

CHOICES

SPRING 2017

**INSPIRATION
ISSUE!**

**LIGHT THE SPARK OF
INSPIRATION WITHIN
YOURSELF**

AN INTERVIEW WITH SHERYL BORDEN

**PRODUCER & TELEVISION
PERSONALITY**



INSPIRE YOURSELF FROM THE INSIDE

**FOUR SKILLS YOU NEED TO
MASTER IN ORDER TO LIVE AN
INSPIRED LIFE**



WAITING FOR INSPIRATION

**HOW TO FREE THE MIND AND
RECOGNIZE THE SOURCES OF
INSPIRATION AROUND YOU**



MAKE INSPIRATION WORK FOR YOU

**WAYS TO FIND, KEEP
AND UNDERSTAND YOUR
INSPIRATION SOURCES**

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FROM THE EDITOR

When I selected the theme “Inspiration” for this issue of *Choices*, I had no idea how hard it would be to write about it. Several of our regular contributors said, “Wow, what can you say about inspiration?” And then I wondered. What can’t you say about it? Where does it come from? What do you do with it? Why are we inspired or not inspired? When do we feel inspiration? How do we feel it? How do we get it if we don’t have any?

One thing I know for sure is that inspiration comes from a lot of different places. Inspiration is that feeling within that we must do something. It could be paint a picture, write a book, cook a scrumptious meal, dance, race a car, run a marathon, climb a mountain or any number of other things.

Inspiration is when we are mentally stimulated to do or feel something. So, how do we get mentally stimulated? Well, once again, stimulation can come from so many places. Perhaps you see something...a beautiful flower, a field, an incredibly well designed building, another person, poverty, a township or it stirs some emotion inside of you and you hear that inner voice say, “I could do that.” Or “I must do something about that.”

Sometimes it comes from something we hear. Music, a poem, a beautiful voice, a baby crying, a story of someone’s life and we think “I could play like that if I practiced more.” Or “I can do something to make that person’s life easier.”

At other times, we are invited into inspiration. When we were in El Salvador, some friends invited us to help paint some homes in a village. When we got there, the people were so grateful to have their homes painted, that we not only painted all the homes in the village, we painted the church, and the city recreation building as well. It was an incredible experience and it inspired me to want to do more of the same in other countries.

Sometimes we become inspired by something we read...a book, a quote,

a poster, or a magazine article. We, at *Choices*, truly hope you are inspired by the articles in our magazine. Each of the writers who contribute articles to *Choices* do so because they have learned something they feel they need to share and hope it will make a difference in one of our reader’s lives. Oh yes, we’d love it if we made a difference in all our readers lives, but if we help even one, then it is worth us doing what we do.

If any of our articles have helped you in any way, won’t you drop a note to us and tell us which article it was, who wrote it, and how it helped you. I’d love our writers to get feedback from you. Inspire them, won’t you?

And remember...You Are More Than Enough,

OUR TEAM

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COVER PHOTO Sheryl Borden **ABOUT THE COVER** Sheryl Borden is the producer and host of the popular how-to show on PBS called “Creative Living with Sheryl Borden” now entering its 41st year on the air.

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INSPIRATION IS A CHOICE

BY JUDI MOREO

Are you inspired? Do great ideas just come your way? Do you always seem to be full of inspiration and creativity?

For years, we have heard phrases like “Change your thinking, change your life,” “What the mind can conceive, and the heart can believe, you can achieve,” or “If it is to be, it’s up to me.” Many of us dismiss these ideas because of negative programming in our past. We tell ourselves we’re not smart enough, good enough, thin enough or tall enough to get what we want...that no matter what we think, we will never achieve our dreams. Good things are true for other people but not for us. We just aren’t inspired.

Well, what are you waiting for? Inspiration doesn’t just drop out of the clouds and into your heart. Inspiration comes from involving yourself in life... full on.

Researchers have found that “inspired” people have several things in common.

While they are usually those who work hard, stay focused and push on in the pursuit of their goals, they are also flexible. When we are willing to see obstacles as opportunities, detours as a new path and change as a choice, we begin to open ourselves up to new ideas, new ways of doing things and frequently find a shorter, more direct route to our destination. Being prepared to change, take risks and grab opportunities is a key

to becoming inspired.

Inspired people are also awake and alert. They see everything around them. They observe and listen. Life-long learning is part of their nature. The more they learn about the world around them, the more they can use to their advantage. Like any other habit, we are unconscious of it acting in our lives, but the more we use our powers of observation, the





more we learn. The more we learn, the easier it becomes to feel the inspiration to do new and creative things.

Positive, future focused expectation of good is part of the make-up of “inspired” people. Brian Tracy said, “Whatever you believe with feeling becomes your reality.” If we are focused on our good and expecting miracles in our lives, we will most likely find good things happening and experience miracles all around us.

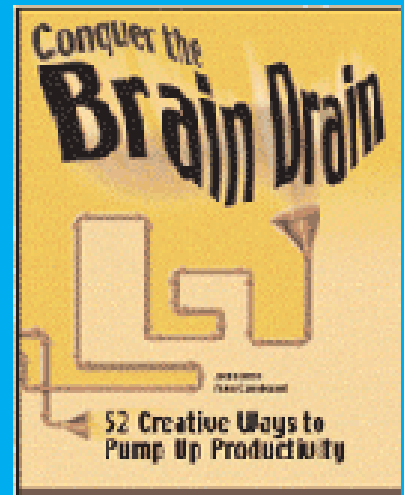
Sometimes if I’m not feeling inspired, I just start anyway. As I progress, the inspiration comes. Whether it is writing a book, or painting a picture, as it starts to take shape, I find more and more inspiration to carry it through to completion.

Inspiration is a matter of choice. While it may seem somewhat optimistic to look for the good in every situation, it is this outlook that opens doors of opportunity that we may not otherwise have seen. By taking control of a situation and taking action, we will light the spark of inspiration in ourselves.



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.



Are you using your creative energy to make your business more successful? Conquer the Brain Drain is about tapping into the creative wellspring we all possess. If you’re on a team – or especially if you manage one – learning to think creatively and teaching others to do so will boost productivity, improve morale and inspire your team to greater success.

Short deadlines, downsizing, increased expectations and the need to do more with less all contribute to “status quo” thinking. Solving business problems and generating new ideas and strategies can’t be accomplished using the same old brain-draining methods. If you keep doing what you’ve always done, you’ll keep getting the same old results. If you want to build an innovative, creative, problem-solving team, then you need a new approach.

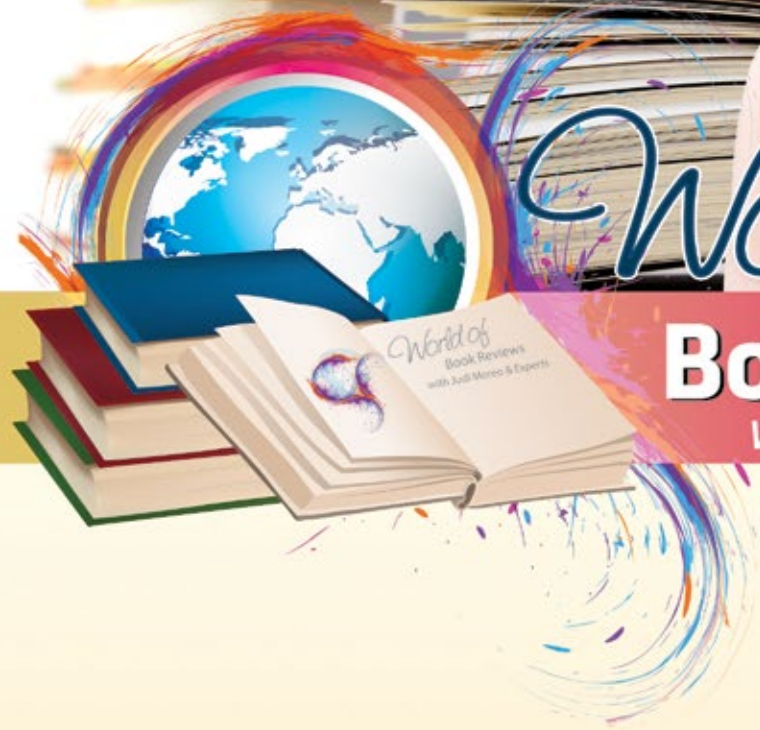
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- Motivational Speaker
- Popular Podcast Host, *Choices with Judi Moreo*
- Publisher of the *Life Choices Book Series*
- Publisher of *Choices Magazine*
- Author of Eleven Books Including Two International Best-Selling Self-Help Books, "*You Are More Than Enough*" and "*Conquer the Brain Drain.*"

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Produced and Directed by Aimmee Kodachian



INSPIRE ME, PLEASE

BY JOAN S. PECK

To be inspired is to be motivated. Yet lately, many of us find ourselves saying way too many times, “I’m bored.” or “I don’t know what to do.” or “Everything seems the same.” Then we look to the heavens, pleading to the Universe, “Help me! I’m stuck! Inspire me, *please!*” without a thought of how we might inspire ourselves.

All of us, at some time or another, have found ourselves in a hole that we, our-

selves, have created and we don’t know what to do to climb out of it. Then, in a flash without a warning, a thought comes into our head or someone says something or an event takes place which inspires us to make a change. This has happened to all of us whether it is something seemingly insignificant like choosing what you want to eat or something of greater significance, such as whether to date or even marry a person, and much more.

Many of us live in a way that shuts down

most thoughts of doing nothing- of just being. We’ve come to believe that we’re here on earth to do, do, do, and there’s no room for anything else. When that state of mind exists, we believe if we are not doing, we are not living. And, when there’s a certain flow of life without upheavals, we become bored without those challenges. It’s as if we’ve been playing a tug of war with whomever or whatever is on the other end and they suddenly drop the rope and there’s no longer any struggle. It creates an indeterminate state where we twist and turn

uncomfortably in its limbo. We become stuck.

Yet, like most things, it all comes back to us. If we aren't having thoughts or words or events inspiring us, where can we find inspiration? What are some of the things we can do to get us moving forward in life with some excitement, direction, and hope?

1. The most obvious is to try something new. The next time someone asks you to do something with them, don't say, NO, even if you've said before you'd never do it. Life is full of surprises! And, it is those times when we begin to stretch our wings and look beyond our set patterns of how we do things and are willing to go beyond our comfort zone that we really begin to fly! Just taking that first step inspires us and gives us a new lease on life. Then we are in a space that is exciting, though sometimes scary, where boredom can't exist!
2. The next thing we can do to find inspiration is look all around us! All we have to do is recognize and become observant to what Mother Nature has created for us. Do you remember the song, "the incy, tincy spider climbed up a water spout...?" It was one wise person who was simply observing Mother

Nature's spider climbing a spout that inspired him to write the nursery rhyme and song that so many children around the world sing to this day. There is such beauty everywhere! And you can look to your pets for inspiration for they are the magnificent earth angels that provide and remind us of unconditional love. That alone inspires each of us to live with more love and share love in all different ways – through song, poetry, writing, speeches, a simple act of kindness or simply being attuned to all around us.

3. That special place deep within our self is our greatest source of inspiration. All that is necessary to unite with it, is to quiet our minds, allowing ourselves to let go of the worldly happenings around us. It is during those few seconds or minutes when we allow our thoughts the freedom to roam that a voice within us gives us guidance. For some, it's actual words; for others, it's a simple knowing. We have always had within us the answers and the knowledge that can guide us through life with ease. We just need to connect and listen to it and then follow its advice!

Inspiration is what gets us out of bed each day, motivating us to see what the day has in store for us. Inspiration is the

process of being mentally stimulated to do or feel something, especially to do something creative. Life is nothing more than a chain of choices and we are creating every second of every day with our choices whether we are aware of it or not. The Latin expression for the word inspiration is to "breathe into." When we think about that, it makes sense for if we breathe into something, we inspire to make it happen. Life is inspiration, all by itself. We just need to live it.



ABOUT THE AUTHOR

Joan S. Peck is an editor and author of short stories, spiritual books and a contributing author in two of the books in the *Life Choices* book series. She also writes for *Recovery Today* magazine.

Her latest book is ***Prime Threat – Shattering the Power of Addiction***, a book written with her son from the other side about what addiction is and how to live without it. It is an uplifting book with him sharing some of his own lifetimes of addiction and what he is doing now to clear them.

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“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

John Quincy Adams



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**“If you have everything under control,
you’re not moving fast enough.”**

Mario Andretti

A *m I Going to be Okay?* is an American story with a universal message. Ms. Whittam traces her history in the form of stories about her all too human, and sometimes unhinged family; she throws a rope to the little girl living there, and in adulthood, is able to pull her out safely, bit by bit.

Her history is peopled with folks from a different time, a time before therapy was acceptable, 12 steps unimaginable and harsh words, backhands and even harsher silences can be spun to appear almost normal. She writes of a mother who would not or could not initiate love nor give it without condition, and a father, damn near heroic at times, abusive at others, a survivor with his head down and his sleeves rolled up.

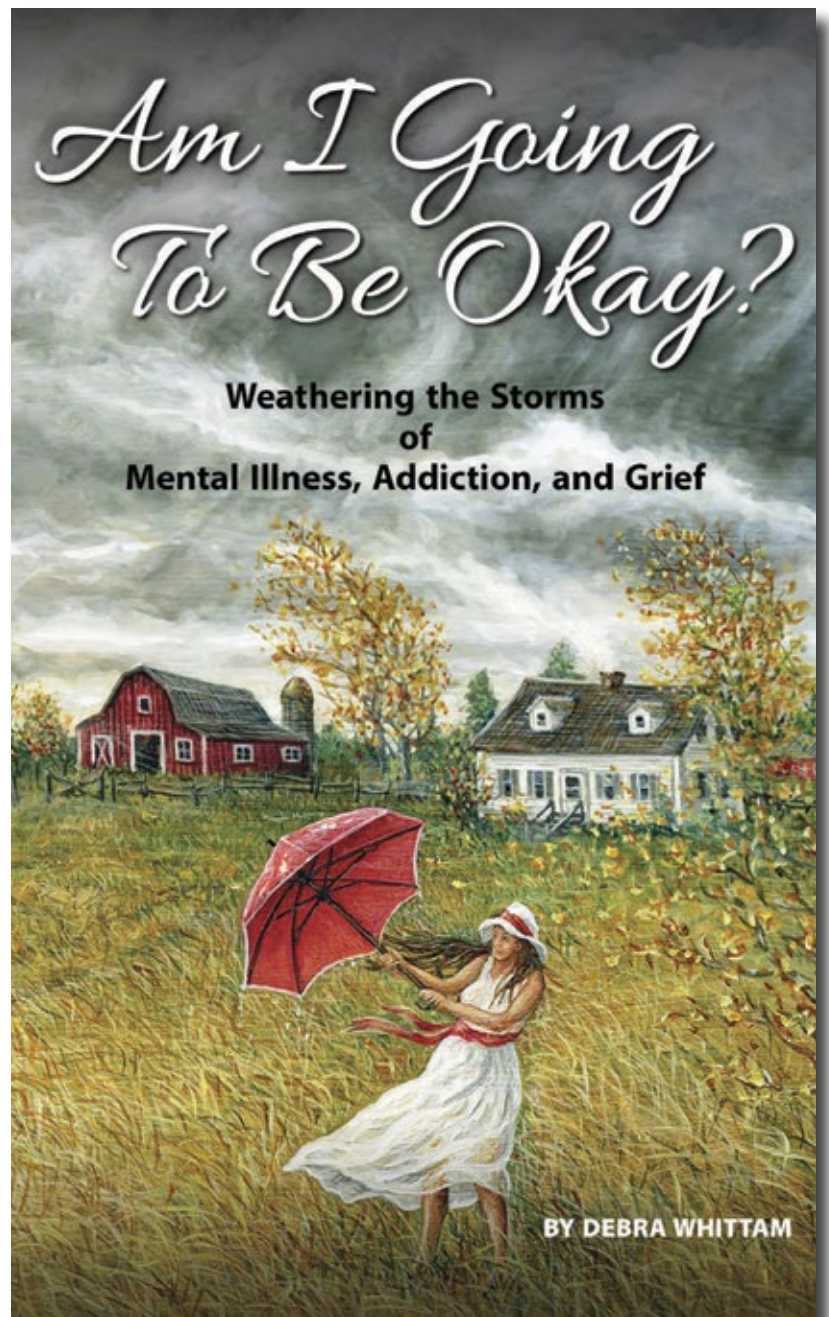
Ms. Whittam approaches her past with the clear-eyed, tough but sensitive objectivity necessary to untangle the shame from the source. She speaks of the people that affected her life so deeply with an understanding of their time and place in American culture; a family not far removed from immigrant roots when men carried their own water, emoted misplaced anger, and with fresh socks and food found on the trail, were confident, unflinching and at that same time tragically failing to the little ones they ignored.

Like many of us, details notwithstanding, Whittam responded by numbing, running and gunning. Alcohol gave her hope, soothed a crushed soul for a time and wrecked her on a train, until finally she had the courage to accept it wasn't working for her anymore. It was time to stop drinking and take inventory and accountability. It was time to accept, forgive and move forward. She healed where she was broken.

It is in the telling of this story that Whittam teaches us the difference between just surviving and surviving well; the importance of shared introspection and a careful eye on the wake we leave behind us in our actions. Her story is a guide to surviving abuse and addiction. It is also about witnessing and dealing with the shrinking faculties of aging parents in the unavoidable circle of life. Finally, she offers a realistic sense of hope, forgiveness and a life we can shake hands with.

AM I GOING TO BE OKAY?

REVIEW BY ERIC OESTREICH - ARTIST, AUTHOR, AND TEACHER



AVAILABLE ON AMAZON.COM

WAITING FOR INSPIRATION

BY REV. CHARLOTTE FOUST

Any minister will tell you, writing a sermon every week can be a challenge! Think of it as having a term paper due every week. It can't be something you've used before. It must be fresh and new, but still tell a timeless story.

Where does the inspiration for such an endeavor come from? Where do you start?

At least we ministers have one advantage. We most often know the topic for the day, either because we selected it last month to go into this month's bulletins or we are part of a larger organization that has a general order of things and selected scripture assigned for each week. Unfortunately, that doesn't make it any easier to find the beginning! And, we know our congregation can tell the difference between words on paper and an inspired message!

Waiting for inspiration is not a good idea. One can sit before a blank page all day and inspiration will not come. It is an elusive thing. It comes at the oddest moments, in the strangest places. And it rarely makes an appearance when one is waiting on it, much less when one feels the desperate need to find it! It comes when least expected. It comes when our minds are still and calm, not stressed about the deadline hanging

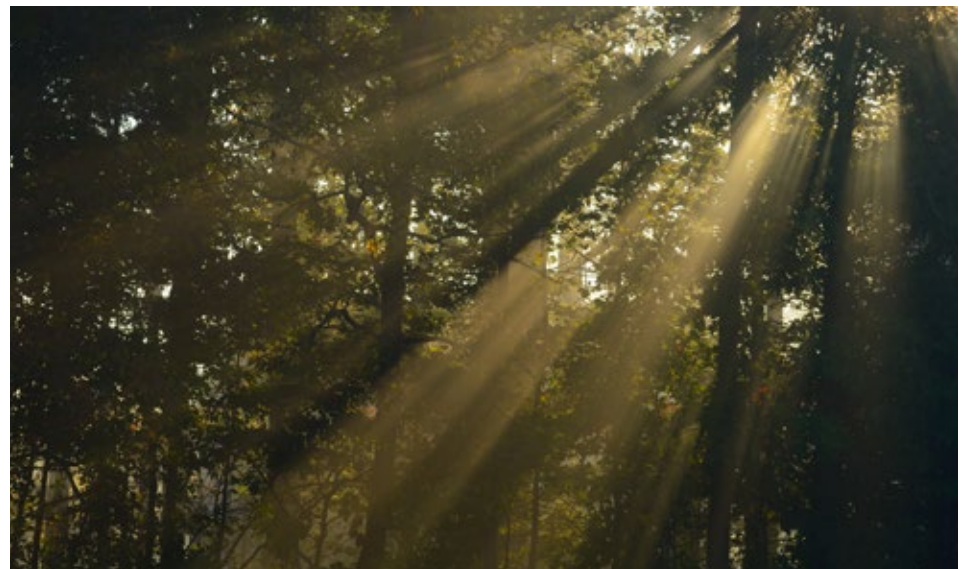
over our heads. It comes unbidden and hidden in a million different ways.

Some great inspirations have come from my cat. He likes to read. Well, he likes to take books out of the bookshelf. Grateful for the distraction, I pick the book up to put it back where it belongs. Sticking out of the top is a bookmark which I left in it. I wonder why I left it there. When I open the book, there it is. Inspiration in black and white with yellow highlighter. Exactly the words I need to jumpstart my brain and get the words to flow onto the blank page.

I've found inspiration in a comment from someone I don't know about something unrelated to the topic at hand. Facebook connects us with

people we would normally never meet. Every now and then, one of those people gives me the words I need to get started. They may be words I agree with and they may be words that make me want to articulate my thoughts in a way they will hear and think about the point I want to make, exactly the message I want to give on Sunday.

Those are the times when I can pinpoint the moment of extraordinary inspiration, hidden in ordinary moments. At other times, there is a conscious effort to clear my busy mind, to NOT think about what I need to write. If you have ever tried not to think about something, you know how well that works. That's when it is time to go for a walk. Time to consciously focus on the air, the sky, or



the sounds of birds; leaving the topic on a shelf at the back of my mind. Or time to pick up a book, any book. Reading occupies the mind, giving it a chance to leave the need to complete the task without being blocked by over-thinking it.

The best inspiration most often comes after midnight on Saturday evening. I head to bed with no idea what I'll say the next day. I have a scripture, I've chosen a few quotes that relate to what it says. But, a twenty-minute lesson? No inspiration, just words that don't feel right. Trust spirit, trust inspiration, take a deep breath and pray. Sunday mornings are too busy to worry about what I haven't written. Coffee in hand, I head to church, trusting and waiting for inspiration.

And after waiting all night, right on cue, inspiration comes.



ABOUT THE AUTHOR

Reverend Charlotte Foust served as Founding Senior Minister of Community Spiritual Center in Las Vegas. Retired from full time ministry, she now finds joy in the joining of two hearts together in marriage as well as pursuing her passion for writing.

“The journey of a thousand miles begins with one step.”

Lao Tzu





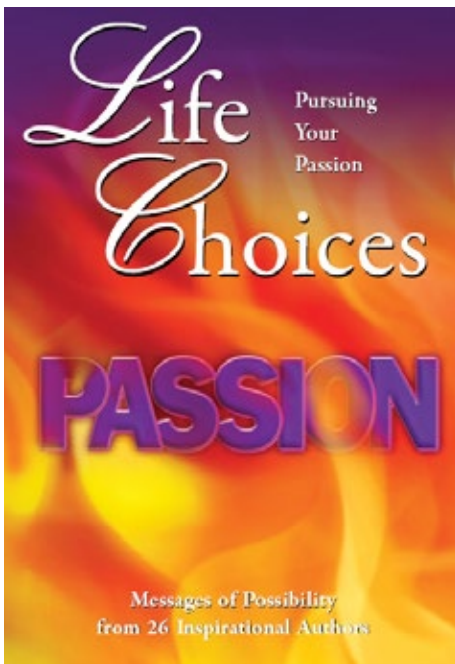
The Life Choices books are a series in which real people share their stories of overcoming obstacles, putting lives back together and following their passions to create successful, significant lives.

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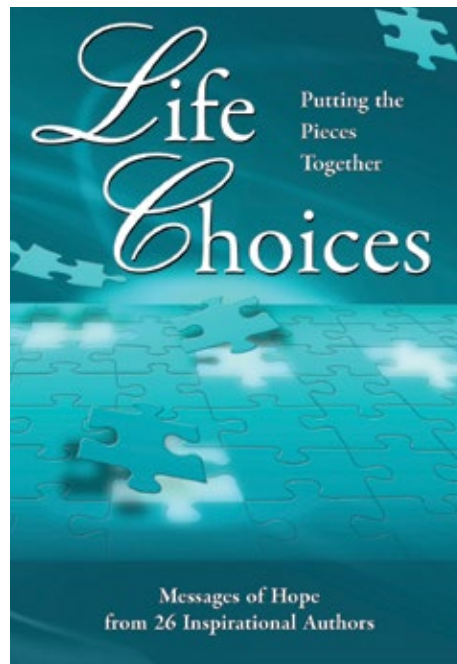
While the stories shared differ in context, they share a common thread of courage, hope and fulfillment. No matter what obstacles you encounter, or how many pieces your life is in, there is a way to find a new path, make a new choice, follow your passion and create a better life.

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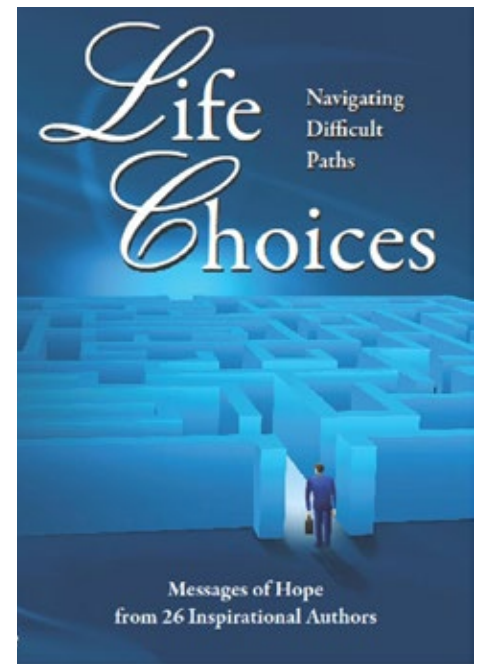
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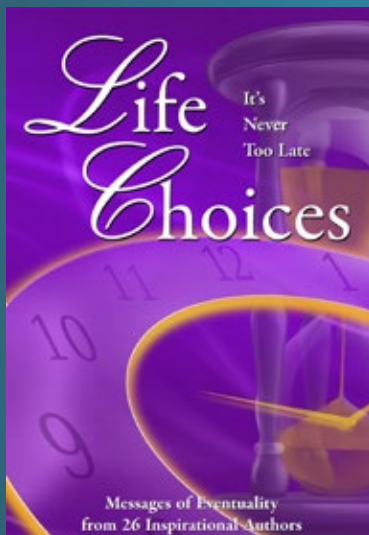
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible - READ THIS BOOK. Twenty-six authors share with you how they pursued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



LIFE CHOICES SERIES

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No matter who you are, how old you are or your level of success, it is never too late to make the choice to be who you are meant to be. Don't be afraid to make changes. Don't be afraid to make an attempt to achieve your goals.

Within the chapters of this book, 28 authors tell their stories and share the lessons they have learned. Their enlightened knowledge can serve as inspiration for finding your own path to the understanding that it is never too late.



CONFESSIONS OF AN INSPIRATIONHOLIC

BY SHERYL GREEN

I have a confession to make. My bathroom mirror is covered with so many inspirational quotes that I can barely do my makeup in the morning. I subscribe to “inspirational quote of the day” newsletters. I even create art work with my favorite quotes from musicians. I, like many other people in today’s culture am an “Inspirationholic”.

But as much as we want to surround ourselves with “pick me ups” and quick

fixes, quotes won’t actually make our lives better. As much as I don’t want to admit it, even motivational speakers can’t turn your life around in 45 minutes. All we can do is provide the match to light the fire of an inspired life. The real secret? Inspiration is inside of you. It’s the desire to change. It’s the desire to be better. If you don’t have that inner inspiration, no amount of external woohoo-ing is going to help. You have to want something more out of life. Think of all this motivation as the flame to light your inner pilot light.

Once the pilot light is lit, there are three steps to stoking the fire of an inspired life: Discover your Why, Take Action, and Embrace the Setbacks.

Discover your Why: Sure, you can approach this from the “What gets me out of bed in the morning” direction, but I prefer one that’s slightly more morbid: What can you do with your days here on earth that will allow you to lay back in your death bed and feel accomplished, happy, and at peace? What is the legacy that you want to leave in this world? Do

you want to conquer social injustice? Scale mountains and save the rainforest? Raise a family of doctors? Or maybe, just buy a nice house and take an annual trip to the lake with your loved ones?

Take Action: You can spend thousands of dollars on self-help materials. You can wallpaper your house with quotes from the Buddha or Bob Marley. You can even walk across hot coals. Whatever gets your inspirational fire smoking is great, but if you don't actually *do* anything after the initial experience, your inner fire will remain unlit. If your daily grind doesn't translate to the legacy you want to leave... change it. What can you do today to be where you want to be tomorrow?

Embrace the Setbacks: Perhaps you are the .00001% of the population that has a good luck fairy flitting about and sprinkling magical dust on everything you touch, turning it to gold and unicorns... but I doubt it. Most of us have to accept that challenges will come our way, deal with those challenges as they come, and most importantly... try again. Some of these setbacks may even appear in the form of your loved ones. As you discover what sets off your fire alarm, there will be quite a bit of dissent from the peanut gallery. Your friends and loved ones want what's best for you... they just don't want you, or anything about you, to change. Tune out the naysayers and keep going. Be grateful they care enough to give you advice. Be even more grateful that you don't have to take it.

Consider your pilot light lit. It's time to get your inner inspirational fire to roar.

**“Everything
you’ve ever
wanted is
on the other
side of fear.”**

**George
Addair**



ABOUT THE AUTHOR

After a devastating divorce, Sheryl Green experienced a deep depression. A self-described “sad-ass,” she used volunteerism and a variety of other tools to lift herself out and rediscover the super hero inside. She now teaches others how to go from Sad-Ass to Bad Ass. A passionate animal advocate and rescuer, she approaches life and speaking with humor and heart. She'll make you laugh, cry, and embrace your own super powers.

Find her at sherylgreenspeaks.com.

**“The creation of a thousand forests
is in one acorn.”**

Ralph Waldo Emerson



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

"Judi has the ability to enable you to do things that you would never consider doing. She helps you to open your eyes, and live your passion. She is extremely approachable, and always available to her coaching clients."

- Deborah Clark

"Judi Moreo is a true professional and I would recommend her coaching services to anyone who is looking to build their business. Judi understands business, coaching, and the steps it takes to help people obtain their professional goals."

- Mack Jackson Jr.



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SHERYL BORDEN

AN INTERVIEW

BY JUDI MOREO



For over 40 years, Sheryl Borden has produced and hosted the popular how-to show on PBS called “Creative Living with Sheryl Borden.” “Yet,” she says, “it seems like just yesterday when we started the show.” When Sheryl Borden finished her bachelors and masters degrees in Home Economics and Education (now called Family and Consumer Science), she had no idea she would ever work on a national television production. Today, the Eastern New Mexico University graduate is producer/host of one of public television’s most popular and longest running “how-to” shows. “Creative Living With Sheryl Borden” will begin the show’s 41st year and is listed on Wikipedia as one of the longest running shows on television! The series, produced by KENW-TV, the public television station which broadcasts from facilities in Portales, New Mexico, is carried on more than 118 PBS stations in the United States, Canada, Guam and Puerto Rico. All show segments are produced in high definition, with captioning for the hearing impaired as well as descriptive video. Sheryl, herself, is very creative and has abundant energy. She maintains a beautiful balance of person-

al and family life, productive professional career and active community service, with more time than most for new ventures. “Creative Living with Sheryl Borden” continues to attract guests from all walks of life and from all parts of the country. Viewers often comment that “meeting these guests via their television” has opened a new world for them. Besides offering current, informative topics, career opportunities are often featured which appeal to persons interested in changing jobs or to those just entering the job market. As a guest on Sheryl’s show numerous times, I have always been amazed at how down to earth and warm she is as well as being one of the best interviewers I have ever worked with.

In addition, Sheryl Borden is a busy wife, with three grown children and two grandchildren, and she knows the importance of applying to her own life the organizational principles she preaches. She is very involved in several local civic clubs, served as president of the Chamber of Commerce Board of Directors (for two terms), as well as being a past state President of her sorority. Professional associations include membership in Altrusa International where she served

as Governor of a 4-state District and General Federation of Women’s Clubs. Sheryl has been honored by the New Mexico Family and Consumer Science Association as “Friend of the Family,” an award that is presented periodically for outstanding service to the family unit. She also received the “Warm Heart of the Sunbelt” award from the Chamber of Commerce in recognition of her community volunteerism and longevity of service; was selected the recipient of the prestigious Governor’s Award for Outstanding New Mexico Women; was named among the Outstanding Young Women in American Colleges and Universities; was featured in the New Mexico Business Journal as one of the “10 Best Dressed Businesswomen in New Mexico.”

She has served as a spokesperson for several national businesses and regularly presents speeches, seminars and workshops for both adults and youth groups. The saying: “If you want something done right, ask a busy person to do it,” certainly applies to Sheryl Borden. She enjoys the challenge of producing and hosting “Creative Living with Sheryl Borden” and enjoys hearing from viewers about the show. Fan e-mail con-



firms that “Creative Living with Sheryl Borden” meets the needs of today’s active and involved families. Hopefully, it will continue to do so for many years to come.

I recently had the opportunity to spend a couple of days in Portales, New Mexico, appear on four of Sheryl’s shows, and spend time with her. While there, I asked her the following questions.

How did your career as a television personality begin?

When I finished my Bachelor’s degree from Eastern New Mexico University, Portales, NM in 1968, I was hired by New Mexico State University’s Cooperative Extension Service to work as Extension Home Economist for Roosevelt County. During the time I was employed, I started working on my Masters’ degree and met Don Criss, who had just returned to ENMU from Odessa, Texas where he had been working in commercial television. Don was taking a class where he needed to direct a 15-minute television show and since I presented live programs for clubs, classes, and other

groups, we teamed up to fulfill his class requirement. Although there was not a television station in Portales at that time, we taped the 15-minute shows in the Home Economics Department building on the campus of ENMU. The show was called “You Should Know.” Don directed and taped the show, and I was host and demonstrator. The show was black and white and aired on closed circuit television – and probably not watched by anyone except our families and Don’s instructor! (And, he made an “A” by the way!)

This experience opened up an entirely new and exciting field for me. I had given birth to my oldest son in 1970 and decided to stay at home for a while with him. When I did decide to go back to work, KENW had been built on the campus, and Duane Ryan was (and still is) the Director of Broadcasting – and Don Criss was Director of Production. I approached Mr. Ryan about doing a 30-minute television show geared to women on various aspects of home economics – clothing, foods, fashion, health, child care, and much more. He was always receptive to my ideas, but simply did not have the money to pay me. I continued to come up with new ideas every 2 or 3 months, and he finally agreed to hire me part time to produce and host a show we called “The Creative Woman.” Rather than me doing the demos, I invited experts and representatives to come to Portales to tape shows with me and I interviewed them. Eventually, the show was picked up by KRWG in Las Cruces, NM and then several months after that, KNME, the public television station in Albuquerque, NM started carrying the show. We offered free handouts at the end of each show, and the response was overwhelming. Mostly, it confirmed that people were interested in these types of programs.



The KENW Broadcast Center

Sometime after that I submitted a pre-view show to the Rocky Mountain Television Network in Denver, CO. to see if they might be interested in distributing the show to other PBS stations across the country. We had hoped they would

agree to airing 13 shows a year – however, they came back with an offer to air 52 half-hour shows a year! At that time, we changed the name of the show to “Creative Living with Sheryl Borden,” which allowed us to focus on additional

topics as the need arose. The show is now distributed by WestLink, Albuquerque, NM and I produce two 26-show series each year.

It looks glamorous...your life...as the host of your own television show? Do you feel like you lead a glamorous life?

I have always felt very blessed to have this job and to have the opportunity to meet and work with so many talented people from all over the country. It’s also very gratifying to hear from viewers who tell their stories about how the show has helped them in different ways. And, last but not least, I like being a part of the “good” that television can do for people and that we all can be proud to be associated with. It’s also fun working with college students who make up the crew for the show. I still hear from many of them via Facebook and email. I love hearing how KENW and the staff here have played a huge roll in their lives.



Sheryl Borden on the set with Kris Caputo



Who influenced you?

My goal in going to college was to get a degree and be able to get a job with the Cooperative Extension Service. I was in 4-H from the time I was 9 years old, and my sister was my 4-H leader. My mother was very active in one of the Homemakers' Clubs where we lived in Texas. I knew that 4-H had taught me a lot and influenced me in many ways and I wanted to share this same experience with other youth. Since our county only had one female agent, I eventually was hired to be the 4-H agent for girls and the Extension Agent for the adult homemakers' clubs.

What inspires you?

I love to learn and each guest has something interesting and educational to share with me and with our viewers.

What have been the biggest surprises you encountered doing a show on Creative Living?

We have always been amazed that so many major companies are willing to send their spokesperson(s) to be on the show – at their expense because we do not pay guests to appear on the show. We also do not charge an appearance fee. I have also been so fortunate to work with both local and national companies to furnish small and large appliances and furniture for the sets that we use. Our show has three sets – a living room set for interviews, a dining room area for some interviews, most demonstrations, and a complete working kitchen for all foods-related segments.

What have been your biggest challenges?

I used to worry that one day I might “run out” of people to be on the show, but fortunately, I stay booked about 6 months in advance. The internet has made it so much easier to contact companies, authors, speakers, entrepreneurs, etc. about the show and to see if they have interest in coming to Portales to tape.

What one thing do you wish you had known earlier in your career?

I have no regrets with the path my life has taken because I was the first person in my family to go to college and I did so because I recognized that even in the late 60's, one needed a college degree to get the better jobs. I was prepared to teach if that was “in the cards,” but I truly wanted to work for CES, and was so pleased when I was hired right out of college. As I said earlier, I was responsible for both the adult homemakers' clubs and the 4-H youth clubs

in Roosevelt County. When I resigned after seven years, I was approached by the CES-NMSU about going to work in neighboring Curry County with only the adult program to be responsible for. I did this for over a year, but decided I didn't want to have to travel all the time since I had my young son. Had I not agreed to help Don Criss with his class project when we were both working on our Masters' degrees, I would never have known that working in television might be something I could do from where I lived. When I talk to young people through classes or workshops, I always encourage them to be risk takers and to not turn down any opportunity that would provide a new experience for them – whether they got paid for it or not.

What is your proudest moment?

The birth of my son, Rob and the many experiences we've shared through the years. He has accomplished so much in his life and career and he always credits his dad and me for providing a great childhood, travel opportunities, a chance to go to an Ivy League university, and showing never-ending support for whatever he was involved in. That certainly makes me proud. We also adopted twins, a boy, Michael and a girl, Melissa, when they were four years old, and it's been exciting to see them grow up to be responsible adults. I also have two adorable grandchildren, a fifteen-year old grandson, Dillon and a nine-year old granddaughter, Kelsey. I love being a part of their lives.

What was the most important decision you ever made?

To go on a blind date with a young man when I was a freshman in college. Fourteen months after we met, we married

and recently celebrated our 50th wedding anniversary.

What's the best advice you were ever given?

Always be thoughtful and kind to everyone regardless of who they are or what position they hold. Everyone has something worthwhile to share – if you let them and treat them with respect.

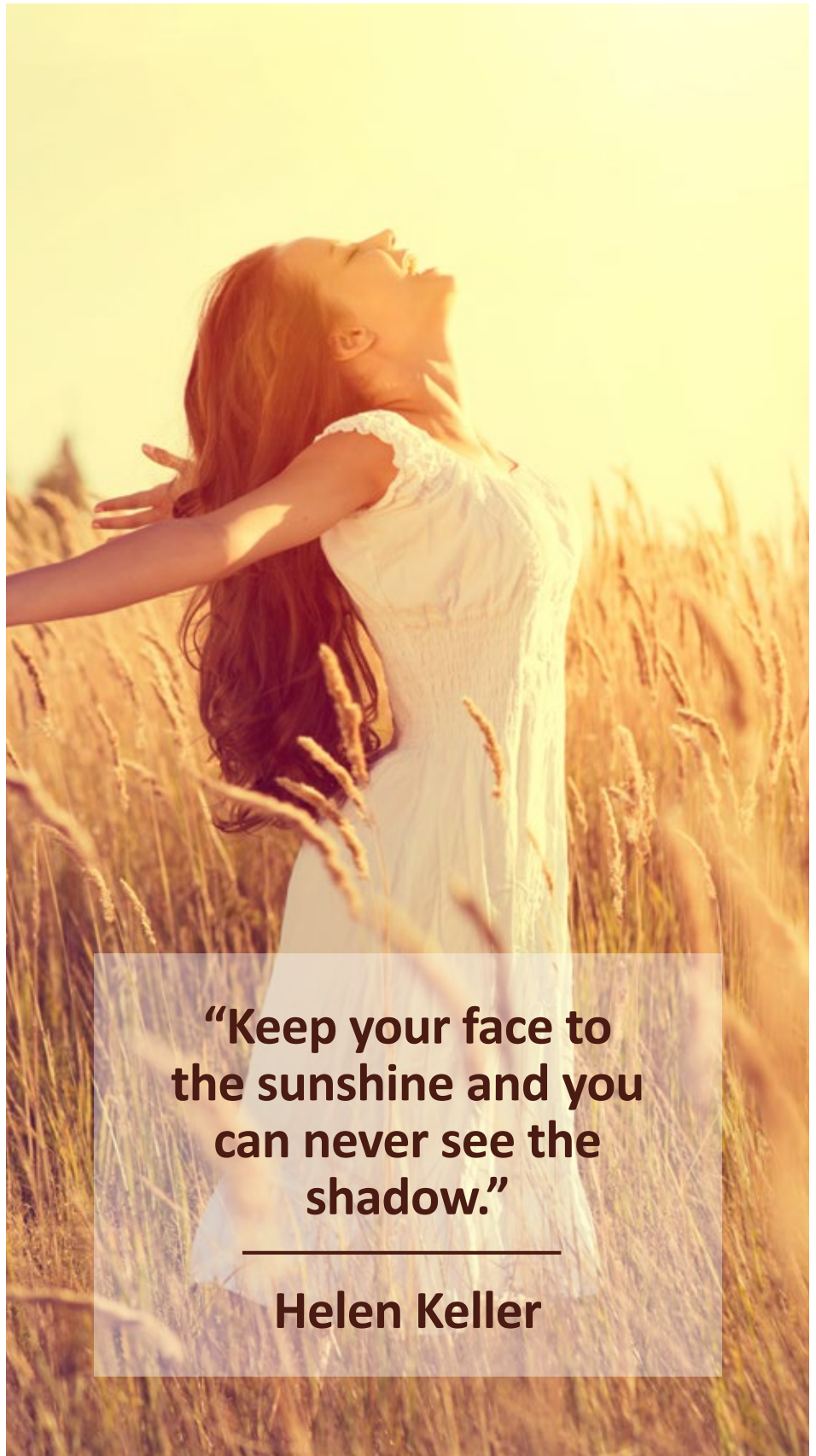
What advice can you give to someone who would like to be a television talk show host?

Go to school, learn all you can, try to get opportunities to work in your chosen field because you may find you don't really like it. It's as important to learn what you don't want to do as it is to learn what you want to do. Then, work harder than anyone else, never take shortcuts and be willing to listen and learn from your "elders," mentors, bosses and even co-workers.

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

Although I'm planning to semi-retire in April 2017, I will continue to produce and host "Creative Living" as long as the station wants me to. I will work quarter-time which will still leave me lots of time to travel or take on volunteer work, or do crafts – which I love to do – and share adventures with my grandchildren.

Thank you so much for sharing your knowledge and advice with us. I know our readers will enjoy learning more about you and if they aren't already watching your show, they will be fans of yours very soon. You are truly a person who sets the example for the rest of us on how to embrace "Inspired Living."



“Keep your face to the sunshine and you can never see the shadow.”

Helen Keller



Do you wish you were more **CREATIVE?**

- Are you feeling stuck, trapped, or overwhelmed?
- Do you have a desire to be more creative?
- Do you want to overcome your doubts and fears about your creative abilities?
- Do you want to write a book, paint pictures, or begin a new creative project of some kind?
- Do you want to start a new business venture? Or, take your current business to a new level?

If so, you will want to work with a **Creativity Coach!**

What are Creativity Coaches?

- Creativity Coaches guide, direct, and help you stay focused on your creative work.
- Creativity Coaches help you get unstuck and move your projects forward.
- Creativity Coaches inspire you to push yourself to new levels of creativeness, innovation, and resourcefulness.
- Creativity Coaches help you build your confidence in your creative abilities.
- Creativity Coaches assist you in reaching higher levels of success.

Whatever your reason for seeking out a coach, Judi Moreo will help you acquire the skills you need to achieve your desired results. Your personally designed program will provide you with tried and true methods of getting from where you are to where you want to be in a positive and supportive atmosphere.

Not only will you receive feedback on your application of the information you are receiving, you will also receive the benefit of Judi's extensive background in leadership, management, image, communication, presentation skills, and service. Her insights and guidance will help you become who you want to be and realize your ambitions and aspirations.

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INSPIRE YOURSELF FROM THE INSIDE OUT!

BY HOLLY DUCKWORTH

A

t last we did it! We have survived another long winter and have stepped into the promise of spring. As I look out on the beauty of nature this time of year, I think, “How often do we go looking outside ourselves for inspiration?” On a tough day, we pick up the phone and ask a friend what we should do. Then we go about doing it.



I've spent my life's work dedicated to leadership and self-development. What I have learned by trial and error and a few accidents along the way is the inspiration to live my highest and best life is truly within me. When I follow that little voice inside and act from that place, my life is on course. When I don't listen, or I delay, it gets off track.

Living an inspired life requires you to master the following skills:



#1 Believe – You have to believe in the deepest parts of yourself that you are good enough and worthy enough. You have to believe in your purpose in life and have the passion to see it to reality.

#2 Courage – Courage, to me, means coming from the core of your heart. While the outside influences sometimes tell us that it's easier to go numb with drugs or alcohol, TV, food or countless other influences, living an inspired life requires accessing our innate courage.

#3 Ask your inner Self for guidance – Take some time out each day to be with you. Some call it meditation, maybe yoga, a walk in the park. The form of self-time does not matter. What matters is that the commitment to be comfortable and ask your Self for guidance will build your inner inspiration muscle.

#4 – Listen to the guidance when it comes to you. Note that how your inner wisdom comes to you may not always be a voice; it may be a picture, a message from a friend. Sometimes, I even see the wisdom in numbers, license plates, and time. Take the time to notice how your inner guidance arrives.

As you look out the window this beautiful spring day, take a moment to look within. Allow that still small voice within you to speak.

I - Inside
N - New
S - Spirit-filled
P - Perspectives
I - Invite
R - Renewed
E - Experiences

Inspirational teachers and books can and will tell you countless ways to be

inspired, all of them good. And, at the end of the day, all the answers are within you. You just have to have the desire to believe, the courage to ask and the willingness to listen.

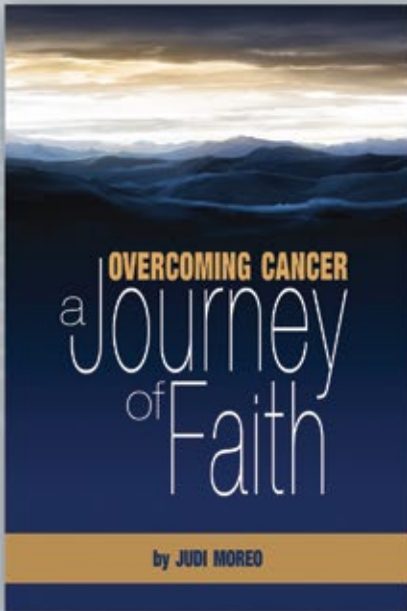


ABOUT THE AUTHOR

Holly Duckworth, LSP, CAE, CMP. A nationally recognized author, speaker and coach for conscious leadership and motivation. Holly is a regular columnist for MeetingsNet/IdeaExchange, Association Trends and writes regularly on the future of leadership for Science of Mind magazine. Join Holly in the conversation. Listen/watch her weekly show "Presence: How to Live & Lead Consciously." Available on iTunes. She lives in Denver, Colorado. Learn more at hollyduckworth.com, visit her on LinkedIn & follow her on twitter at [@hduckworth](https://twitter.com/hduckworth).

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

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DO SOMETHING BIG!

BY JUDI MOREO

It's your choice! You can go through life getting by or you can do something that really matters. It could be something you do for someone else or something you do for yourself. It could even be something you do for the world.

One thing I've learned over the years is, it's just as easy to do something big as it is to do something small. That's why I get my mentoring clients to make a commitment to writing a book, preparing a thought provoking speech, completing a degree, launching a business, or finally, doing an around the world trip. It doesn't matter what it is as long as it is something that resonates with you and will give you a sense of satisfaction and joy. What matters is that you commit and then do what it takes to make it happen.

This time next year, you'll be a year older and exactly where you are today if you don't commit to setting a goal and making a change to the way you've always done things.

Stop playing small. Acknowledge the

talents you have and do something with them. Many of us have done something in the past and had people put us down or make negative comments, so we just put that talent on the back burner in order to avoid any further criticism. We stopped trying. We stopped trusting ourselves. We stopped believing. We started shrinking!

We even apologize for our accomplishments, downplay our successes, and hide our brilliance behind the walls we've built to protect ourselves from hurt. We become afraid that no matter what we do, we will fail. It's time to stop letting fear control us and stop ignoring the calling of our hearts. Stop being concerned about the thoughts and comments of others.

It's time to take back your life and do something big. Even if you fail, you will have the satisfaction of making the effort and you will know for yourself what you can and can not do. And you will have had small successes on the way to the goal you were attempting to reach.

Take time to sit with yourself and listen to what your heart is saying. Journal. This

is a place to be honest and authentic... to write down your feelings, desires and ideas. A journal is a place to plan what you want and how to get it. One of the benefits of journaling is that you can go back, read, and based on that plan, figure out how to get what you desire. It's also a place to find out what you don't want so that you can get the little things out of the way and make room for doing something big.

Write goals that will inspire you to use your talents to accomplish what you want deep in the recesses of your soul. Give yourself permission to operate outside of your comfort zone. Take action steps that you are afraid to take. Ask yourself, "If the world were perfect, and money were no object, what would I do?" And then, do that!

Be careful not to share your big ideas with the people who have told you that you can't succeed. Share your ideas with people who believe in you and can assist you in making your dreams happen.

Last year, one of my mentoring clients wanted to write a book. She had no idea where to begin and really didn't believe she could accomplish her dream in a year, but I believed in her. She had a great story to tell as well as the passion and desire to tell it. She just needed a coach like me who could show her the path, keep her on schedule, and hold her accountable. It is now less than a year later and her book was not only published, it won a literary award for best new author.

You can do what you want to do. You first have to know what it is, commit to it, and then do whatever it takes to make it happen. This year, you can accomplish something big!



Life is full of so many possibilities. Each new day brings with it the opportunity to reinvent yourself into a better more beautiful you. It's one more day to become everything you were always destined to be. Personal change encompasses how we present ourselves to the world inside and out... meaning we can make all the changes we want on the inside and not change our personal appearance or vice versa. They go together. We've all met that person who is strikingly handsome or beautiful but the minute he or she opens his/her mouth we are repulsed at the character and sheer ugliness on the inside. Then, there is the person who is kind and sweet and we love being around this person but his/her hygiene

and personal appearance screams laziness and an I don't care attitude. If we are honest with ourselves, we have each known people like these examples. In fact, we may have even at some point been that person. Either way, taking care of yourself is important in order to have a truly successful life.

Helping people polish up their physical appearance is one of my favorite things to do. I love helping people realize their true beauty and teaching them how to achieve expert results right in their own

homes. When we love the person we see in the mirror, we step into the day with confidence knowing all things are possible.

Some of the things to consider when you are sprucing up your appearance is to look at your wardrobe. Ask yourself: Is it outdated? If so, consider updating it with a few essentials. Every man can use a great looking jacket and what woman doesn't know the importance of a little black dress.

CAPTURE YOUR BEAUTY

BY SHANA KAI

Taking care of your hair and skin is another area of importance. Regardless of the time of year, your skin always needs some sort of attention. Every day brings with it some element of stress, lack of sleep, poor diet, and gradual aging. Make sure you are getting as much sleep as possible. Studies show this is one of the best gifts we can give to ourselves.

Make sure to use a moisturizer on your skin every day; preferably with a sunscreen of at least 30 SPF.

Don't skip eating meals throughout the day. Your body not only needs the nutrients to use as fuel for the day but if you don't eat, it will hold onto calories rather than flushing them due to thinking you are starving it.

Invest in good shampoo and conditioner. Your hair will thank you in the long run. Cheap shampoo strips your hair color and can dry it out. Hair needs to stay nourished with good conditioners or serums in order not to dry out and break off.

Taking Biotin is a great source for helping hair stay healthy and strong. For women, it doesn't matter how much natural beauty you may possess, even the most beautiful women in the world use a little color.

And a bit of color on your lips and cheeks works wonders in giving you a healthy glow.

When making any public appearance, especially if you're on a stage or under

lights, it's essential to wear a smidge more makeup. If you don't, you will look washed out and appear like a distant relative of Casper, the friendly ghost. These simple steps can make a tremendous impact on how you look each day.

Lastly, don't hesitate to seek advice from a professional. Some of the happiest moments we beauty therapists have are when we get to help clients step out of the box and try something new. We are excited to watch our clients discover their newfound empowerment. I delight in witnessing them gain more confidence and courage to go out and capture living a life of success.



ABOUT THE AUTHOR

Shana Kai has been in the beauty industry for 32 years. She is a Licensed Master Esthetician, Licensed Instructor, Certified Professional Makeup Artist, Certified Eyelash Extension Instructor, Owner of an accredited cosmetology academy, Melange Boutique and Studio, and Inspired Beauty Salon.



**Resilient Survivor
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Resilient Survivor

*A true story of GROWING through
BETRAYAL, DECEPTION and LOSS*

BY MARLENE LIVINGSTON CURRY

“This is a book about love, betrayal, and a mysterious death. The author, Marlene Livingston Curry, shares her personal journey through devastating circumstances in order for us to understand she has been where we are, hurt as we hurt, and felt complete devastation from the secret betrayal of the person she loved the most. She then shows us how to reclaim our self-worth, resolve the shame issues we may be dealing with, and rise to new levels of self-confidence, happiness, and success. Within these pages, you will find practical ways to meet challenges, overcome difficulties, and give up any feelings of brokenness.”

—Judi Moreo, author, *You Are More Than Enough*

“This book is both inspirational and practical. It is the kind of book you will keep close at hand, refer to often, and actually use. It is full of simple, yet profoundly effective techniques that anyone can use to regain and maintain self-worth and confidence.”

—Mary Monaghan, author, *Remember Me?*

“This is a book I will keep and give to others, to my friends who are grieving. Marlene writes from a calamitous experience and offers advice of various ways of coping with the issues following the death of a loved one.”

—Kathie Slaughter, Retired teacher

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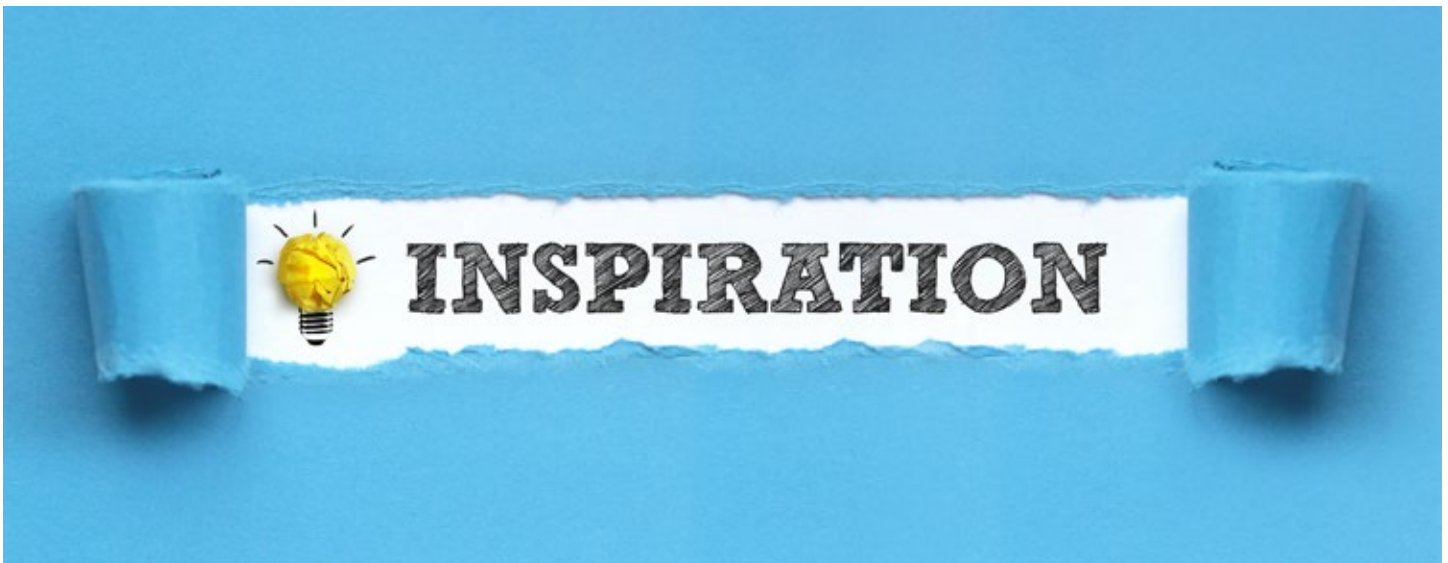
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MAKING INSPIRATION WORK FOR YOU

BY ALISA WEIS

It probably won't surprise you to hear that inspiration doesn't show her face every hour I write.

Chances are that if you teach, build houses or paint portraits, you've noticed that inspiration is a pleasant visitor and not a lingering occupant.

But while inspiration is often unpredictable and fleeting, there are ways to keep it before you when your task starts demanding too much, leading you uphill or not promising an end in sight.

When Inspiration Visits

Before I started writing my novel, "Swiftwater," I was inspired by the plot that was coming together in my mind. I knew there were stories hidden around the bends of the coal mining town of Roslyn, Washington. With so many of

the buildings still bearing their original western fronts, I could ascertain what the town felt like generations before my time. In sitting down with a town historian and hearing his recounting of a tale of a murder plan gone awry, I practically felt that inspiration was falling from the sky. What if I borrowed a page from my husband's family history in the telephone industry and made a switchboard operator my protagonist, the one who is privy to the town's emerging secrets? The plot was shaping itself for me, or so it seemed.

Maintaining Inspiration Through Interruptions

While the first draft of "Swiftwater" was easier to write than some of my other works, I found myself drawing on the original inspiration— an intriguing plotline, nuanced characters, a fascinating era— when the going got tough. Words

don't come as easily when you are often distracted with two young children, mounting household chores, invites from friends that you hate to say "no" to, and side story lines you didn't expect to arise. I'd be dishonest if I told you there weren't times when I thought about shoving this novel in a drawer and bidding farewell to the inspiration that first came knocking. There were even times I got upset with that initial inspiration, thinking it overpromised and under-delivered.

Returning to that Inspiration

That's when the artist, builder, writer must tap into why they create in the first place and seek out at least a spark of that original inspiration. I liken this phase to "returning to the tried and true." If you know that visiting a particular restaurant stirs up the emotions you felt when falling for your significant oth-

er, why wouldn't you do this with your life's work, too? If I want to heighten my chances of having a more productive writing day, I know my odds are better if I visit a local coffee shop and eliminate thoughts of that next load of laundry. I'll close my internet browsers and stop checking my phone. I'll listen to music that moves me (this novel was written with Florence Welch's vocals in the background on many an afternoon). And, if my words are locked up, I've written myself into a tangle or need clarity, I know to lace up my running shoes and hit the pavement. If running doesn't beckon that day, I might break away from my laptop to read another writer's words or engage in an activity with my kids.

Capturing New Inspiration

Perhaps you've found that inspiration is

more accessible when you pause long enough to jot down that which you notice: snow-capped Mount Rainier, the gleeful sound of a child's voice, the far-reaching smile of a student who made the grade. Though I don't journal as much as I ought, I can tell you that the times I slow down enough to do so, I'm more prone to find inspiration's first light. Looking for the wonder in everyday surroundings also tilts the heart toward gratitude. There's a quote by writer Anton Chekhov that I've used with my own students: "Don't tell me the moon is shining; show me the glint of light on broken glass." These words wouldn't be penned if Chekhov hadn't stopped to drink life in.

Identifying the "Why"

More important than summoning that spark of inspiration is identifying the

"why." If you're compelled to teach a class, construct a house or tell a story, have you explored the reason for that? That's where you'll unearth your ability to "keep with it," to sustain the effort. For example: I tell stories not only to entertain and explore the human condition, but to show that every person has immeasurable value in God's eyes.

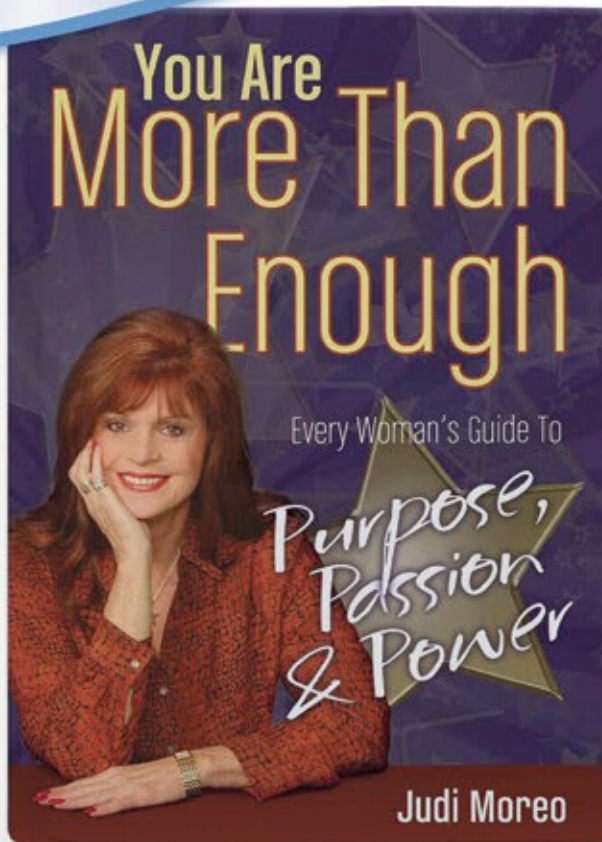
In turning to the page, I know that some readers won't identify with me, that some might think it's just a "fun," tale, but that others will find hope they haven't considered. In whatever you set out to accomplish, if nothing else, think of those whose lives you'll touch. The inspiration found in keeping others-focused is the sort that doesn't run out.



ABOUT THE AUTHOR

Alisa Weis holds a Masters in Secondary Education and is a freelance writer for several newspapers in Washington State. When she isn't consumed with a writing project, she can be found taking care of her two young children, running, or attending professional development conferences.

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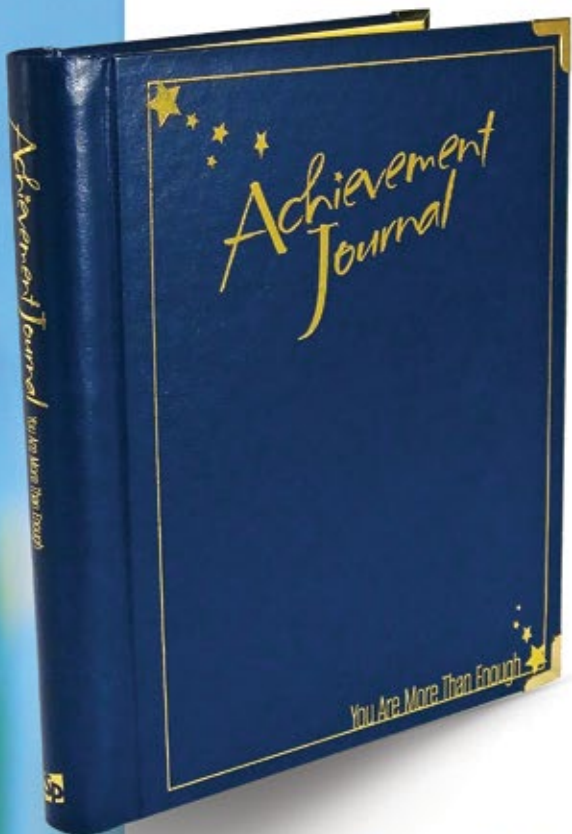
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President, Ventures in Excellence, Inc.



SPRING INTO EASTER

BY S. L. GORE

Spring, O blessed spring. For most, the end of winter can't come too soon. Even in Coastal California, without snow or cold, we celebrate the longer days with sunsets after dinner, instead of before. And in spite of flowers blooming all year, the yellow blossoms of forsythia, jonquils and mimosa here herald the hope of a new season. My yellow hibiscus takes off in March. My butterscotch Cymbidium (boat) orchids come into bud and then slowly unfold into flower.

W

ith Spring also comes Easter. In our house, that means a special meal—be it brunch or late luncheon—and always a festive table setting.

For brunch, I like eggs Florentine accompanied by fresh melon, warm croissants and a flowing brie. Don't forget refreshing mimosas mixed with tangerine juice and a chilled prosecco. You'll need small, individual oven-proof baking dishes known as ramekins. They are available almost everywhere and usually at Marshalls.

Easy Eggs Florentine

- Put a dab of butter in each ramekin.
- Add a big spoon of blanched, well-drained spinach. No liquid!
- Salt and pepper lightly.
- Break an egg onto spinach layer.
- Salt and pepper lightly.



Boat or *Cymbidium* orchids from my garden arranged above kitchen sink in the alcove with skylight.

- Pour heavy cream to cover egg.
- Add generous layer of fresh-grated Parmesan cheese.
- Put in 350 degree oven for about 10 minutes—or until the egg has “swollen” and the cheese begins to brown. Don’t dry out!
- *Note:* I prefer a soft yolk for a moister dish. You can cook longer so yolks are hard, but you will sacrifice the texture and richness.

If your taste is for an Easter luncheon, I recommend an exotic meat. Lamb is always a classic. A more adventure-some choice would be rabbit. I go with the Italian tradition of focusing on the main dish and always pasta. With an exceptional pasta, the sauce never overwhelms but highlights that characteristic, satisfying chewiness. Buy the very best pasta you can find. For this meal, I chose Marella’s *sagne torte* from Puglia, Italy. Simply divine. Serve with a chilled rosé flat wine or rosé sparkling.



Quick Morel Mushroom Pasta Sauce

- Sauté chopped garlic in half olive oil and butter.
- Add chopped morel mushrooms.
- Turn well, lightly browning.
- Salt and pepper to taste.
- Add a generous splash of sherry and simmer for 1 minute.
- Add heavy cream to achieve a viscous sauce. Not runny!
- Blend gently with boiled pasta.
- Sprinkle with chopped parsley and serve immediately.
- *Note:* When cooking pasta, add lots of salt to the water, boil just long enough to reach *al dente*, remove and drain. Do not rinse!



Top: Happy Easter luncheon table setting. Above: Easter brunch with Eggs Florentine, homemade croissant, mature brie, sliced cantaloupe, coffee and a mimosa of tangerine juice and prosecco.

ABOUT THE AUTHOR

Born with wanderlust, forever living in a fantasy world, S.L. Gore escaped the prairies of Kansas and followed the yellow brick road on an odyssey that took her around the world. Love of history, languages, mysticism, food, shopping and romance helped create her romantic time travel thrillers of the *Isis Trilogy*. Her *Sex and the Zen of Shopping* is a self-help for the spirit and how-to for the practical. Joyously married, she and her Viking husband live in Coastal California.

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Above: The very best pasta I can find locally. *sagne torte* by Marella from Puglia, Italy.

At Right: Easter luncheon with braised rabbit and *sagne torte* pasta with morel mushroom sauce. Wine is a lovely French rosé — light, crisp and dry — chilled very cold.



**“People who are crazy enough to think
they can change the world, are the
ones who do.”**

Rob Siltanen





BUTTERFLY WAVES

BY RIDGELY GOLDSBOROUGH

A

smile is a little curve that sets a lot of things straight and an inexpensive way to improve one's looks.

"What does that mean?" mused the wanderer. "If it's impossible to hold onto negativity when smiling, then every time I smile, I engage in negativity eradication. Every time I help another smile, I do more of the same. If they in turn pass it on, the effect ripples. Where does it end?"

The wanderer slowed his gait, as if a slower pace would allow the questions to collect themselves, organize and fall into some semblance of order.

"Every time I act, it matters. Every time I speak, it has an impact. Every time I

think, the influence flows, positive or negative. Hmmm..."

As was his custom, he began to pull on the skin at the base of his chin.

"Not only does it improve the outward appearance. It also affects my outlook, as light replaces the darkness inside. I feel different. I see differently."

"Every time I fail to smile, I halt the stream. Every time I ignore a chance to give, that chance vanishes forever. Every judgment I allow, every grudge I cling to, every prejudice that infects me without treatment, matters—not only to me, but to everyone. All of it is paid forward."

Tug, tug, tug on the chin.

"Every tear I fail to shed, becomes a lost tear that can never be reclaimed. Every laugh that I ignore, every guffaw that I suppress, every greeting I don't return, ceases the run. It all matters."

Tug, tug, tug.

"If the tides stop for a second, the waters surge over the coasts and wreak havoc. If the sun blinks shut for an instant, the rays go haywire and trash our orb's protective layer. If the wind froze and the pollen fell to the ground, how would the plants fertilize? Nothing exists in isolation—nothing."

The wanderer plopped on the ground. He noticed a butterfly and watched its flight.

"Take that butterfly. It drew energy from



its cocoon. It pulled fuel from natural elements in the earth. It fought its way out of the trap and in so doing gained the strength to flap its wings. Without that struggle it could never fly and yet because it endured, it now moves and causes wind, the same wind that floats the pollen, that lures the bees, that

cause more wind, that gathers clouds and lightning and rain—all interconnected from humble beginnings. Wow.” He tugged a final tug and stood.

“Can a butterfly’s wings in Kansas truly cause a tsunami in the South Pacific?”

The wanderer smiled, sent his thoughtfull joy into the ethers and followed the butterfly.

That’s A View From The Ridge...



ABOUT THE AUTHOR

Author and International Speaker, Ridgely Goldsborough, believes in taking complex and challenging topics and making sense out of them. He started his first business at age 16 and since graduating from Law School in 1987 has founded 43 companies. Ridgely’s team manages several active websites in multiple business verticals and he speaks in both English and Spanish, as an expert in online marketing. He has written 12 books, hosted his own television show and created dozens of audio and video programs on success and prosperity. In addition, Ridgely is the author of *The WHY Advantage for Business*, a revolutionary marketing and messaging program used to attract ideal clients based on a company’s WHY. He is a frequent speaker at top internet marketing conferences and a facilitator and trainer for high-level CEO masterminds.

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CHOICES MAGAZINE
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A FINAL NOTE FROM JUDI MOREO

Spring is here! It's my favorite time of year. I love to see the flowers starting to bloom, and the trees with their buds popping out. The new green leaves on the plants in my yard are absolutely beautiful and the vegetable plants in my little garden are starting to peek out of the dirt. This time of year really is an inspiration to me. As I look around and see all the newness and all of the colors, I am inspired to paint and write. I love to walk through the wetlands and watch the ducks and the birds and see the tiny little animals scurry under the tall grasses. It reminds me of the

story I read about Shaka Zulu who got his inspiration for how to fight the British Army by watching the waves of the ocean come onto the beach. He figured out if he sent his warriors out in waves, they would have a better chance.

You never know where your inspiration will come from, so keep your eyes and ears open and be aware of everything and everyone around you. Remember, you have the power to create the life you want to live. The ability to control your experiences and have them result

in happiness, prosperity, and a life of purpose lies in your mind and in the choices you make.

Enjoy the season and the inspiration it brings.

You Are More Than You Think You Are,

Judi