

CHOICES

WINTER 2018

**ADVENTURE
ISSUE!**

MAKE EVERY MOMENT
AN ADVENTURE

JUDI MOREO
THE FINAL CHECK ON
HER BUCKET LIST



**NEW YEAR'S
RESOLUTIONS**

HOW TO AVOID COMMON
PITFALLS AND ACHIEVE YOUR
GOALS FOR THE NEW YEAR



**A LIFE OF MINDFUL
ADVENTURES**

HOW TO EXPERIENCE A LIFE
FILLED WITH CURIOSITY AND
DISCOVERY



**AN ITALIAN
ADVENTURE**

STEP OUT OF YOUR COMFORT
ZONE AND DISCOVER A
WORLD OF WONDER

CONTENTS



ADVENTURE

- 04** ADVENTURE IS A CHOICE
BY JUDI MOREO
- 14** UP IN THE AIR
BY PAT TURNER
- 18** WHAT IS AN ADVENTURE?
BY JOAN S. PECK
- 24** REFLECTIONS AT
13,000 FEET
BY SHERYL GREEN



- 37** RIDING FREE AND DEEPLY
IN LOVE
BY JIM CATHCART
- 40** EXPERIENCE A LIFE OF
CURIOSITY & DISCOVERY
BY HOLLY DUCKWORTH
- 64** A FINAL NOTE
BY JUDI MOREO

LIFESTYLE

- 20** THE \$1 PURCHASE YOU
SHOULDN'T LIVE WITHOUT
BY AMBER DE LA GARZA
- 27** BACKYARD BURIED
TREASURE
BY WILNONA
- 28** CUENCA INTERNATIONAL
WRITER'S CONFERENCE
BY CHOICES STAFF
- 44** HOW TO GET BACK ON
THE HEALTH TRACK
BY CHOICES STAFF
- 50** FINANCIAL ETIQUETTE:
WHO PAYS FOR WHAT
ON VACATION?
BY JUDI MOREO
- 58** THE YEAR OF THE DOG
BY S.L. GORE
- 62** THE MAGIC OF AKUMAL
BY RIDGELY GOLDSBOROUGH



PHOTO JOURNAL

- 32** AN ITALIAN ADVENTURE
BY CAROL BILODEAU



FROM THE EDITOR



The longer I live, the more I realize that Life really is an adventure. Every day is different and we never really

know what tomorrow will bring. We set goals and make plans and yet things happen and we go in totally different directions...some good, some not so good.

When I got cancer six years ago, I decided that in the future I would really live life and do the things I wanted to do with the people I wanted to spend time with and that I would eliminate spending time doing things I didn't want to do with people I didn't want to be with. And yet, things happen that sometimes cause us to do things we don't want to do. An example of this happened to me this week. My

computer completely shut down on me. I didn't want that to happen and by the time I got someone in to tell me that it was shot (which I had already figured out) and had to buy a new computer and printer, I had wasted two days. I hate it when my days are wasted. We only have so many days and even though I did everything I could to move forward, it wasn't what I would have chosen to do with my time. But in order to move forward, I had to take care of the situation. This happens to all of us at one time or another. So, we can decide to take care of it and go forward or we can have a breakdown and scream and complain. This time, I decided to take action, fix the situation and view it as an opportunity to start the new year with new equipment and a new outlook. This was a detour from my fabulous adventure of life.

It was such a great year of adventure with my trip to South Africa and later a trip to Kenya and Tanzania, meeting new people from around the world, finishing off my bucket list by doing

the hot air balloon safari over the Serengeti when the wildebeest were migrating; moving to a different home with an incredible view from my art studio...a view of a running brook with ducks, turtles, and geese; bringing my nephew to live with me and learning to cook three meals a day; and painting a picture of a young man who was killed in the Las Vegas massacre. None of this was on my goal list for this year. It wasn't what I expected, but it was all an adventure.

And now, here we are in a new year. I wonder what adventures this year will bring.

Whatever life brings I know I can handle it; and I know you can handle it, because...

You Are More Than Enough,

OUR TEAM

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COVER PHOTO Judi Moreo

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TO ADVENTURE IS A CHOICE

BY JUDI MOREO



On August 27, 2017 I went on the best adventure of my life. Even though I had been to Africa many, many times and lived over there for several years, I had never been to Kenya or Tanzania. I was so excited to see the animals especially, and how the people live, try new foods, and meet the people that my friend, Cam, and I traveled with. I traveled light... one small duffle bag and a camera bag. Who would have believed that? We arrived in Nairobi on August 28th, the capital and largest city of Kenya. The name comes from the Maasai phrase *Enkare Nairobi*, which translates to “cool water”, a reference to the Nairobi River which flows through the city. The city has a population of 3,138,369, while the metropolitan area has a population of 6,547,547. The city is popularly referred to as the Green City in the Sun.

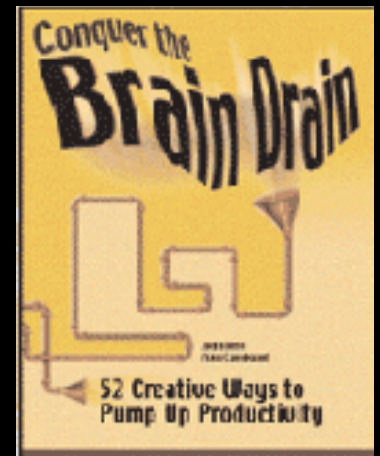
While in Kenya, we visited the Elephant Nursery, an orphanage for elephants, which is nestled within Nairobi National Park under the auspices of the David Sheldrick Wildlife Trust, which is overseen by Dr. Dame Daphne Sheldrick, whose elephant experience spans a





lifetime. This pioneering organization, which works in partnership with the Kenya Wildlife Service offers hope for any orphaned elephant fortunate enough to be found alive. When a tiny new-born elephant is orphaned, it is often because its mother and family have been killed to serve the brutal ivory trade. For an elephant, family is all important; a calf's very existence depends upon its mother's milk for the first two years of life.

It took Dr. Sheldrick nearly three decades of trial and error to perfect the milk formula and complex husbandry necessary to rear an orphaned infant African elephant. Yet, today, with support from many caring people worldwide, the David Sheldrick Wildlife Trust is proud to have saved over 150 orphaned infant calves, which would otherwise have perished. More importantly, every one of these orphans can look forward to a quality of life in wild terms, living free in Tsavo East National Park protected



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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by their new extended orphaned family and friends amongst the wild herds.

We also spent a day at the Chimpanzee Sanctuary. The chimpanzees live in large family groups on 12 separate 3-acre islands. Most of them had lived alone in small confined cages for decades. The islands give the chimps choices and control over their own lives, something many had never experienced. An enriched outdoor environment allows the chimps to roam, visit with friends, bask in the sun, or curl up in the shade. These freedoms provide them with a dignified and peaceful retirement. Chimpanzees love a good party. They celebrate holidays such as Chimpentine's Day, Chimpoween, and Chimpmas, complete with streamers and special treats scattered throughout their island. Parties are a great opportunity to provide them with enrichment. The volunteers and caregivers say they love nothing more than putting on a good party for the chimps to enjoy.

On August 31st, we visited the Masai Mara National Reserve which is one of the most popular tourism destinations in Kenya- Africa. The reserve is located in the Great Rift Valley in primarily open grassland. Wildlife tends to be most concentrated on the reserve's western escarpment.

The Masai Mara is regarded as the jewel of Kenya's wildlife viewing areas. The annual wildebeest's migration alone involves over 1.5 million animals arriving in July and departing in November. There have been some 95 species of mammals, amphibians and reptiles and over 400 bird species recorded on the reserve. Nowhere in Africa is wildlife more abundant. I got some incredible photos for painting.

There is so much wildlife on the Reserve, it is hard to believe. Since I have been to Africa so many times, I didn't expect to be so blown away by the wildlife. It is amazing.

On September 2nd we left the Masai Mara National Reserve to fly to Tanzania in a very small airplane. This was the part I'd been waiting for.

Our first day in Tanzania, we visited the Rift Valley Children's Village (RVCV) which currently provides a permanent and loving home for 97 marginalized and



orphaned children. Nestled among the coffee plantations in the Karatu region of northern Tanzania, the Children's Village is an oasis of laughter and joy.

The RVCV staff works with local village leaders to identify orphaned children in the surrounding community in need of the safe haven RVCV can provide. From the moment they step through the gates, these children become permanent members of the RVCV family.

Often when they arrive, they are suffering from malnutrition, weakened immune systems, and emotional scars. However, almost immediately, the healing process begins. A team of





Tanzanian social workers, international staff and volunteers works with each of the children to ensure they are physically and emotionally cared for and that they have the opportunity to learn and grow into happy, healthy adults. Living together—doing chores alongside their housemothers and reading and playing with the volunteers – the children become members of a close-knit community that balances laughter and learning in equal measure.

Here it is. The last item on my bucket list. Visiting the Serengeti National Park and Hot Air Ballooning over the Great Migration of Wildebeest. Got up waaaay before dawn on September 4th to do the Hot Air Balloon ride over the Serengeti National Park. Absolutely indescribable. I've done a lot of ballooning over the years, but have never seen such incredible views. This was on my bucket list and I must say I am so glad I did it. The balloon ride

ended with a wonderful breakfast in the bush complete with Chefs in white hats and lots of champagne.

September 5th we visited the Ngorongoro Crater. The Ngorongoro Conservation Area covers 8,292 square kilometers. It is one of the three divisions that comprise Ngorongoro District in Arusha Region. NCA is a unique protected area in the whole of Africa where conservation of natural



resources in integrated with human development.

The main feature of the NCA include the Ngorongoro Crater, The Serengeti Plains that support about 2.0 million migratory wildlife species of the Serengeti Mara-ecosystem and the catchment forest; the Northern Highland Forest Reserve known as 'Entim Olturot' in Maa language. Other important features found in the NCA are the archaeological and palaeontological site located at Oldupai Gorge and the early human foot-prints that were discovered at Alaitole in Ngarusi area.

There is so very much to see. I don't feel like 2-1/2 days was nearly enough.

September 7th we departed Tanzania for the USA. It took a couple of days to get home... even flying. I always feel sad when I leave Africa. It feels so much like home. And even though I lived in South Africa, not here, this place is just as beautiful. I believe there is nowhere in the world where the sky is as dark or



the stars so bright as Africa. Perhaps one day when I make my transition to the next world, one of you will bring my ashes to Africa, ride in a hot air balloon, and sprinkle me over this magical place. In the meantime, I will keep painting my African animals and maybe you'll buy a few copies so I can return here every year. Now, that is what I think is a good idea.



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) 283-4567 or judi@judimoreo.com.





UP IN THE AIR

BY PAT TURNER

My fascination with up-in-the-air activities started in grade school. Every year I saved my allowance to spend on rides at the carnival when it came to town. The excitement of spinning, twisting, and being up-side-down still sends a shiver. As soon as the rides were assembled and ready, I was there, even if it was a school night.

Over the years, I searched for more adventure. Parasailing behind a motor boat on Lake Chelan was new when I graduated from high school. As I approached the watchful eyes of the people in charge, I knew I needed to convince them, “I really can do this.” The challenge was doing a land start which took a couple of steps before liftoff. I had no doubt I would be up in the air in no time, but I can understand their apprehension. With a cute guy on each side holding my

arms for balance, two hops and I was in the air.

Next came my birthday surprise, a glider ride. Quickly, the pilot realized I really did enjoy the experience, and I wasn’t going to get sick. Only then did we do some breathe taking maneuvers. Did I take control of the levers? Oh no, I left that up to the expert. It became so quiet after the motored plane flew to a safe elevation and released the cable. We were set free to ride on the wind.

When a neighbor moved in across the street from our home, I had the opportunity to ride in a small plane

he had built from a kit, called a Long Easy. What a thrill to fly over the Enchantments, a popular hiking area outside of Leavenworth, WA. Since I don't hike I would never have seen the beauty of these mountains, and lakes. For a bonus, I snapped a perfect picture of Mr. Rainer against a blue, sunny sky.

Zip-lining caught my eye while searching for activities to do when visiting Mazatlán, Mexico. What a rush skimming over the tops of the trees, suspended by a thin cable. I was the first amputee that didn't wear a prosthesis to zip with this company. Again, I posed new challenges for the guys. The young men kept me safe to zip again.

Each up-in-the-air activity added a different excitement. This summer, I topped them all. During a contest at my gym, I won a tandem sky dive. Wow, sitting on the edge of the plane,

11,000 feet above the ground, truly took my breath away. Then one more scoot towards the edge of the door, and we were free falling! My only regret, everything happened so fast. Would I do it again? Yes, in a heartbeat.

Last floating adventure of the year, Joe and I went up in a hot air balloon last October. It was quiet until the burners turned on. Floating and surveying the incredible landscape gave a unique perspective of our surroundings.


Now I am firmly planted on the ground. Happy to wait until next year when I jump off a cliff and tandem hang-glide. That will take care of my bucket list until I think of what to do next. If you never stretch possibilities, you're missing out on what could be the thrill of your life. Yes, this is my challenge to you... make it happen!



ABOUT THE AUTHOR

Pat Turner lives in East Wenatchee, Washington with her husband, Joe. She has been active at her local ski area, Mission Ridge, learning to three-track ski in 1966. She received her B.A. in education from Central Washington University and Fifth Year from the University of California Sacramento. Her first teaching assignment was in Placerville, California, then she finished her career in the Wenatchee, Washington area. She enjoys working out at the gym as well as riding tandem bike with Joe. Her travels include New Zealand, Tahiti, Mexico, and Hawaii. Pat also enjoys watercolor painting, writing, and hand crafts. You may contact Pat at: pturnerj2@nwi.net



A person with long blonde hair, seen from the back, stands in a field of tall, golden grass. They are wearing a large, intricate, metallic backpack that resembles a piece of machinery or a futuristic device. The scene is set against a bright, hazy sunset sky, with the sun low on the horizon, creating a warm, golden glow. The person is looking towards the horizon.

**“The biggest
adventure you can
ever take is to live the
life of your dreams.”**

Oprah Winfrey



WHAT IS AN ADVENTURE?

BY JOAN S. PECK

When I first shared with a friend that I was tired of my monotonous way of living and what I really needed to do was go on an adventure, she looked at me in surprise. I, too, was amazed as I'd had no intention of

revealing what had popped out of my mouth. I watched her expression as she appraised me, and the thought came to mind that what I'd let escape was very similar to a story I'd read about "Winnie the Pooh," who had also been seeking an adventure. If I remembered correctly, that hadn't necessarily ended too

well for him, for hadn't he got stuck in the honey tree with his head inside a glass jar?

The longer I thought about Winnie the Pooh, the more I realized he was always seeking an adventure! Nothing ever stopped him, and for all intents and pur-

poses, he had a great life. The more important thing was that no matter what the last adventure brought him, he always moved forward. So, what would it look like for me to have an adventure? What would it take?

I tend to be highly organized so I'm sure I could complete every detail necessary for a journey, such as making reservations for any of my needs and creating a map of places I'd want to visit, right down to the day and time. Was taking that planned trip really having an adventure, for didn't it require something more crazy and wild? When I thought of someone having a great adventure, I remembered being introduced to someone who was labelled as an adventurer, always doing something out of the ordinary. My heart had beat a bit faster in anticipation to learn what that person had done for it was bound to be unique and exciting.

So, what does it take to be adventure-some? It's always about taking a risk. It can be meaningless and no fun unless you are stepping out of the box or comfort zone you have created. Just the thought of that freedom alone opens the door for all kinds of possibilities to create your own adventure. And, even the little things you do in life can be an adventure although many times we don't realize we are having one until we're in the middle of it, right? To go further, it doesn't necessarily mean you have to go anywhere either, or do more than you are already doing and living. It boils down to how you look at life. William Feather says, "One way to get the most out of life is to look upon it as an adventure."

I began to settle in with the idea that every day is an adventure because we don't know what the day holds for us. It can be as simple as that. Yet, the only

way that works as an adventure is by our making the mundane something special by enjoying the surprise of things happening that we hadn't planned on or anticipated. May your days be filled with adventure and gratifying surprises.



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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"Instead of trying to make your life perfect, give yourself the freedom to make it an adventure, and go ever upward."

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THE \$1 PURCHASE YOU SHOULDN'T LIVE WITHOUT

BY AMBER DE LA GARZA

Each time I begin working with a new client, they're typically living in a state that is common among many entrepreneurs – being scattered. That's because their to-do list is scattered across an assortment of sticky notes, random papers, emails, the backsides of mail, conference handouts, notebooks, and so forth. At some point, they have fall-

en into the risky habit of writing down notes, tasks, and ideas whenever and wherever they are, on anything that resembles paper. When their task list is dispersed, disorganized, easily lost, and random it makes them feel scatterbrained, overwhelmed, and unproductive. Can you relate? It's hard to focus when your tasks are literally all over the place. You don't need that kind of chaos.

The good news is there's an easy solution and it could cost as low as a soda at McDonald's. You can probably even find it in stock at your local dollar store. You don't need a fancy gadget, expensive software, or amazing app to have a task list you can master. And, while I highly encourage my clients to keep a digital task list, it is not 100% necessary, but utilizing the item I'm hinting at certainly is. In fact, you shouldn't live without it. Any guesses?

You need a steno pad. It is the most effective tool I recommend to help keep you organized, productive, and efficient. It's difficult to invest your best time into your best activities when you can't even

keep track of what you should be investing your time in. After all, maintaining focus and being productive is nearly impossible, if you do not work from a task list.

Whether they're suffering from the burden of a disorganized list or not, I teach my clients the five strategies to conquer their task list, the first being to keep your task list in one, centralized location. The modest steno pad is that perfect location. You can easily use a steno pad to keep yourself organized on the road while traveling, with a client, at a meeting, or in your office. It fits effortlessly in your purse or briefcase, is easily replaceable, and ultimately affordable. Take it with you wherever you go to keep a running list of your ideas, thoughts, and to-do's.

As mentioned, I strongly suggest keeping a digital task list for numerous reasons but pausing what you're doing to open your task management system whether on your phone or your computer, is not always feasible or possible (think no internet connection). There will be times you'll be speaking over the phone, in a meeting, or in the middle of a project, and it will be inconvenient to access your digital task list. Use your handy steno pad instead to capture notes. You can always transfer them to your digital task list later.

Note Taking Tips to Perfect Your Steno Pad Use

Write Legibly

If you're writing something down, it's probably important. Make sure you'll be able to read it later.

Use Shorthand

Abbreviations and symbols are your

friends as long as you can remember what they mean. Use shorthand to save a great deal of time.

Utilize Asterisks

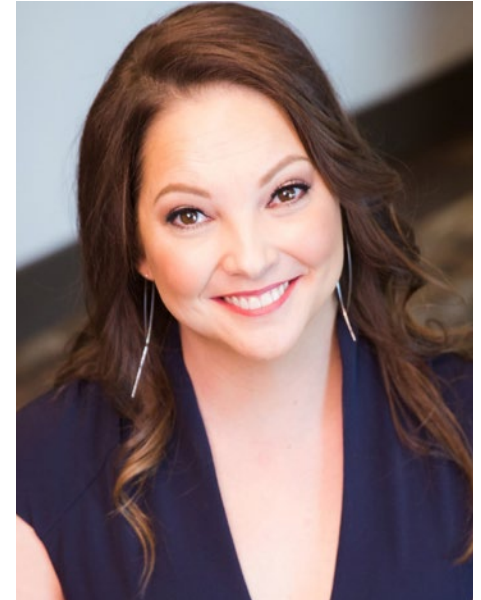
If a note is a task that requires action, put an asterisk by it. It will be easier to extract out these action items later.

I insist my clients incorporate a weekly review into their schedule. It is essential to tying up loose ends, determining what was not completed, and properly scheduling your following week. It's also the perfect time to look back through all the notes on your steno pad and extract them. The notes may be ones you jotted down during a meeting, took while on the phone with a vendor, client, or prospect, or wrote during other times in which it would have been inconvenient or impossible to open your digital task management system. During your weekly review, extract and process all of the notes in your steno pad, completing quick tasks and creating digital tasks as you go. Once you've processed all of your notes for the week and ripped out the pages, your steno pad should be totally blank, enabling you to start fresh every single week.

Gone can be the days of rummaging through multiple notebooks in your briefcase, sticky notes scattered across your desk, and random pieces of paper to find a phone number or old note you need to reference, grab an action item, or find a random thought or idea. Act like you know your time is valuable and limited. Start using a simple steno pad consistently to keep all your tasks and ideas in one, centralized location. It will make your business and life much more manageable, leading you to question how you could have ever lived without it in the first place.

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ABOUT THE AUTHOR

Amber De La Garza is The Productivity Specialist! Amber is a sought-after coach, trainer, speaker, writer, and the host of the Productivity Straight Talk podcast. She helps entrepreneurs take consistent, massive, focused action in your business and equips you with the specific techniques you need to reduce your stress, increase your profits, make more time for what matters most, and achieve your vision of success.



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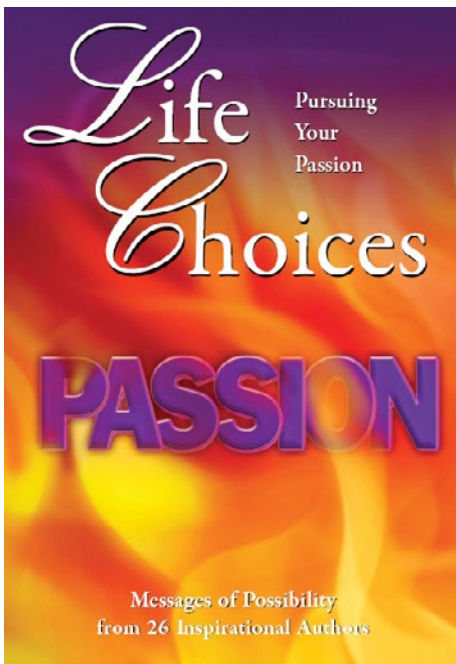
The Life Choices books are a series in which real people share their stories of overcoming obstacles, putting lives back together and following their passions to create successful, significant lives.

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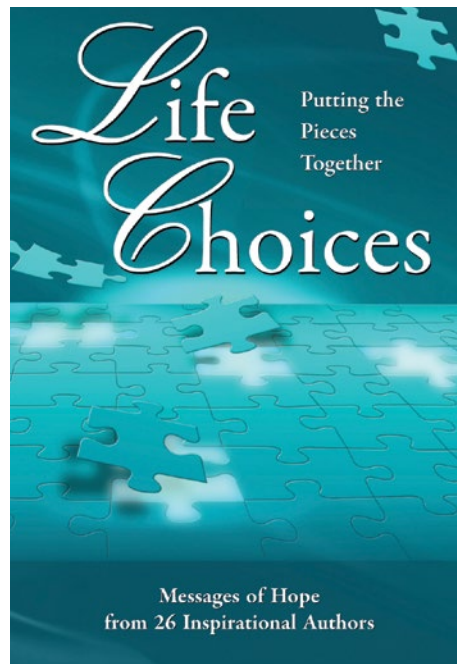
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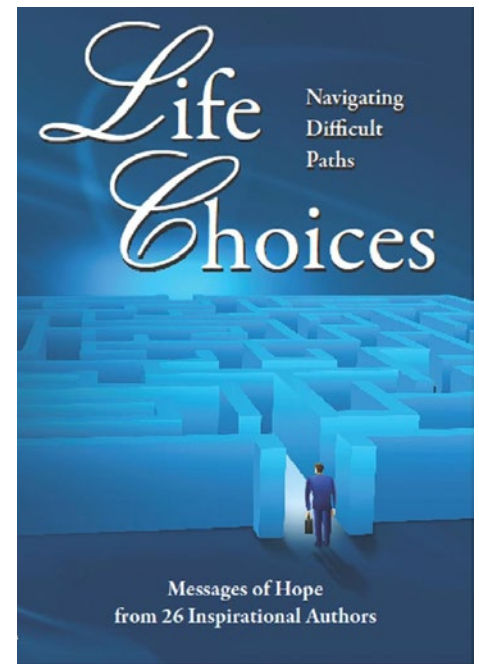
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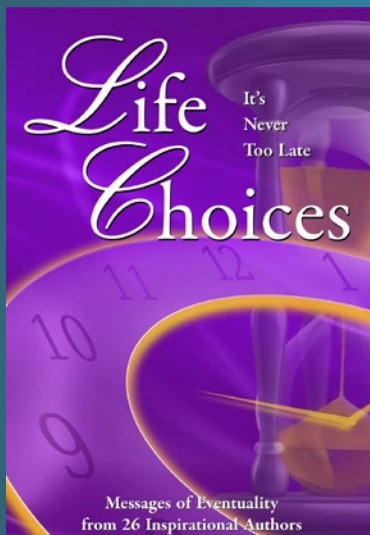
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible - READ THIS BOOK. Twenty-six authors share with you how they pursued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



REFLECTIONS AT 13,000 FEET

BY SHERYL GREEN

I peered out the dirty, plexi-glass window and felt a sense of calm wash over me. The man strapped to my back, leaned forward and yelled in my ear to be heard over the roar of the engine.

“Are you scared?”

I shook my head, the goggles pinching into the bridge of my nose. Scared? No. My worst fear had come true a

few months prior. My husband had committed an unimaginable crime and I had walked away from our marriage. Throwing myself out of a “perfectly good” airplane with a stranger attached to my jump suit... that was nothing.

Obviously, I lived to tell the tale. I’ve been skydiving six times now and every time I prepare to jump, the instructor leans forward to check in on my emotional state. It’s always the same... exhilarated. It’s often the fear of the unknown that

keeps us from realizing our true sense of adventure. Whether your brand of adventure is jumping out of airplanes, scuba diving with sharks, or the most frightening of all- pursuing your dreams; fear is like that obnoxious schoolyard bully standing in the way.

When I was married, I concocted a story. I believed that if anything happened to him, if anything happened to us, I wouldn’t survive it. Until I did. I rewrote that story, and then all bets

were off. Armed with the knowledge that I will survive anything, I'm free to do all the things I've ever wanted to do. I've traveled, taken up some "extreme sports," started my own business, published a book, and made an agreement with myself that I'll never allow that schoolyard bully to prevent me from living out my dreams.

What does adventure mean to you? Does it mean hiking the Appalachian Trail? Living abroad? Does it just mean leaving your dead-end job to pursue that business that's been whispering in your ear for decades? What is your "worst fear?" And, more importantly, will your worst fear have to come true before you decide to take a chance and live your life?

What do you want to do?

It seems like such a simple question, but you've probably spent your entire life editing the response in your head, telling yourself a story about why you can't possibly go for it. Do any of these things sound familiar?

"I want to start my own business... but I've got a family, responsibilities, a decent job that I can't walk away from."

(This is not a call to action to quit your job Monday morning, but if it's your dream, take the first step.)

"I want to start a nonprofit and change the world... but I know it would be too hard."

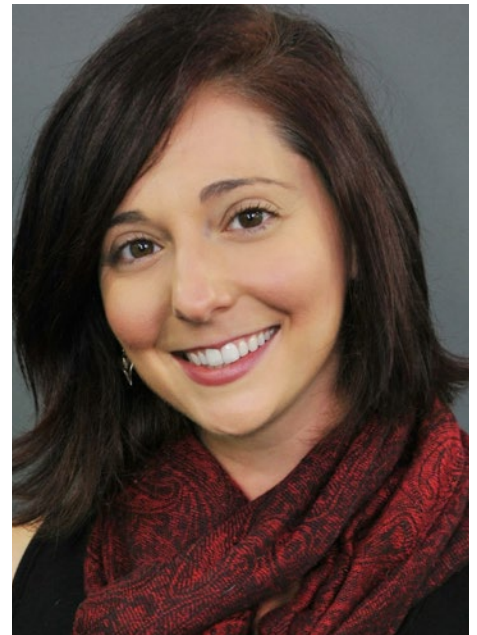
(Thankfully, the founder of my animal rescue didn't allow this to stop her and her daughter.)

"I want to take up salsa dancing... but I have no rhythm and I don't want to make a fool of myself."

(I don't have any rhythm... I did make a fool of myself... I survived!)

No matter what your concept of an "adventurous life" entails, you need to stand up to that schoolyard bully inside of you and write a new story about your life.

The people who "play it safe," who never dare to dream, or grow, or explore... these are the people who have regrets. Embrace your sense of adventure and relish where it takes you. Jump, and the parachute will open!



ABOUT THE AUTHOR

Sheryl Green is an author, speaker, and writing coach. She has brought her penchant for story to fiction, nonfiction, and content writing for business. Sheryl works with businesses and individuals to position themselves as experts in their field, and utilize the power of story to increase their bottom line.

She is the author of *Surviving to Thriving: How to Overcome Setbacks and Rock Your Life*. To hire Sheryl or buy the book, email sheryl@sherylgreenspeaks.com



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Within the unfamiliar faces I find similarities in the crook of a smile, a laugh at a shared yarn amongst the alcohol or between sips of coffee. This is where I find my adventure, only miles away from my securest place. There are new worlds to be found in others.

When I was younger, my mother liked to travel. I don't mean the family summer vacation or a birthday trip. My mom took us out of the country when I was nine years old and my sister was five. Until I was sixteen, I didn't know there was beach that was nationally revered as one of the best just a two-hour drive away from the house. Mom liked adventure and me, being her daughter, believed that was how life went. Every three months, you would get in the car or on a plane to fly off to another place to experience there for a while. The older I became, my paychecks wouldn't mature fast enough to keep up with the growth of my desire for adventure. It became obvious that something had to change.

In despair, I looked inward to find how I could redefine my definition of adventure. I asked myself why it had to be in another land or city? As much as I did not want to know the answer, it became obvious that it was necessary to accept the solution I had tripped across one day out for a stroll down to that renowned beach I then lived six blocks away from.

That day a neighbor in her garden spoke to me as I walked. We got in a conversation about the vacation she had just returned from a week before. Somewhere between the safari and the joys found in cafés in Italy, I felt a glow I had been missing since my budget became unable to bear the burden of my childhood travel routine. I decided on my



BACKYARD BURIED TREASURE

BY WILNONA

walk home that I would appreciate the treasure buried in my neighborhood.

At my favorite establishment to eat or shop, I got to know the staff and patrons; the waitress whose boyfriend is getting a PHD in English, the bartender who gave up a recording career for love, the old doctor at a bar after pouring a little whiskey on the graves of his fellow soldiers who didn't make it home, and a father who wonders how his daughter will ever find a man in this world. I listened to all their stories. There were so many adventures in others stories that now days I sit down with the expectation to get a stamp in the passport of journeys already trodden.

I must say that all the places I have traveled seated in a restaurant, the eras I have visited with those more mature on a barstool, and the important moments I have revisited with others in an uber, I found that the greatest adventure is life and the shared comradery of swapping shoes, walking in them for a moment, then joining a friend on life's path. This is the best adventure into the compassion of humankind, within the unfamiliar faces where I find similarities in the crook of a smile or a laugh at a shared yarn.



CUENCA INTERNATIONAL WRITER'S CONFERENCE

I'm a writer and I know it's good for me to get out and live life occasionally. But with all the writer's conferences available, why should I travel all the way to Ecuador to attend a writer's conference?

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to hone your craft, or the newest techniques for selling your books. It's about networking and meeting authors from around the world. Attendees and presenters have made lasting friendships. But even that isn't what makes this a special conference.

This conference is also about the magical city of Cuenca. Did you know, there are over a hundred expat writers that now

call Cuenca home? They came from the U.S., Canada, the U.K. and probably other places too. The writing community here is unrivaled anywhere in the world, with support groups, a monthly reading event, poetry fundraisers, book signings and launches. There is something about this city that inspires creativity.

Maybe it's the four beautiful rivers running through the city. Maybe it's the co-



lonial Spanish architecture. Maybe it is living on the Inca trail, visiting Inca ruins, being in a building that was built centuries ago with bricks made by hand. Possibly it's the eternal spring-like weather. Or the air of the Andes mountains. Whatever it is, we are going to help you explore it. We are planning to offer you experiences like nowhere else.

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the artisan crafts, the colors, the dance, the music, the food of Cuenca, Ecuador. Cuenca has been an International Living "Best place to retire" for four years and is a UNESCO Heritage City. If you are considering the expat life, we will make sure you get the information you need. If you are just planning a new adventure for yourself, or your family, we'll make sure that happens too. We promise you will return home feeling energized from your experience and with a treasure-trove of story fodder.



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MY ITALIAN ADVENTURE

BY CAROL BILODEAU



W

hat motivated me to decide to take a 15-day journey by myself to Italy in May of this year?

Being a widow of 10 years, I decided that I wanted to explore the world rather than sit at home and wish I had done something. I have learned the hard way that life is way too short. Before you know it, those days are gone and you are stuck with wishing you had done that trip or whatever it may be. So last August, I booked a trip to Italy. My husband's grandfather was from Sicily and somewhere in the ancestry of my family, we had some Romans lurking. I have always wanted to go to Italy to experience all the beauty as well as the rich history of the country.

On May 13th, I boarded an Air Canada flight to Rome with a connection in Toronto. When I arrived in Rome on Sunday, it was breathtaking to see some of the sites on the way to the BNB that I had booked for 2 nights. I have been drawn to the Piazza Navona and the beautiful fountain by Bernini for some time and I knew this was the place to be. Here I was, a widow who spoke very little Italian staying in a BNB in Rome by



myself. What was I thinking? The issue was that I was thinking what a great adventure this is going to be. I was on my own for a few days before meeting up with the tour group and I could explore any part of Rome that I wanted.

My adventure started with taking a public bus to the Colosseum (pictured above) but unfortunately, I missed the stop due to talking to a father/daughter from Arizona. Luckily, we were all going to the Colosseum so the three of us got off the bus and started walking using Google Maps as our guide. Little did we

know that we were several miles away and would not reach the Colosseum in time for our tours. Therefore, I decided to explore the outside of the Colosseum as well as the Roman Forum (pictured on left page). What an incredible site to learn the history and actually visit an area that was built before Christ! I spent many hours walking around Rome, mainly because I was lost but also was enjoying all the various areas – Jewish slum, Palatine Hills, etc. Almost at every turn, there were ruins. All I could think of were the early movies about Rome and the Gladiators! How incredible to actually be in Rome.

The next day was equally, if not more incredible, when I took the Scavi tour at the Vatican. This is the Vatican Necropolis under the Vatican Basilica along with the Tomb of Saint Peter. This was a tour highly recommended by a friend and needed to be booked months in advance. It was amazing to see the different levels in the Necropolis and the various family tombs as well as the Tomb of Saint Peter. Being raised



Pictured At Left: Piazza Navona



Roman Catholic gave it special meaning to know the Basilica of Saint Peter was built above Saint Peter's tomb. After walking around the Basilica and Vatican City, I had decided to visit the Borghese Gardens (pictured at left) prior to meeting up with the tour. It was here that my adventure took a turn... During my walk through these beautiful gardens, I happened to notice that a man ducked into a hedge up ahead of me. Since I was off the beaten path albeit still a path, I was a little suspect. As I walked by and headed to the far side of a monument, I turned to see the man coming out around the backside of the monument heading right for me. Yes, here was a tourist with a big camera carry bag, all alone in the Borghese Gardens. When I noticed him approaching, I quickly physically turned my body, raised my camera, and took a picture of him. When he realized what I had done, he turned the other way and quickly walked away. It was a little scary but I was grateful that my guardian angels were watching over me.

Pisa, Lake Como, Lake Maggiore, Lake Laguna, San Gimignano, Baveno, Sorrento, Assisi, Capri, Pompeii, and the list goes on. The people I met on the tour have quickly become friends from all over the world!

In closing, I am very proud of myself and shocked that I actually took this trip. Now, onto the next adventure!



Amalfi Coast



Sorrento Shoreline



Statue in St. Peters Basilica



Assisi Countryside in Umbria

The next 13 days were spent with the tour group – visiting Rome, Venice,



Vatican

ABOUT THE AUTHOR

My Visions of Life Photography by Carol Bilodeau was started as a renewal of my love for photography.

My passion for photography was truly sparked in the 1970's when I took photography night classes in Boston. As the years have gone by, I've renewed my love for photography and use my photography to find the joy, beauty and solace in the world that surrounds us.

I've taken my passion to the next step of sharing the beauty of the areas I've visited by exhibiting my photographs in the Boulder City Art Guild in Boulder City, NV as well as on my website: carol-bilodeau.fineartamerica.com



Canal in Venice



Home at Lake Como



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It was on our 20th wedding anniversary that Paula told me, “You know our 25th is coming up in only 5 years and that’s our Diamond Anniversary!”

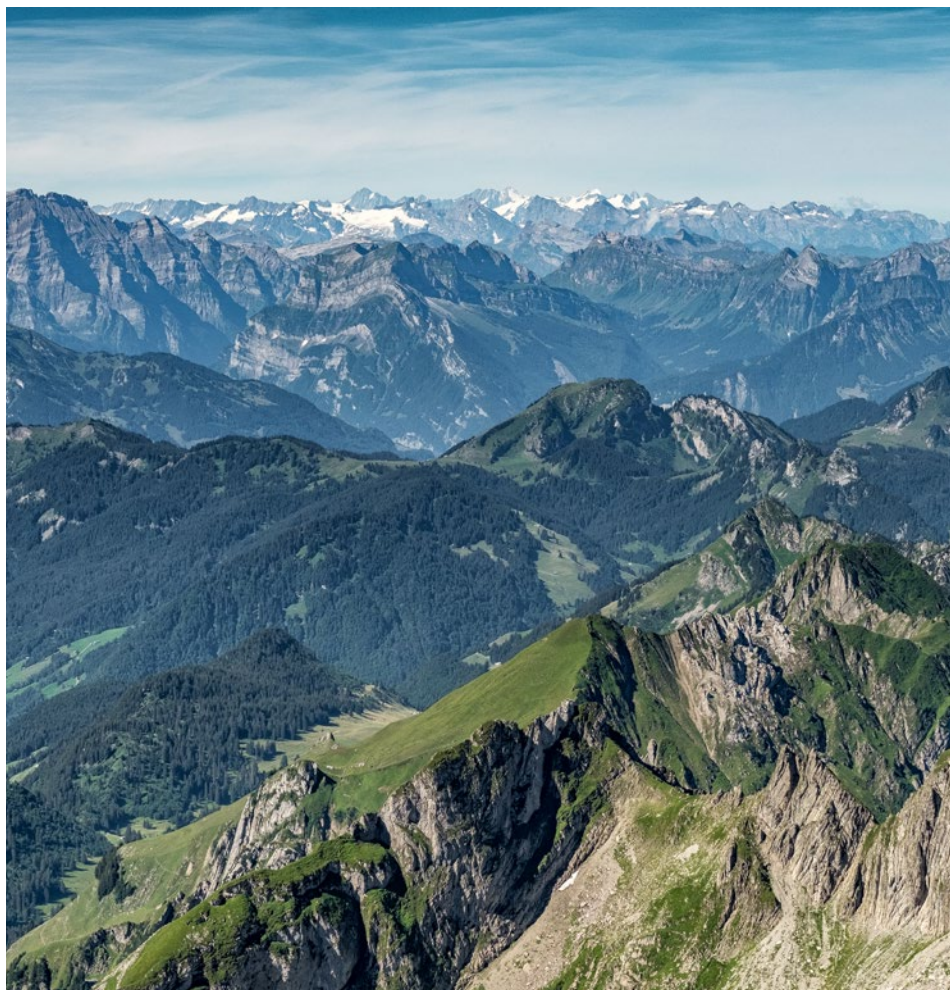
I replied, “Yes, but it’s 5 years away and the 25th is the Silver Anniversary.” She said, “No, it is OUR Diamond Anniversary and you may need 5 years to save up for it.”

Forewarned.

As she explained what she wanted I understood that it would indeed be our “Diamond Anniversary.” We went shopping for ring settings and as the date got closer we also shopped for the diamond center stone. On the appointed date Paula got her wish, a brand-new diamond ring. Then she asked me, “What do you want for our anniversary?” I said, “I want you on the back seat of a BMW motorcycle as we tour the Alps for 16 days.” Despite the fact that it is me who is the motorcycle enthusiast and not her, she happily agreed.

Edelweiss Motorcycle Tours out of Austria conducts touring rides all over the world and we signed up for their Best of The Alps tour. It took us through Austria, Germany, Switzerland, Italy and France on the best mountain roads. We rode up over the tops of the famous peaks through the snow and ice, down through the villages and cobblestones, by the lakes and across the farmlands through the most charming small roads in the world. It was romantic overload!

We’d ride along and see some astoundingly beautiful sight, if I saw it first I’d tap her on the knee and point. If she was first, she’d squeeze me with her legs and point. We stopped often for photos but most of all we shared one of the most romantic adventures of our life.



RIDING FREE AND DEEPLY IN LOVE

BY JIM CATHCART

Upon our return home we booked another tour for our 30th anniversary. It too was magical.

Now, lest you think that Paula is a thrill seeker and adventure junkie, let me explain. My Paula Sue is a homebody, a Mom, a Grandma (now, not then), and one of the best friends a person could have. But she’s not a risk taker. To her, freeway traffic is an adventure. I, on the other hand, want to assure that there is not a great adventure left on my bucket

list. So, I’ve done a sky dive from 13,000 feet, raced my motorcycles on Infineon/ Sears Point and Laguna Seca raceways, hiked over 5,400 miles of California mountain trails, and miles of New Zealand mountains, rain forests and hills, and more. I’ve ridden my motorcycle solo from San Diego to Cody, Wyoming and back in the days before cell phones, and I’ve push a lot of envelopes here and there, if you know what I mean.

The surprising thing is that Paula has

joined me on many of these. She reluctantly joined me on a 103-mile whitewater rafting adventure in Idaho, a similar bicycling trek through Western Canada, Zip-lining in Costa Rica, the NZ hike mentioned above and a spontaneous backpacking trip through Germany with our young son.

Why? How did this cute little homebody sign up for so many “risky” adventures? How was she able to get on the back seat of World Super Bike Champion, Reg Pridmore’s motorcycle and ride around a racetrack at speeds above 100mph? What motivates a “reasonable” person to do such things? Two things: Trust and Love. In my humble opinion.

She knew that she could trust me to be a good decision maker and not a reckless thrill seeker. She had seen me take the necessary training to be able to do whatever I was anticipating and do it relatively safely. She had observed as I read manuals, attended courses, and sought guidance from clear thinking people. So she realized that by placing her safety in my hands she was not taking big risks.

The second factor, Love, goes both ways. She loves me and therefore wants to join me in whatever experiences she can. And, she knows without a doubt that I love her and would never place her at unnecessary risk.

Now, what about you? What experiences are you resisting that just might become one of the most thrilling and satisfying moments of your life? What have you always dreamt of doing but wrote it off as too adventurous? Chances are good that the only real impediment is you. We sometimes think, “I’m not that kind of risk taker.” We decline opportunities to have some really great fun. Anyone can find reasons not to do something: costs too much, takes me away from (whatever), I don’t know how (yet),



it might hurt or be uncomfortable, etc. Even Paula was really anxious about the whitewater rafting trip with the bathing in cold river water, campfire food, sleeping bags, wilderness animals, etc. But afterwards, she said it was one of the best experiences of her life. Likewise, the bicycle tour of the Rockies, she’s not an athlete and we don’t even own bikes.

I think the best questions to ask include these:

- At the end of my active years, will I be happy that I did these things or will I regret not doing them?
- Will I be with people I can trust to make good decisions?
- Do I care about the people I will share these experiences with?
- Is there a whole lot of living waiting for me to say “Yes!” to it?

If you get good answers to those questions then, for heaven’s sake, get off your butt, on your feet, out of the shade and into the heat!

Go for it, you’ll be really glad you did.



ABOUT THE AUTHOR

Professional speaker Jim Cathcart, CSP, CPAE is the founder of Cathcart.com and the author of 18 books including the international bestseller, *The Acorn Principle*. As a top 1% TEDx speaker his video has well over one million views. Jim is a regular contributor to Choices.

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ADD
MINDFUL
ADVENTURES
TO EXPERIENCE
A LIFE OF
**CURIOSITY &
DISCOVERY**

BY HOLLY DUCKWORTH

PASSPORT

“

How did I get here?” Was what my inner voice was saying, as I looked straight ahead at a rope ladder. I looked up and my inner voice said, “You want me to go where?” Above me, 25 feet in the air, was the landing platform for the flying trapeze. I was enrolled in circus school.



They say life is either a daring adventure or nothing. Maybe it's not nothing, but it's a little same old, same old. What are you choosing? Daring? Or same old? The definition of adventure is a dangerous experience. Typically an experience that is exciting. When I changed my definition of adventure to simply doing new things, my life changed.

What does the word adventure mean to you?

For me, I've adapted the meaning of adventure, a “first” journey. First meaning doing something for the first time. I try to do one new “first” each month.

Adventure does not always have to take the form of leaping from the trapeze at circus school; it can mean something as simple as opening to new. Included in my definition of adventure is curiosity and discovery. What are you curious about? What would you like to discover? Often an adventure today can happen in a little new choice. Here are a few ideas to create a mindful adventure:

- Try a new cup of coffee
- Ask a silly question to a co-worker
- Look up a definition of a word – you may be surprised
- Drive a new way to work
- Order something new from your favorite restaurant
- Meet a new person
- Read a new book, blog, or magazine
- Journey into a new class

When you add an adventure to your life, even one of these a month, can expand your curiosity and discovery. You would do 12 new things in a year.

Your life is either a daring adventure or the same old same old. I mindfully choose to live my life never wondering or wishing I had. I do.

To live the adventure of your life, you simply need to choose the next thing up the ladder. I'm still not clear how my body ended up on that landing in circus school. I will tell you that I took the leap of faith, flipped my feet around and over my head and let go of one bar and leaped to the other bar. The adventure of life is what you choose. Some of my choices are conscious, and others, unconscious, some planned and others in the moment, and when you commit to adding adventure to your life, you will live a life beyond imagining.



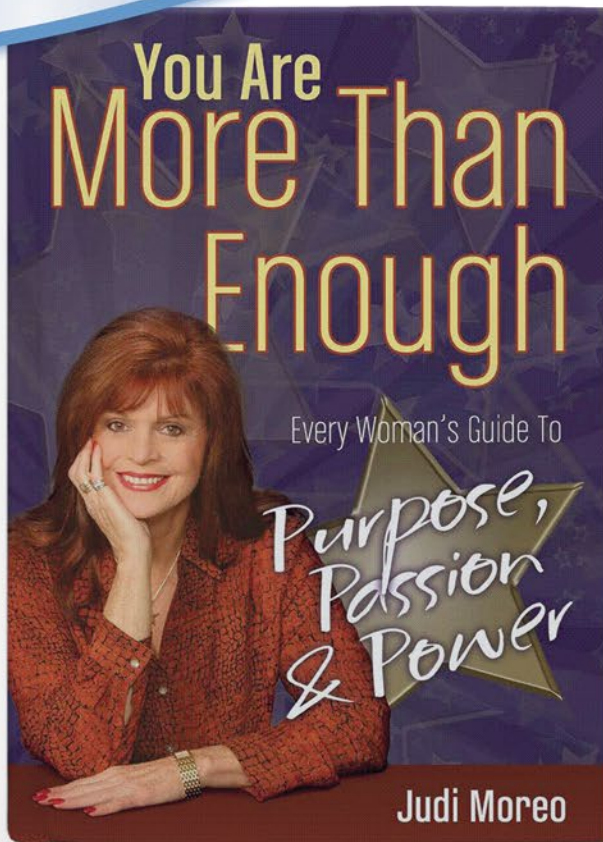
Be mindful, choose adventure. If I can leap, you can too!



ABOUT THE AUTHOR

Holly Duckworth, LSP, CAE, CMP. A nationally recognized author, speaker and coach for mindful leadership and motivation. She writes regularly on the future of mindful leadership for publications such as the *New York Times*, *Science of Mind* magazine and Meetings Net News. 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 www.hollyduckworth.com visit her on LinkedIn & follow her on twitter at @hduckworth.

THIS WINTER, TAKE TIME TO DISCOVER
SELF-CONFIDENCE



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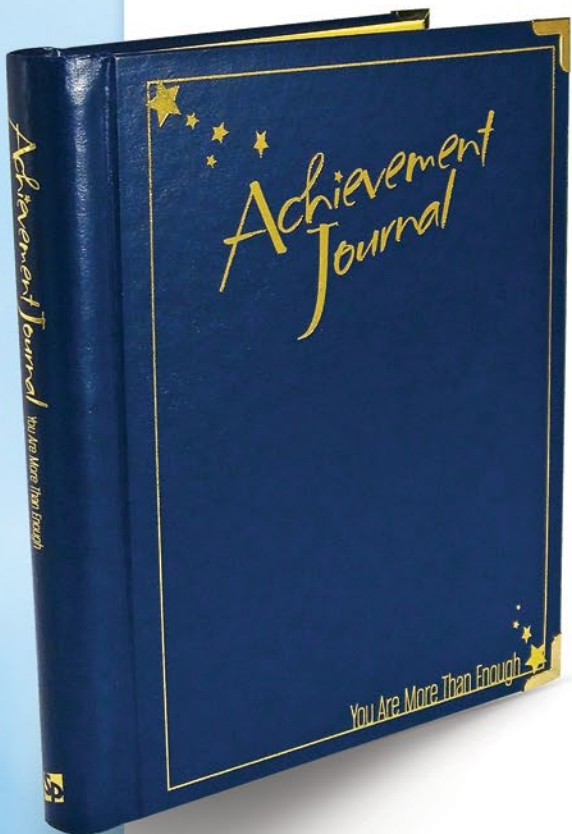
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**DROPPED THE BALL ON YOUR
NEW YEAR'S RESOLUTION?**

HOW TO GET BACK ON THE HEALTH TRACK IN 2018

T

wo weeks into February and twenty-five percent of us will have already abandoned our New Year's resolutions.

We start out January with great intentions. We resolve to lose weight, eat healthy, exercise more, gain control over our finances, or to generally have a more positive outlook.

Why do so many people have problems following through and slide back into our old ways, eventually completely forgetting about our resolutions?



Researchers have studied this behavior to find the reason. Is it simply because people are weak-willed? Or, just lazy?

Resolutions are a way of motivating yourself to change a habit. But, if you aren't ready to actually change your habit, especially a bad habit, the failure rate will be high. Another reason can be that when we make our resolutions, we set unrealistic expectations and goals.

Psychology professor, Peter Herman, calls it "the 'false hope syndrome', which means the resolution is significantly unrealistic and out of alignment with the internal view of ourselves." In other words, if you don't really believe you can achieve your goal, then making resolutions and saying positive affirmations won't work.

Another aspect of failed resolutions comes from how we think it will change our entire lives. You might think that losing weight or reducing your debts will change your life and when it doesn't you become discouraged and go back to your old behaviors.

A resolution is basically a goal to change something. In order to change, you have to change your way of thinking about it.

Why People Fail at Following Through with Their Resolutions

About 40% of the adults in the United States make a New Year's Resolution every year. Out of those, about 25% will have broken one or more of them within two weeks. And, by the end of January, the failure rate increases to 50%, according to John Norcross, a psychology professor at the University of Scranton and author of *Changeology: 5 Steps to Realizing your Goals and Resolutions*.

According to Norcross, the top five resolutions made each year are:

- Weight loss
- Improve finances
- Exercise
- Get a new job
- Healthier eating

Out of these five, weight loss, exercise and eating healthy are easiest. What's the average length of time someone stays with their resolution?

- Resolution maintained through first week----75% of people
- Past two weeks---- 71% of people
- Past one month---- 64% of people
- Past six months---- 46% of people

These statistics show an alarming number of people failing to follow through with their resolutions. In fact, it's estimated that 75 percent of all New Year's resolutions will end in failure.

If we're so determined to change at the beginning of a new year, why do so many fail at following through?

Why We Fail

By the sixth month over half of us have already totally given up on at least one of them. Why?

Here are some ideas:

- **Timing.** January is a tough month to begin anything new. We've already packed on pounds starting during Halloween all the way through Super Bowl Sunday. Not to mention, it's cold and dark out (at least in the U.S.) making us less active and even less motivated to change. Money is often tighter in January, after splurging during the holidays. Stress is higher, as well.
- **High motivation with no real plan.** Those New Year's Resolutions don't come with instructions. We can easily say, "I'm going to lose 20 pounds this year", but that's only the first step. To stay motivated, you need a detailed plan and often expert advice, if you are to succeed.
- **Setting unrealistic goals.** Often, we set unrealistic goals, such as going cold turkey from smoking or losing 50 pounds in six months. We sometimes set multiple resolutions that have nothing in common (like losing weight and getting out of debt) expecting to accomplish them all simultaneously.

- **Being too tough on ourselves.** We have big expectations for ourselves, and then end up having an even bigger disappointment when our progress is slower than we expected or we have an occasional setback. This can cause us to give up.
- **Lack of support or accountability.** Trying to stay motivated on your own is tough. We're social beings. We do better trying to reach a goal when we have support and are being held accountable for what we do. If no one knows you're on a diet and fast food isn't on your approved menu, the only thing keeping you away from the fast food lane is your own self-control.

Now, you know what causes you to fail at your New Year's resolutions. To make resolutions work, it involves changing your behavior, setting realistic goals, having a system for reaching the goal, and having others hold you accountable.

How to Approach Your Journey to Health Instead

Now that you know why you fail at achieving your New Year's health resolutions, let's dig into how to approach the journey to better health instead. It begins with having a plan.

- **Rev up your can-do.** Start with five minute changes. Instead of making a big unclear resolution, pinpoint

one small, meaningful step you can take towards change that you can do in five minutes. For example, maybe your resolution is to eat healthier. Take five minutes to make a grocery list that includes more fruits and vegetables. Or, make small tweaks in what you eat every day by eliminating one sugary drink a day. Small changes keep you moving toward your goal and help you get unstuck when you begin to fall off track.

- **Stay motivated.** One way to do this is to get an accountability partner or mentor. Another way is to create a vision board of what healthy looks like to you. Include images of you succeeding and living the life you want.
- **Go for 10.** Use the rule of 10, which simply means do something for 10 minutes instead of 30, or change 10% instead of 100%. If you want to get healthier by getting fit, make your goal to do 10 minutes of exercise every day. You can work up to longer periods, but getting started is the hard part. With only doing 10 minutes of something, you are more likely to do it. The same can be said for healthy eating. Instead of completely changing the way you eat all at once, add more fruit or vegetables or cut out 10% of sugar intake a day (like 1 donut), gradually decreasing until you've eliminated sugar from your diet.
- **Make pre-commitments.** Piggyback what you want to change onto something you're already doing. One way to do this is to add one more vegetables to your plate each day.
- **Try the proximity trick.** This works well if you are trying to add exercise to your daily routine. The trick here is to place your sneakers and work-





out clothes next to your bed each night. That way, when you wake up, they're the first things you see.

- **Create a list.** Make a list and cross off a task as you do it. This boosts your motivation. According to Brian Tracy, author of *Eat That Frog!—21 Great Ways to Stop Procrastinating and Get More Done in Less Time*, the dopamine or the motivation chemical is released whenever you “do something life-enhancing, such as completing a task.”

You want to approach the journey to a healthy life like you would any other important goal. Create lists, work on small steps at a time, and find ways to stay motivated along the way.

How to Incorporate Healthy Eating into Your Daily Lifestyle

You made a resolution to eat healthy this year. You were doing great for about

two weeks or so. Then wham! Life happened. You were hit with temptations for sweets at work, eating fast food for lunch or simply craving potato chips. It happens. But, you CAN get back on the right track.

Here are 4 ways to incorporate healthy eating into your daily lifestyle:

1. **Don't sacrifice a nutritious breakfast.** You've probably heard the old adage “breakfast is the most important meal of the day”, and it's true. But, not just anything will do. Skip the sweet Danish for a more nutritious breakfast. Keep plenty of healthy breakfast foods on hand.
2. **Enjoy easy, healthy snacks.** Healthy snacks keep you from getting too hungry and overeating at your next meal. Keep foods such as nuts, fruit and veggies i.e. apples, carrot sticks, grape toma-

toes, cottage cheese or sliced turkey on hand for a quick snack.

3. **Cook more than you can eat.** This tip saves you time and money while allowing you to eat healthier. Cook extra to refrigerate or freeze for your next day's dinner. When you know you already have a nutritious meal waiting for you, you're less likely to grab the high-calorie, high-fat junk food at the drive-through on your way home. Some good options include chicken, veggies, soups, and grains, including quinoa and brown rice.
4. **Eat as many colors as you can every day.** Opt for a range of nutritious vegetables and fruits every day. Keep a variety of colors on hand and make it a point to see how many different colors you can eat each day. Eat red peppers, spinach, sweet potatoes and blackberries one day and

the next eat green peppers, yellow squash, blueberries and bananas.

It takes time to make these changes, but if you keep trying every day, you'll eventually begin to see it become a habit to eat healthier.

How to Incorporate Exercise into Your Daily Lifestyle

You set a New Year's resolution to exercise every day. If you are new to exercising or you haven't done it for a while, the best way to begin incorporating it into your life is to begin with small steps.

- **Set your mind to the idea of moving more.** Remind your body to get more movement every day by standing more or taking the stairs more often. Other ways to get more movement in are to do stretches in your chair, squat to pick something up from the floor or park farther away from the building.
- **Commit to regular activity by setting a specific time each day.** Schedule it in your appointment calendar and treat it like a commitment. Set a time to take a leisurely walk if exercise is new to you. Or, set a time to take a fitness class, swim a few laps or join in a dance class.
- **Move more.** Find ways to move more in your regular daily activity.
- **Find your favorite exercise.** You'll be more likely to stick to it if you enjoy it. To find one you'll enjoy, think about what you played as a kid. Did you enjoy team sports? You might be more of a group or class person, so try a spin class or sign up for an adult sports league. Did you enjoy playing alone? Try run-

ning, tennis or a marathon. Rent an exercise video to experiment with different types of exercise.

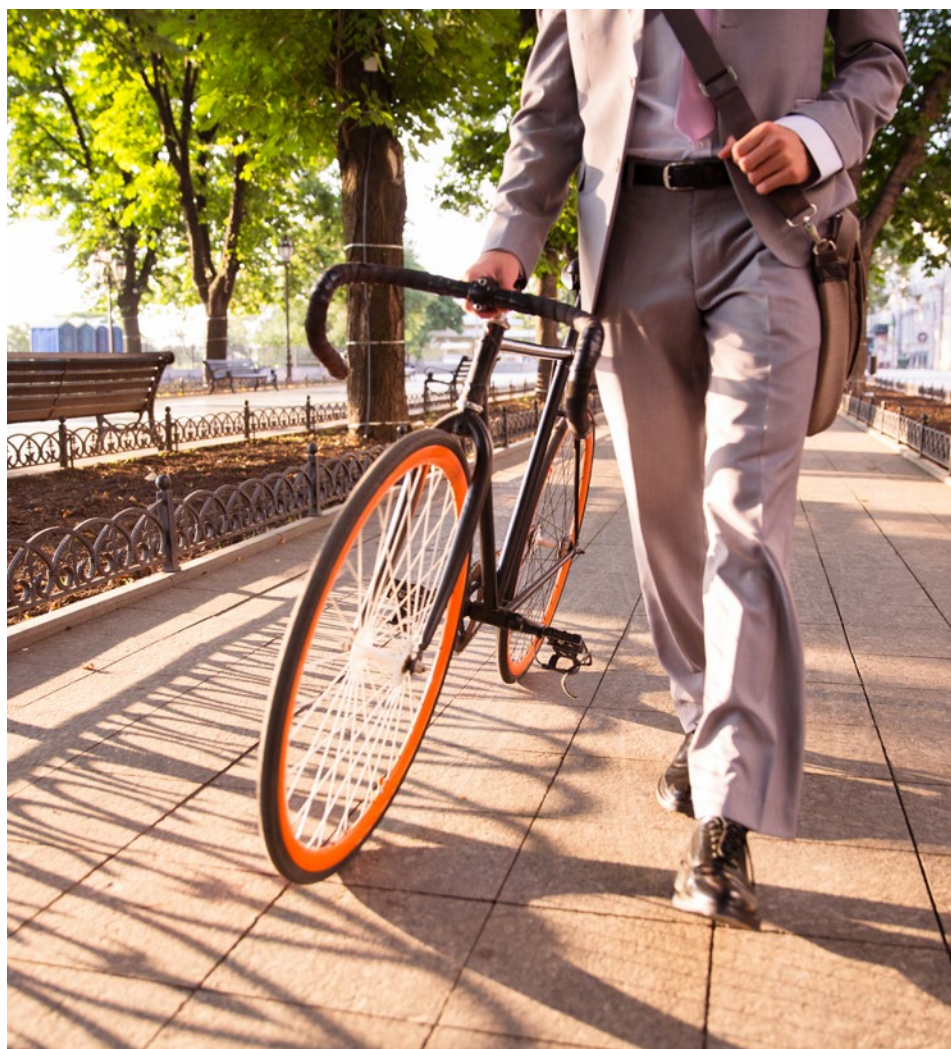
- **Vary your routine and activities if you get bored easily.** Try cardio three days a week and strength training twice a week and yoga twice a week. Try working out in the morning part of the time and in the evening part of the time.
- **Exercise at the right time of day for you.** The best time to exercise is whatever works for your schedule. Mornings might be ideal if you're a busy professional. Fit in a gym ses-

sion on your lunch hour or after work if that works best for you.

Incorporating exercise into your daily lifestyle can be as simple as waking up thirty minutes earlier for a quick walk or doing stretches at your desk. No matter what type of exercise you do, look for simple ways to add more movement to your day.

How to Live with Positivity and Limited Stress Every Day

Worry and negative thoughts lead to stress. One way to have less stress is to live with positivity. Learning how to live



with a positive attitude can be challenging but with practice every day, it will become a habit.

Here are ten ways to stay positive:

1. When you catch yourself saying what-if or imagining the worst case scenario, take control by turning those thoughts into positive ones. Instead of worrying, think of the best possible outcome.
2. Use breathing techniques to keep you centered. When you're really stressed, take at least three deep breaths to calm yourself before you take action or start overanalyzing the situation.
3. Don't compare what's happening now with what happened before. It's difficult to not compare changes, especially negative ones, with what happened in the past. Don't wish things would go back to the way they were. Instead find a positive solution and consider why you're facing difficulty.
4. Focus on solutions rather than problems. There is less stress when you are working toward solving a problem.
5. Learn how to treat others well. Treat others the way they'd like to be treated. Be kind. Smile.
6. Focus on self-improvement. It's easy to blame others for our problems. But, positive people know that won't get them anywhere. Instead, find ways you can improve yourself and build your skills and mindset into a person who can overcome the obstacles.
7. Laugh at yourself. Everyone makes



mistakes and messes up sometimes. Learn a lesson from the mistake and laugh it off. Take yourself lightly.

8. Work on whatever you are capable of achieving. It's never too late to accomplish what you want in life. Quit obsessing over what you should have done. Take steps every day toward what you want to accomplish.
9. Reach out to others. Form new connections and reach out to old connections. Whenever possible, network with others in a positive way.
10. Start each day with a happy thought. Remind yourself of your strengths, your goals, and the things that make you happy. Feel gratitude for the things you have. Focus on the positive experiences you have every

day. It might be as simple as a cuddle from your puppy. Use daily affirmations.

Living with positivity on a daily basis leaves less room for stress in your life. Positive people are calm, work towards what they want and achieve their goals better than those who continually worry and find the negative in any situation.

What to Do If You Feel You're Slipping or Get off Track

Sometimes we have the best intentions but still slip and get off track. Is it a mindset problem? Or, was the goal too big? Did you not have enough support?

No matter what the reason, don't give up! You can return to working on your resolution.

Decide if the goal really means something to you, and if it does, you'll want to follow this simple process to get back on track.

- **Review your plan.** Did you set your goal a little too high? For example losing 50 pounds in 3 months? Aim a bit lower. Set your target goal to a more attainable one. Losing 10 or 15 pounds in 3 months or changing what you eat and scheduling exercises would be a better resolution.
- **Focus on one resolution at a time.** Choose the most pressing one—losing weight, eating healthy, changing your mindset—and concentrate on it until you achieve it. Trying to change more than one habit at a time can be overwhelming.
- **Get an accountability partner.** Enlist the help of a friend or professional who can advise you on what you need to be doing to keep you accountable.
- **Be flexible and willing to change how you approach your resolution.** Lengthen your timeline, if necessary.
- **Work on smaller goals that lead to your ultimate goal.**
- **Create new milestones, if you feel like you're just too far off track.** Modify your original goal for a new more attainable one that fits in the remaining time. That way, at least you're making some progress towards your original goal.
- **Get more specific if you created a very broad and grand resolution.** Maybe your goal was to get healthy. That's great, but it is without an action plan and specific definition of what healthy means to you. Does it mean eating clean foods? Or, exercising three times a week?

Just because you've started slipping away from your New Year's resolution doesn't mean you have to totally forget





about it. Use these tips to get back on track and get your momentum going again.

What Your Next Step Is

We almost all do it. We make New Year's resolutions to get healthy, to exercise more and to live a more happy and positive life. Then, life happens. We fall off the wagon and eventually we're right back where we started a year ago.

Sometimes, it's just a matter of losing our motivation to continue. Reaching the goal might be taking longer than we hoped or harder than we anticipated. But there are things we can do to boost our motivation along the way.

Tell other people about your goal or invite them to join you.

Work on taking small steps every day that leads you towards your goal.

Celebrate your success at preset milestones.

Work on changing your thought patterns as you work on the new behavior. If you don't change how you think about eating healthy, you will likely have trouble maintaining it.

Have fun and laugh at yourself when you slip. But get back on track as soon as you can.

The statistics are scary. If only eight percent of people setting New Year's resolutions are able to achieve them, then why do so many attempt them year after year and fail? It's not because we are lazy. Often, it's simply because we

set too high a goal or try to achieve too many resolutions at once.

Setting a New Year's resolution is a lot like taking a long trip. You wouldn't set out without a plan on how you were going to get there, where you'd be staying or even what you planned to take with you.

So, when you find yourself slipping, take the time to reassess and revamp the plan on how you are going to reach that health goal. Hit the gym, turn down that piece of cake and eat less processed foods. Give yourself a reward, and then get out and do it all over again tomorrow. It'll be worth it when you finally achieve it.



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BY MARLENE LIVINGSTON CURRY

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—Kathie Slaughter, Retired teacher

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

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- Motivational Speaker
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FINANCIAL ETIQUETTE: WHO PAYS FOR WHAT ON VACATION?

BY JUDI MOREO

THESE 3 TIPS CAN HELP YOU AVOID MISUNDERSTANDINGS WHEN TRAVELING WITH FAMILY OR FRIENDS

We've all been there: that awkward moment when the restaurant bill comes and it's not clear who's paying. Should you split it evenly—down to the decimal point? Or, will one person magnanimously pick up the whole tab?

"The scene you want to avoid is having two or more people play tug-of-war with the bill," says Stacy Allred, head of Merrill Lynch's Center for Family Wealth. "It's easy to arrange in advance for it to be given to you. Or you could just step away from the table and settle up while you're waiting for dessert."

What's tricky with dinner can be even trickier when you're dealing with larger expenses, like a weeklong vacation with family or friends. Allred offers the following three simple rules to help you avoid any misunderstanding.

"The scene you want to avoid is having two or more people play tug-of-war with the bill."

— Stacy Allred, head of Merrill Lynch's Center for Family Wealth

1. Establish who's paying what up front. "If you want all or part of the vacation to be a gift, say what you'd like to pay for, what you won't be



paying for and why you're giving the gift," she says. You could cover the cost of renting the beach house, for instance, and your friends could offer to pay for groceries or meals out.

2. Get creative. If you're covering the big up-front expenses, it's important that you leave the door open for people to help out in non-monetary ways, such as pre-

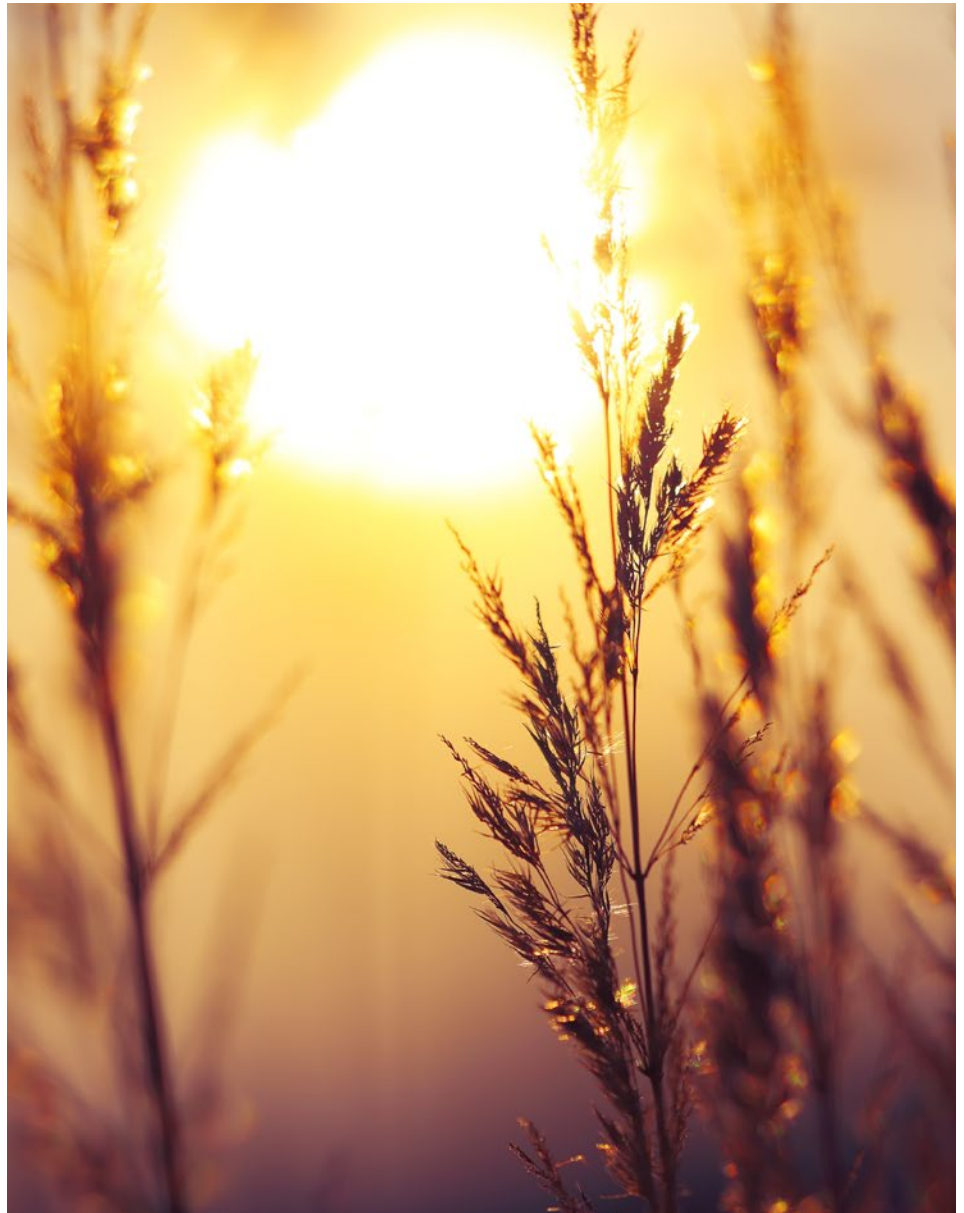
paring some of the meals or planning excursions. “Everyone will feel better knowing they brought something to the table,” Allred says. And don’t forget that accumulated travel miles can be a friendly alternative to dollars, she adds.

- 3. Can you make the trip more affordable for everyone?** Focusing on what everyone hopes to get out of the trip can help clarify how money should be spent. Are there expenses that you can compromise on? “Don’t let money stop you from enjoying one another’s company,” says Allred. “That’s the real reason you’re traveling together in the first place.”



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) 283-4567 or judi@judimoreo.com.



**“Life is either a great
adventure or nothing.”**

Helen Keller

A woman's story of empowerment in
a man's world...



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there's fire, and
she's igniting!**

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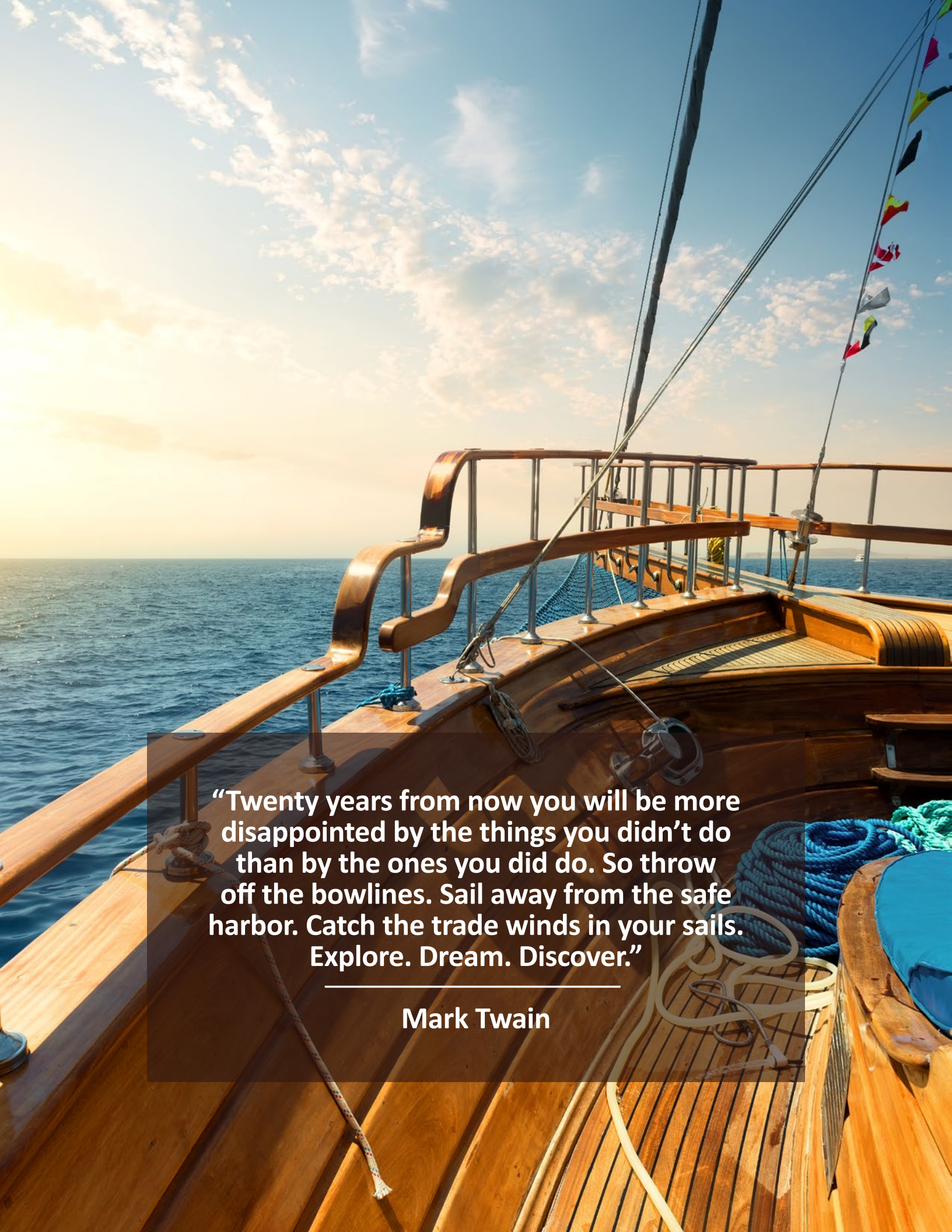
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A photograph of a wooden sailboat deck at sunset. The sun is low on the horizon, casting a warm glow over the blue sea and sky. The deck is made of polished wood and features a wooden handrail with metal stanchions. A blue net is visible in the background, and a coil of blue rope is on the right. A quote is overlaid on a semi-transparent dark rectangle in the lower center of the image.

“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

Mark Twain



THE YEAR OF THE DOG

BY S.L. GORE

I *'m always up for an excuse to celebrate any holiday with friends, especially if it includes a festive, theme-based table. After the ritual labor-intensive meals of Thanksgiving, Christmas and New Year's, Chinese food on the Asian New Year is both exotic and easy.*

Back in 2013, three couples ushered in the Year of the Snake at our house with a *Nian Ye Fan* (reunion dinner), some bottles of wine and beer complemented with classic auspicious greetings reading like fortune cookie omens. *"Greet the New Year and encounter happiness!" "May your gold and jade come to fill a hall!" "May all your wishes be fulfilled!"*

And so began another great tradition in Shell Beach. We decided right away that take out from our local Chinese restaurant would be perfect for an authentic and low stress menu. Each of us orders one dish, but we coordinate to ensure we get variety. My pick is always Mei's signature wonton soup with scrumptious homemade pork dumplings swimming in savory broth.

If you feel compelled to offer up something unique from your own kitchen, I recommend my delicate soup that marries the homemade element with the easy-peasy addition of delicious frozen chicken cilantro mini wontons.

For dessert, you just can't beat chocolate ice cream to top off the salty soy and clear the palate of any lingering



Year of the Dog traditional Chinese paper cut by artist Fanghong. Reproduced thanks to the artist and Wikipedia free share.

greasiness. I know it's scandalous to introduce something so screamingly Western, but I'll confess to not being very fond of Chinese desserts. Too alien and gooey. Instead, serve a sweet, creamy, cold chocolate gelato. I promise you will have no complaints.

You might have noticed that Chinese New Year falls sometimes in January and sometimes in February. Like Easter, the holiday is not a fixed date. Based on a rather complicated lunisolar calendar, the so-called Spring Festival has its first day falling on the new moon between Jan 21 and Feb 30. In an ageless cycle through millennia, this moving date ushers in a new twelve-month year named after one of twelve animals.

February 16, 2018 heralds the Year of the Dog. The Chinese consider the dog to be a harbinger of good luck and claim a dog year is auspicious to highlight the importance of universal dialogue and solidarity. Let's start that dialogue around a table of good food shared by good friends. *Xīnnián kuàilè! Happy New Year!*

YEAR OF THE DOG SOUP

Ingredients: *(Substitute or add any vegetables. Vary quantities according to your taste.)*

- 6 cups water
- 1 Tbsp chicken stock paste (Better than Bullion is the best)
- Costco chicken cilantro mini wontons or equivalent
- Chinese cabbage, chopped coarse (2 cups)
- orange squash crinkly slices (1 cup Trader Joe's)
- green onions, chopped (1 cup)



Place Setting for Chinese New Year with red placemat, gold charger and black lacquer chopsticks.



Follow my recipe for the world's easiest wonton soup.

- celery seed, ¼ tsp
- Ginger, fresh, pared (1 tsp)
- Cilantro, fresh, chopped (1/2 cup)

Soup Preparation:

1. Bring water to a boil with bullion.
2. Add green onions, ginger, celery seed.
3. Simmer for 3 minutes.
4. Add Chinese cabbage and squash slices.
5. Toss in wontons.
6. Simmer for 3 minutes or until cabbage is no longer crunchy and wontons are warm.
7. Do not overcook!
8. Serve in bowls with fresh cilantro sprinkled on top.

Note: Use soy sauce with caution. The flavor is meant to be delicate.

Serve with a chilled sparkling dry white wine. If you prefer beer, go for the Chinese lager *Tsingtao* or the more readily available Thai pilsner *Singha*. All are great choices with spring and summer rolls as well.



Exuberant celebration is a sign of wealth and good fortune to the Chinese, so break out anything red or gold to capture the spirit.

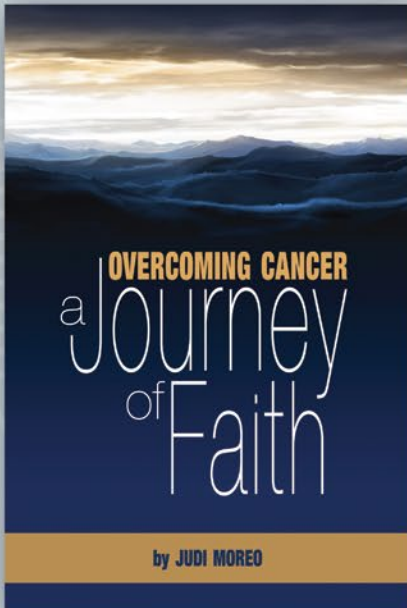
ABOUT THE AUTHOR

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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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





THE MAGIC OF AKUMAL

BY RIDGELY GOLDSBOROUGH

We leave the curtains slightly cracked, to allow the first yellow rays to invade our space and wake us...

though often the one single, loud bird cracks the silence even before the sun.

Ahhh, the toss and turn. Do we really want to get up? What if we pulled the curtain closed and rolled over into the bevy of pillows? Would we truly miss anything?

Maybe. The only way to find out is to get out of bed, start the coffee machine, find our way into bathing suits and grab the gear, already packed, wander down the beach, stop at the coffee bar for another splash of Wilbert's special espresso Joe and stare briefly into the Car-

ibbean sea, as if our casual visual assessment would tell us what we might find beneath the gentle waves—never the case.

We drop the bags, work our way to the outdoor shower, smear the toothpaste on our masks, rinse it off, throw on the water shirts and make our slow, deliberate, anticipatory sojourn down the beach to the entry point—knowing full well the impact of that initial cold blast, the goose bumps on the arms, tensing of the face, retracting of the loins that foreshadow entering the water...

I look at my beautiful wife as she stands on her tip toes, hesitant to take the plunge, pausing for at least another moment before ducking under the surface to allow her hair

to fall flat under her mask.

Suddenly, she surges forward into the aqua bliss and I follow—into a new fluid world, a place where cell phones, email and texting do not exist, a space where the beauty of an underwater live coral swaying leaves you breathless and 100 blue tang swimming in harmony make you question why we humans can't co-exist in the same way, so fluid, so united, so natural.

Even though our thoughts are our own in such a powerful medium, we seek each other out—a tacit understanding that we flow together, that this is only so special because we share it and take it in and appreciate the beauty that in some magical way helps us cherish one other.



“Hey—a squid family...” she squawks out above the waves. Her familiar voice causes me to raise my mask.

“Where?” I ask...and she points me in the right direction.

Six squid in formation hover in front of us in perfect harmony—so hard to tell which end is front as they travel in either direction with equal ease.

We hang with them, resting in the soft caress of the water, wondering how they feel and communicate and simply be—clearly in their own unique rapport that serves them.

Eventually, we drift off, in our own special concord. I gaze at my wife through a glass mask, under water

with her hair waving back and forth and she looks every bit as beautiful as in a silk dress under the human lights...maybe more...

A baby turtle captures our attention and off we go. She leads and I am delighted to follow...



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. Ridgely may be contacted via ridgelyg@gmail.com or (850) 291-6575



CHOICES MAGAZINE
WINTER ISSUE 2018

A FINAL NOTE FROM JUDI MOREO

Oliver Wendell Holmes once 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. Without it, we become stagnant and like a ship at anchor, we’ll go nowhere. We must take specific, directed action if we are to live a great adventure.

Just because you have gotten this far doesn’t mean you have all the knowledge, skills, and ability you need to thrive in the world. You are never as far as you can go. There is no finish line! Use your imagination. No matter what circumstances we are in or what

age we are, we can keep creating better conditions. Even if it is just one percent better than yesterday, it’s a step forward. If you keep this in mind and practice this approach, you will find that every day, every month, and every year, you will be advancing.

Set your sights on the greatest adventure you can think of and hold it in your mind. Whether it is an experience, a trip, more education, winning a trophy of some kind, learning a new language, keep at it. Become the best you can be at whatever adventure you choose. Do it to the best of your ability.

There is no reason why every day can’t be an adventure. Do something every

day to expand your mind. Many of us don’t live great adventures because we let our imagination lie dormant or we let negativity creep in. Don’t ever not do something you want to do because you feel the competition is too great or you are too old. You are never as far as you can go.

Go after life with passion. You can if you believe you can because...

You are more than enough,



Judi