a year ago. I noticed it near the other oils I bought in the market but I wasn't sure why I might need it. I learned it's best to use coconut oil with higher cooking temperatures and even to put a teaspoon into my morning coffee. Today, coconut oil is seemingly everywhere and there appears to be a million uses for it. Keeping a very large jar around our house has become the norm and I've recently discovered the many ways to use coconut oil outside of the kitchen. Here are just a few of the many reasons

why you'll want to keep a jar of coconut oil in your bathroom, too.

Oil Pulling – This will help strengthen your teeth, improve gum health, reduce plaque, and get rid of bad breath! Use one tablespoon of coconut oil and a drop of oregano oil. Swish around in your mouth for 5 – 20 minutes, daily. Spit out in toilet or trash can (do not ingest after pulling as the mixture has become full of toxins). Brush your teeth.

Body scrubs and moisturizers – by mixing coconut oil with sugar, salt or coffee grounds and adding in some

essential oil you will have a fantastic body scrub that leaves your skin feeling silky smooth and smelling great. I love perusing Pinterest for new recipes to try.

Facial cleansers – coconut oil has antibacterial and antifungal properties which is why it's so great for your skin. It's also going to help to diminish fine lines and wrinkles. Apply the coconut oil to your face, let sit for about 30 seconds. Apply a warm, wet towel to your face, wait for another 30 seconds. Lightly remove the oil (don't scrub or rub harshly). Splash some water over your face and let your skin absorb the

rest. To help with acne, scars, wrinkles or if you have sensitive skin add 1-3 drops of lavender oil per one teaspoon of coconut oil.

Hair moisturizer – add this to your weekly night time beauty ritual for soft, shiny, gorgeous hair. Warm a few teaspoons of coconut oil, massage onto your hair from root to tip. Cover your hair with a shower cap. Let the oil soak into your hair for at least 2 hours (leave in overnight for deeper conditioning). Wash your hair 2 – 3 times to fully remove the oil. You can also use a small amount to tame frizz or fly-aways when styling.

Eye make-up remover – simply dab a cotton ball in coconut oil and wipe around eye area to remove make-up.

Non-Toxic Wipes – Bonus! Get this 4 ingredient recipe that only takes about 5 minutes to prepare for a toxic-free tush wipe. <http://jessicatomlinson.com/how-to-make-non-toxic-wipes-for-a-toxic-free-tushie/>

I encourage you to give coconut oil a try in your daily beauty routine and get curious about all the other ways you can start using coconut oil around your home.



ABOUT THE AUTHOR

Jasmine Freeman likes to call herself a Wild Wonderful Working Woman. She runs the life and offices of a busy executive and business owner while juggling motherhood of four; volunteering for a nonprofit called The Cupcake Girls, serving where she can at The Crossing Church; Advisory Council Chair for Vegas Young Professionals; and wife to one very patient man. Jasmine enjoys living life to fullest and believes in taking care of yourself so that you can best take care of others and the world. Catch Jasmine on stage sharing her story “From Zero to Silly” at TEDxFremontEastWomen.



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A FINAL NOTE
FROM JUDI MOREO

Your goals have more chance of becoming a reality when you are committed to them. Many people talk about how committed they are, but when push comes to shove, they quit. Real commitment means you don't give up until you achieve the desired result.

Even when an obstacle gets in your way or you have a setback, you must never give up. Committed people understand there is a price to pay to achieve anything worthwhile. Find out the risks and rewards before you decide to follow a path. It will be easier to keep your commitments when you know what to expect before you make the agreement.

Many of us are very good at keeping commitments to other people. We raise our children, make dinner, attend functions, organize the car pool, clean the house, do the laundry, mow the lawn, do community volunteer work, and in addition, pursue our own careers. We put everyone else's priorities ahead of our own. We make promises to ourselves that we don't keep. We make excuses such as I was too busy, my boss needed it done, I had to go to the children's school function, my spouse needed it taken care of for him or her, and all the while, that little voice inside of us says, "What about me? Don't I deserve something as well?" When we don't keep the commitments we make to ourselves,

we feel hurt, frustrated, out of balance, resentful, and unworthy.

Yes, most of us have been taught to look after others first. We can't indefinitely continue to place commitments to others ahead of our own without damaging our self-esteem and ultimately, our relationships and our lives. When we keep our commitments to ourselves, we feel a sense of balance, build our self-confidence, have more energy, and are more able to take care of others. Start now! You can do this! You are more than enough!

Judi