

CHOICES

SPRING 2016

THE POSSIBILITY ISSUE!

DISCOVER HOW TO
EMBRACE LIFE'S
POSSIBILITIES!

AN INTERVIEW WITH DONNA ZAGOTTA

INTERNATIONALLY RECOGNIZED
ARTIST, TEACHER & WRITER

MASTERY & PERSERVERANCE

WITH DEDICATION
AND PERSISTANCE,
ANYTHING IS POSSIBLE



HELPING OTHERS HELP YOU

LEARN HOW GIVING OF
YOURSELF WILL HELP YOU TO
FIND NEW POSSIBILITIES



NO! THE WORD YOU NEED TO KNOW

LEARN TO SAY NO TO THE
THINGS THAT DON'T ADD
VALUE TO YOUR LIFE



SINK OR SWIM? YOU DECIDE!

SOMETIMES POSSIBILITIES
WE ENCOUNTER HELP US SEE
WHO WE REALLY ARE

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FROM THE EDITOR

Often in life, I have been dismissed as a dreamer because of my practice of Possibility Thinking. The negative people in my life have often called me “Pollyanna” or scoffed at my glass half-full kind of optimism. They claim to be realists as they point out what is wrong with everything.

I choose to live with possibilities. And I am not the only one. Martin Luther King chose to live with possibilities when he said, “I have a dream...” He understood how things were. He saw the situation clearly, but he knew there were possibilities. He believed things could change for the better. Nelson Mandela believed in possibilities and brought a peaceful conclusion to a country’s tumultuous times. Being present in the way things are is not the same as accepting the way things are. When we are aware of how things are, we can often see the possibility of change.

If something could realistically happen, it’s a *possibility*. It is a chance

that something may happen. When we speak of possibilities, we are actually defining a framework in which things can happen. Henry Ford, the Wright brothers, and thousands of others have seen possibilities and because of them, we have many conveniences in our lives that we wouldn’t have had otherwise.

A possibility is an option. And an option is a choice! You can do this, have that, or become someone you wish to become. It can also mean a potential: “That kid has so many possibilities ahead of her.” All meanings of *possibility* share the sense that something is able to happen, or is possible. The Latin root is *possibilis*, “that can be done.”

Our writers this month are sharing with you some of their “possibilities.” As you read their stories, think what it is “that can be done” in your life and don’t let the negative thinkers convince you that the glass is half empty. Concentrate instead on what the little fish said, “I’m just glad there is enough.”

And remember, you are more than enough,

OUR TEAM

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EXPLORE YOUR POSSIBILITIES

BY JUDI MOREO

Every New Year's Eve, people write down their resolutions for the year ahead and right about now, they have usually given up on them or forgotten about them. Then next year, they will do the same thing. Why? Because the New Year brings hope for a new beginning... for starting over. And then life happens, we get busy and those hopes and dreams go by the wayside as reality sets in. Later, we hear ourselves saying "I wish I had done this." Or "I regret that I didn't do that."

Do you want to live your life so that you never have to look back with regret? Do you want to live a life full of possibilities and recognize them when they present themselves to you? Then let me suggest a technique to you that you can use instead of listing resolutions.

Dr. Alex Osborn, the originator of the *Brainstorming Technique*, and co-founder of one of the world's largest advertising agencies in the 1960s, Batten, Barton, Durstine & Osborne,

as well as the founder of the Creative Education Foundation, described a technique of creative thinking as "organized ideation." This is a technique of brainstorming where we write down ideas, lots of ideas, about what we think we would or could love to do, have, or be in our lives. The more ideas we have, the better our chance of finding out what we really want.

All ideas are welcome. No idea is too outrageous. We are looking for possibilities. Would you like to be an astronaut? Write that down. Would you like to live in a castle in Germany? Write it down. Would you like to go back to school? Find the perfect partner? Write it all down. It doesn't matter what you write down as long as you think you might really love to do it, become it, or have it. It is okay to be a bit "out there" in your wants and dreams.

You might list things like:

- Take belly dancing lessons
- Go on an elephant back safari through the Okavango Swamp

- Start your own business
- Dive the Great Barrier Reef
- Work overseas for a year

The following day, get the list out and add to it. Do this for several days. You will be amazed at the number of possibilities you will come up with.

When you have all the options you can possibly think of, ask yourself some creativity questions and write your answers on a separate piece of paper. Apply these questions to every possibility you listed.

Some questions you might ask are:

- What activities can I combine to get a better outcome?
- How can I rearrange my schedule? Or my finances?
- What can I modify, adapt, or do differently?
- What if I gave up something? Or added something?
- Can I do the opposite of what I have been doing?



Again, remember not to make judgments, just write down your ideas. Many of your ideas will be wild and crazy and maybe even things you can't or won't use. That's okay. Somewhere in your writing will be a great idea you CAN use.

Once you have a lot of ideas, look them over, think about them, and ask yourself, "Is this workable? Practical? Financially feasible?" If your answers are "No, no, and no," then ask, "Could it be made to be workable or practical? Is there a less expensive way to do it? Can I work a trade with someone? Eliminate any options you are absolutely positive won't work.

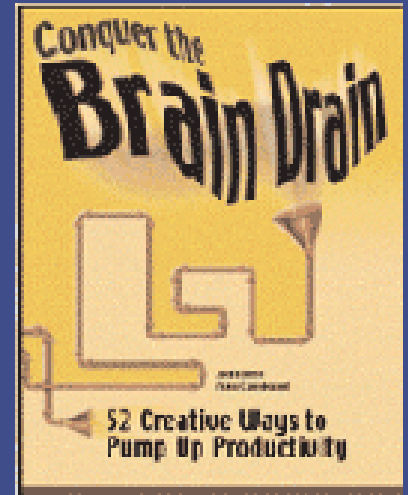
After you've decided which ideas you are going to keep, rewrite them on a separate sheet of paper. Put the new list away and think about your ideas for a couple of days.

When you take the paper out again, write the positives and negatives of each idea listed. Some of your ideas will have so many negatives, they will



ABOUT THE AUTHOR

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



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practically eliminate themselves. And, what you will have left are a couple of great ideas that you have thoroughly evaluated. You can now make a safe, sound decision as to which of these

ideas to use or how to combine them to get the results you want.

If you use this technique, you will find more possibilities than you ever

imagined and your ultimate decision will be much more exciting and effective than if you had just made a list of resolutions.



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IF YOU BELIEVE, ANYTHING IS POSSIBLE

BY JOAN S. PECK



How did this happen? How could she have let her best friend talk her into attending yet another boring inspirational talk with a topic she must have heard a hundred times? Now, all she could think about was how soon she could escape. Hoping there would be a break that would allow her an opportunity to sneak out, she let her thoughts drift. That torrid sexual romance novel sitting on her bedside table was calling her vicariously to the tropic islands of lust and love. Oh, my! She hoped the break would come soon.

Without warning, all eyes turned her way as the voice from the stage boomed out, “Yes, you!” The speaker was pointing her out and studying her momentarily before moving onto his next “victim” a few seats away, who had probably been dozing off like she had. What did he mean? She would have to pay attention to see what he was leading up to.

The speaker marched back to center stage and slapped his hand down hard onto the podium, startling most of the attendees. He scanned the crowd and shouted out, “Yes, each one of you here has the right to own your dreams and live them. It’s up to YOU. Remember, anything is POSSIBLE!”

She sat up straighter in her seat and leaned forward. She liked what she was

hearing. Anything is possible? What would that look like for her if all her dreams came true? Her heart began to thud with the excitement at the thought of a new love in her life, a promotion at work, and finally owning her own condo instead of her money going to someone else each month when she paid her rent.

The speaker announced again, “If you believe you can have in life what you want, guess what? YOU CAN. And why shouldn’t you or anybody else have what you want? All it takes is a little effort, right?”

He then scanned the crowd and once again focused on her, demanding, “You believe that, don’t you?” She felt her face flush as she nodded in agreement.

Then he demanded of her, “Stand up and announce to the rest of the people

here that you believe that you can live all your dreams!”

Much to her surprise, she stood up and shouted out, “I DO believe that I can live my dreams- every one of them!” And she meant it. Why not? People around her smiled and nodded in agreement that they too believed they could as well. The room was abuzz with excitement and high expectations.

After the room had quieted down, the speaker leaned toward the microphone and spoke in a softer voice, “Then, why aren’t you living your dreams?”

The room sat in stunned silence. It was easy to see that all the attendees who had been so excited about the possibility of living their dreams were now shuffling their feet and squirming in their chairs, the energy of excitement deflated.





The speaker spoke in a kind voice, “I asked that simple question not to shame you for not already living your dreams, but to make you aware of how easy it is for you to lose your determination to move forward and make your dreams a reality. Any comment that is not encouraging, often makes us believe that there is no possibility of having what we want. How many of you now still feel that you can own and live your dreams?”

A few of the attendees nodded in agreement while many others looked at each other, hesitating to commit either way.

The speaker paced the stage for a few minutes while the audience watched in silence. Again, he stepped toward the microphone. “Anything IS possible! Let me share with you the secret of creating possibilities into reality. If you can dream it, you can make it happen. If you believe in it, you can make it happen. If you know that you deserve it because we all deserve the best that

life has to give, you can make it happen. If you do your part to make it happen, the Universe will respond to your efforts and you will live your dreams. It is as simple as that.”

Having said that, the speaker smiled saintly and walked off the stage.

“Without leaps of imagination or dreaming, we lose the excitement of possibilities. Dreaming, after all is a form of planning.”

Gloria Steinem

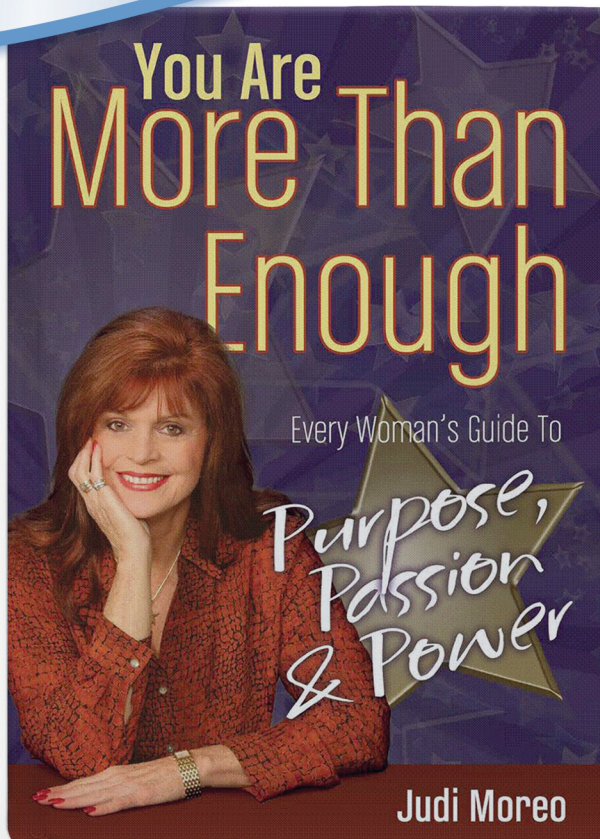


ABOUT THE AUTHOR

Joan S. Peck is an editor and the author of short stories, spiritual books and a contributing author to two Life Choices books. Her newest book is ***Prime Threat – Shattering the Power of Addiction***, a book written with her son from the other side.

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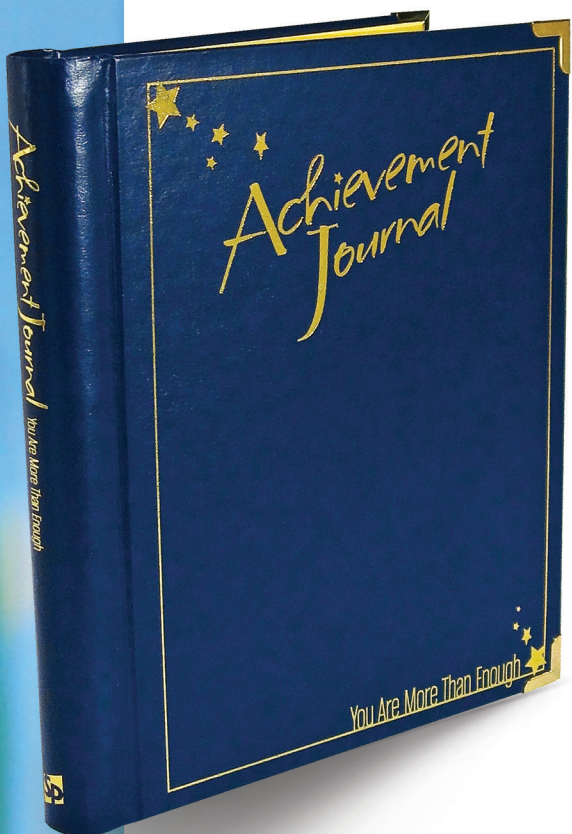
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- Sheryl Benzon, M.A., M.F.T.
President, Ventures in Excellence, Inc.

THE ART OF WHAT IS POSSIBLE

BY ANTHONY BURNSIDE

“

Imagine the possibilities” or “the possibilities are endless.” We hear these phrases throughout life, but what do they mean?

I believe you can accomplish anything you set your mind to, I really do. But you have to get out of your own way. The cardinal sin is to get caught in what I call the “paralysis of analysis.” That is engaging in way too much thinking and not enough action.

As I type this article in Los Angeles on the eve of the 58th Annual Grammy Awards, I am reminded of my journey, my path and my realizations of possibility that got me here. Imagine, if Alexander Graham Bell decided to not create the telephone. What if he engaged in the POA (paralysis of analysis) and said, well, why am I making this phone? No one else has one and who will I call? That never entered his mind. He just did it. He moved forward. What if we never visited the moon? We have rovers that we are sending to other planets to get pictures and other info for possible exploration. We can view faraway galaxies also. Ponder the possibilities and think about what was necessary to accomplish this feat. Too many times we make excuses to hide the fact that we lacked the discipline to live in our own truth. We all are born with special talents that we should develop or cultivate. Nelson Mandela once said

that if you are playing small, then you are not serving the world. Think Big, Dream Big.

There are many ways, you can change your life:

- Prioritize your goals and accomplish the tasks.
- Know that achieving your possibilities is a reward.
- Start hanging out with positive thinking people. They will help change your demeanor.
- Hang out with individuals who are much more in depth critical thinkers than you are.
- Accomplish at least one task each day that brings you closer to your goals.
- Get out of your own way.

If you want to succeed in business or anything in life, you have to want it real bad. You have to eat and sleep your business or whatever your goals are. You can’t go halfway. You can’t make excuses or let anyone get in your way. Don’t just give lip service. If I was attempting to drown you in a pool or ocean and holding your head under water, you would fight me, scream, yell and try to keep your head above water, because you need something really bad. The only goal at that moment in your life is air; you need it, you want to breathe, you want



to live. It's all you can think about. You want that air really, really bad... more than anything else in the world and you will let nothing get in your way or distract you from getting that air. Well, that is how I want you to feel about your goals and possibilities. You have to want the realization of your goals like you want that air! Give up your paralysis of analysis. Visualize and execute. Anything less than that, then you are wasting your time! Results...Not excuses! Discover your possibilities.



ABOUT THE AUTHOR

Anthony Burnside is a security expert and close protection operative and has traveled the world with his work. He has conducted protection operations at the S.S.I. Conference at the prestigious U.S. Army War College for a former White House official and at the United States Air Force Academy. He has also provided protection for VIP's at worldwide events like the Golden Globes, American Music Awards, Grammy Awards, etc. In addition to his background in security, he is an actor, voice over artist, author and speaker and lends his talents to television, radio and the motion picture industry and has written for several national magazines and also for the *Life Choices* book series.

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**“You’ve done it before
and you can do it now. See
the positive possibilities.
Redirect the substantial
energy of your frustration
and turn it into positive,
effective, unstoppable
determination.”**

Ralph Marston



FAITH IN POSSIBILITIES

BY PAT TURNER

Dark! Snow! Crash! End of life as I had always known it! Yet, what seemed like the end turned into a new beginning.

Many readers of this magazine know my history already. If you are reading my writing for the first time, this is my story in a nutshell: senior in high school, day before Christmas 1965, heavy snow, passenger in a Corvair, three friends, and a snow plow. Through the blinding snow we hit the back of a snow plow. The driver broke his arm and ribs, another friend broke the windshield with her face, my boyfriend broke his arm and dislocated shoulder, and I dislocated my left hip and compound dislocated my right knee. Because of complications to my knee, my leg was amputated four inches above the knee. Because there were no seat belts, we all had some severity of concussions. It was a miracle nobody perished, and this was the beginning of my next life.

The high school counselor told me not to bother with college; I didn't have the grades. The three months I spent recovering in the hospital made me decide to prove him wrong. First thing I had to do, within four months of the accident, was graduate from high school in June. Next, I had to undergo another amputation, heal from that surgery, and THEN I could start college in September 1966 on a very newly fitted prosthesis while walking with a cane for balance.



During the first year of college, 1966-67 and before I was walking without a cane, I learned to three-track snow ski at our local ski area, Mission Ridge. The second year I was a ski instructor while I finished at Wenatchee Valley Junior College. From there, I enrolled at Central Washington University where I found my love for teaching children. I became a four-point student, placing me on the Dean's list...so there, how's that for possibilities? After that, I never looked back.

Challenges and adaptations have been a normal part of life since the car wreck. Early on I was determined to believe everything is possible. After all, at age seventeen my life was just starting, no profession established, no time invested, my options were wide open.

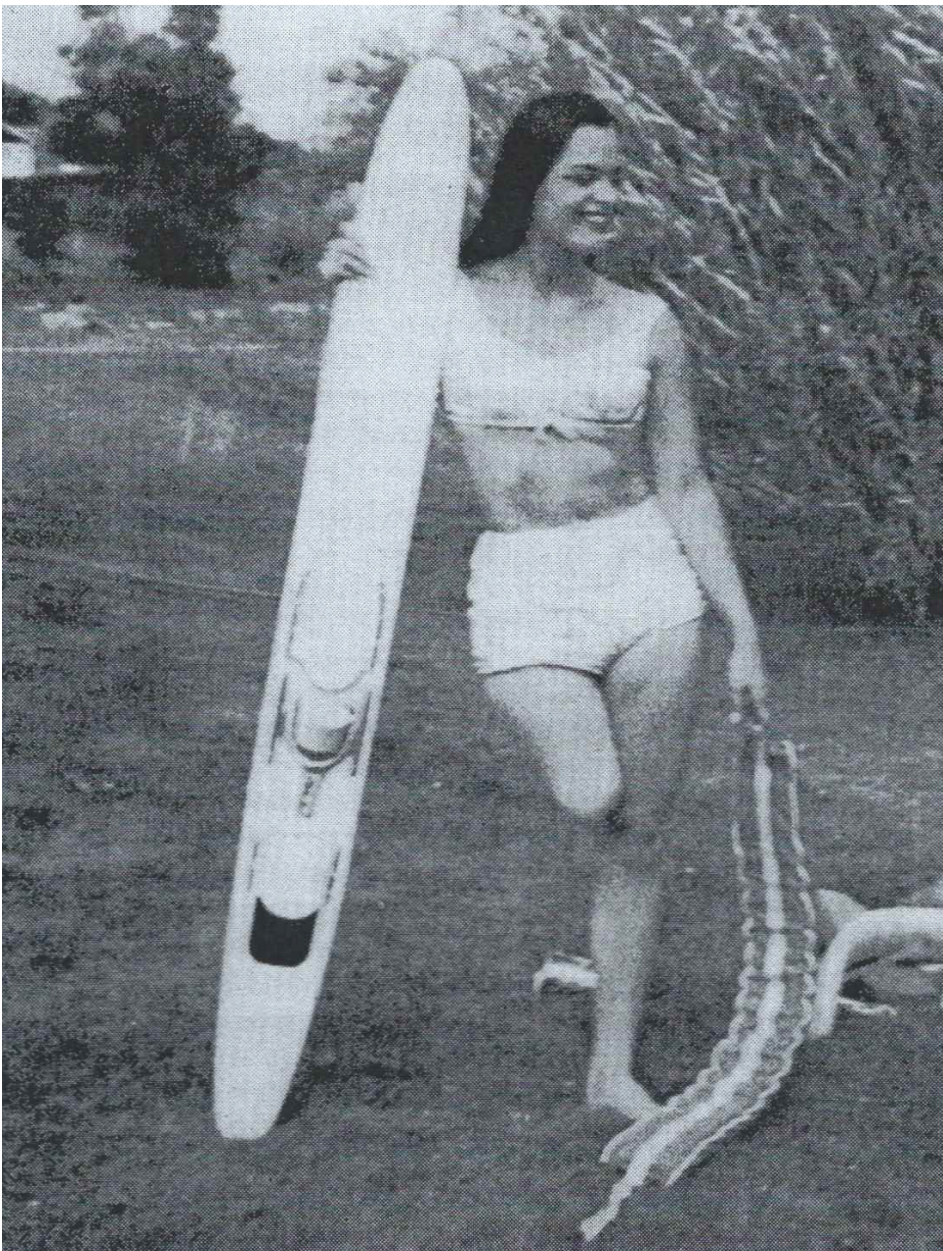
The first time I had the freedom to drive a car to the store; it quickly became apparent I had to learn to maneuver doors and stairs by myself while still using crutches. I became more mobile in about a month but still encountered VERY heavy doors and appreciated the offer of help from time to time. Finally, it was time to have some fun. Learning to water ski, I drank half of Lake Entiat in Washington State before mastering a single ski. Next, I conquered three track skiing, with the help of a very patient, long time ski instructor/friend named Otto. I won medals in three-track skiing at Mt. Hood, Oregon as well as a silver medal while competing in a NZSTAR race in New Zealand. I was invited to join the amputee demonstration team in 1968 in Aspen, CO for the 8 INTERSKI events.

I have been blessed to have taught children for over thirty years, in two states, covering grades from elementary through junior high and have also been a substitute teacher in K-6 in all disciplines for fourteen additional years. I feel I have set a good example that anything is possible. Just walking out the door in the morning, I give people hope of lives lived fully despite disabilities. Two more examples of what is possible; I started water color painting after I retired from teaching even though my elementary

school teacher threw a picture of mine in the trash, which told me early on that I was not artistic. The editor of this magazine, Judi, encouraged me to start writing for her even though I had never so much as written a poem in my life. She saw a story that needed to be told, and through her faith my story is being shared.

Anytime you offer a few words of encouragement or set an example of what can be, you are helping others

discover their possibilities. Spring is not the only season for beginning and stretching what is possible in your world, and others. Every one of you, anytime, young or seasoned, can plant a positive seed that lifts one person to heights they couldn't have imagined. I appreciate everyone who has encouraged and discouraged me along the way. Both have fostered a stronger will and caused me to always look for possibilities!



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.

THE SAUCE THAT DREAMS ARE MADE OF

BY JAANA HATTON

Patrick Diehm and his two sons, Jack (11) and Joshua (13) of Entiat believe life is saucesome! They tell that to everyone. And they make the sauce. On any given Saturday at Wenatchee's Farmers Market, the merry trio can be found enticing customers to come and taste their "Smokey Jal", goes-with-anything condiment.

The "Jal" stands for jalapeno, of course. But don't let that scare you, as Diehm has made sure the sauce complements, not insults, the meal. If you look closely at the label, you will notice it says "for Summer". It is to commemorate Diehm's late wife, who died in a car accident on October 26, 2015. The special sauce was their dream.

"I had looked for her for so long," Diehm says quietly, his smile strained with emotion. "I think the boys grew up balanced because Summer and I had a great relationship." Diehm's sons have always been enthusiastic skateboarders. They frequent Wenatchee's Revolution Snow and Skate. "I think it has helped a great deal in the healing (of losing their mother). Skateboarding gives them confidence, that 'I can do this' attitude."

Diehm wants to be a good father, knowing how it is to grow up without

one. His father abandoned the family when Diehm was six years old. "My mother went to work, and we had a Polish nanny. She is the one who could cook, unlike my mom. I learned from my nanny, and soon was in charge of the meals at home," Diehm recalls.

When he was twelve, things got even harder. "My mom's head basically exploded. She had seven aneurisms. I had to find odd jobs, collecting recyclables and such," Diehm recalls.

Having worked hard from an early age on, Diehm was not intimidated to take on the 10 000 square foot garden when he moved to Entiat with Summer. He planted peppers. "I experimented for a couple of years with the sauce I made with my peppers. Summer was a great supporter. Then one day, I just nailed it!" Diehm beams.

The effort has turned into a constantly growing business. Diehm no longer has time to grow the produce, but he does roast them on a mesquite fire and adds his secret ingredients to the delicately green condiment.

"Reaffirming things keep happening; I just have to pinch myself," Diehm says, and playfully does just that.

By chance, Brett Gonrell of Festivals Inc, who organizes "The Bite of Seattle," was

visiting at a cabin in Entiat in 2014 and tasted "Smokey Jal." Gonrell offered Diehm a table at a prime spot at the "Bite" for \$400, instead of the usual \$5,000. During the event last year, the sauce received a 99.9% approval from the public.

In Seattle, the sauce is sold at Marx' Foods, and at Miller's Guild. It's the only sauce out at breakfast.

Diehm also sells his product at the Wenatchee Farmers Market and



ABOUT THE AUTHOR

Jaana Hatton was born in Finland in 1960. When she was twenty-three, she met her American husband, Ronald, and they spent the next twenty-five years traveling around the world due to his employment with the US government. They now live in Wenatchee, Washington. They have two grown sons.

Jaana may be contacted at:
jaana_hatton@hotmail.com

at Almond Blossom Roasted Nuts, Wenatchee Natural Foods, Bear Foods in Chelan and Owen's Meats in CleElum, Washington.

"I'm currently making some cooking videos to put on YouTube," Diehm

explains. "I remember Grandma Elsie's words 'it's all about patience,'" he says of his principle.

Information: www.mile9products.com or tel. (509) 699-0467.



Patrick Diehm and his two sons, Jack (11) and Joshua (13) at the Wenatchee Farmer Market to sell their "Smokey Jal" condiment.

"I'm open for possibilities. I'm open for choices. I always welcome new ideas. I'm always eager to learn. I'm never going to close my mind from learning."

Cesar Millan





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And who knows, you just might be!

Am 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.

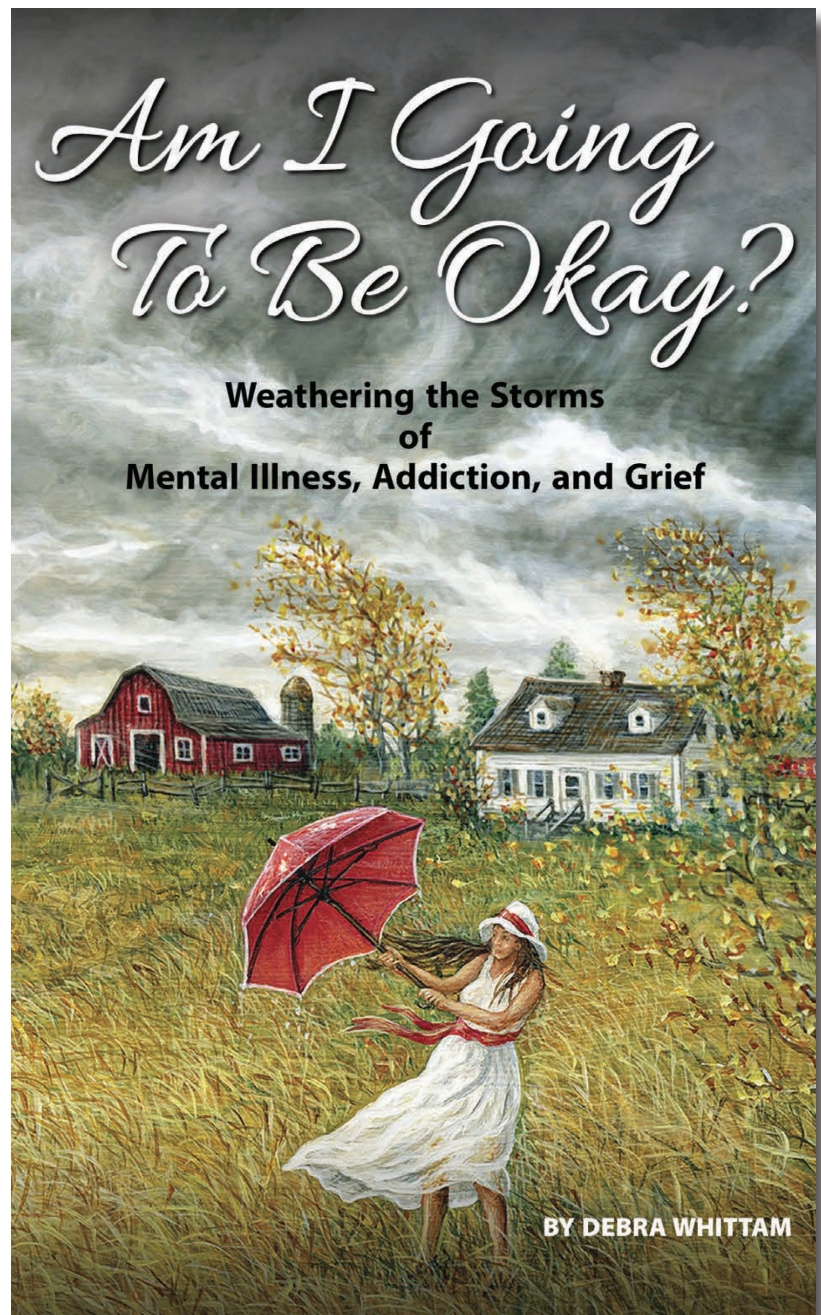
Ms. Whittam approaches her past with the clear-eyed, tough but sensitive objectivity necessary to untangle the shame from the source. She speaks of the people that affected her life so deeply with an understanding of their time and place in American culture; a family not far removed from immigrant roots 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 MARCH 24, 2016

MASTERY & PERSEVERANCE

BY PAM TYLER

What makes for mastery? Do you ever reach a point where there is nothing else to learn, or is there always room for improvement? What type of improvement is meaningful to you? What is perseverance and why is that a worthwhile trait?

Mastery is comprehensive knowledge in a skill or accomplishment. Perseverance is steadfastness in doing something despite difficulty or delay in achieving success. The two are intertwined. Without perseverance, there will be no mastery. At some point, to become truly proficient in a skill, you will have to continue to work at it in spite of difficulties or delays. You will continue to work at it and improve, finding new challenges to help grow that improvement even when no one else seems to be interested.

I believe that anything worthwhile is worth the effort to excel. Excelling at something, like mastery, takes practice. Perseverance and the desire for mastery will keep you practicing even when it is difficult or someone else encourages you to give up. Think about the people that you admire or the skill sets that are impressive to you. Were their accomplishments easy for them?



Or, were the obstacles difficult to overcome? It is their perseverance to overcome the obstacles and challenges that makes them worthy of our admiration.

Let's start with an example that most people are familiar with: Michael Jordan. Michael Jordan became famous as a professional basketball player for his mastery of the game. You probably remember him even if you don't follow the sport of basketball. What you may not know is that he was cut from his high school basketball team. His skills needed more development.

That mastery took perseverance and dedication. He had to work to develop those skills, and then continually find ways to improve them. Here's what Michael said about it, "I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

Another famous example of perseverance and persistence is Thomas Edison. Thomas Edison became famous for his inventions,

achieving international fame. He patented over 2,300 inventions worldwide, over 1,000 of which were patented in the United States. One of his most recognized inventions is the incandescent light bulb. It revolutionized indoor lighting, forever separating light from fire. “Many of life’s failures are people who did not realize how close they were to success when they gave up. Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. Show me a thoroughly satisfied man and I will show you a failure.

I have not failed. I’ve just found 10,000 ways that won’t work. Opportunity is missed by most people because it is dressed in overalls and looks like work.” – Thomas A. Edison

Right about now, you are probably asking yourself, ‘What does this have to do with me?’ I firmly believe that everything worth doing is worth doing well. Many of us quit before we have really gotten started, because we tell ourselves that it is too difficult, someone else is catching on quicker or doing it better, or maybe we just decide “Well, I didn’t really like that anyway.” We stop before we have applied ourselves. We allow other people to influence us and give up without giving it our best effort. We write the story, and let ourselves believe that maybe someone else knows what is best for us or

convince ourselves that giving up is okay. There is a difference between giving up and deciding to walk away to pursue another interest.

How often have you heard someone say “I just don’t have a lot of self-esteem” or ‘They just have a low sense of self-esteem?’ One of the best ways to increase your self-esteem is to work at something and develop a new skill set. Once you have worked through something, the sense of accomplishment will flood you with a sense of self-esteem and self-worth. That alone is worth the work, because you will feel invaluable.

There are four recognized levels of competence:

- Unconsciously Incompetent – we don’t know that we don’t know
- Consciously Incompetent – we know that we don’t know
- Consciously Competent –

we know but have to think through each step

- Unconsciously Competent – we are so comfortable in our skill that we do not have to think through each step anymore. We just seem to know what to do.

Unconsciously competent is where we start to reach the first level of mastery. There is always room for improvement, and all skills must be continuously exercised and developed or they are lost. Think about it for a moment; surely you can remember something that you practiced and became good at and then decided not to do for a while. We all have those skills that we developed and then did not pursue; these are the skills that we tell others are “rusty.” Where are you rusty?

Let me give you an example. When I was little, I wanted to ride a bicycle.



“Perseverance is not a long race; it is many short races one after the other.”

Walter Elliot

A lot of my friends rode bicycles; my parents rode bicycles and I wanted to ride one, too. I remember how excited I was to get a bicycle for Christmas! Fortunately for me, I lived in Las Vegas at the time, so I could go out and ride it Christmas Day. I didn't have to wait for the ice or snow to thaw. I had a bicycle but didn't know how to ride it. Before I knew that I wanted a bicycle, I was Unconsciously Incompetent. Once I had the bicycle, but knew that I didn't know how to ride it, I was Consciously Incompetent.

The bicycle had a set of training wheels on it. I remember my mom and dad running beside me to help me learn to balance and to trust that the training wheels would keep me from falling over, even if I was completely stopped. I practiced and practiced, until I could ride all over confidently with the training wheels in place. With the training wheels, I had developed a level of skill that was Consciously Competent.

Then one day, my parents decided that it was time for the training wheels to come off. In order for me to improve, I needed a new challenge. The first few times, someone ran alongside as I practiced on the bicycle. I needed to learn to trust myself like I had trusted the training wheels. It was an important next step. After that, I was able to ride the bicycle all over with no supervision and no help, and not only was it fun, it gave me a huge sense of accomplishment. I was able to enjoy the ride without thinking about the process. I became Unconsciously Competent.

Now, I rarely ride a bicycle anymore. My skills have become "rusty." If I were to ride a bicycle now, I would start off as Consciously Competent, until I had practiced back to my former level of Unconsciously Competent. There would always be room for improvement, which would take continuously setting new goals and striving for new accomplishments.

Let's look at another example. Actors and performers practice continuously to keep sharp at their craft. They do not expect to show up for a performance and excel without having prepared for it ahead of time. So, if "all the world's a stage, and we are just actors on it" as Shakespeare said, how are you rehearsing? Are you actively and consciously engaged in your day, your work, your relationships, your family and your life? Or, are you taking the easy route, showing up but not putting in any real effort and not stretching yourself?

I hear people talking about a lack of time all too frequently. What do you tell yourself that you would do if you only had the time? Work out, take a class, garden, visit friends or something else? I have found that once you decide to make something a priority, you will always make time for it. Making your pursuit of mastery a priority also boosts your esteem, because you are subconsciously telling yourself that you are important. Your goals are worthwhile. You are worth the persistence and the accomplishment will be empowering.

So, what do you want to do? What goal are you going to set and keep? We all fall down and have to pick ourselves back up and try again. Decide what you want to do and work to achieve it. Remember, it is never too late to start. Have fun along the way! This is your journey, your rehearsal and performance all rolled into one! Be the person that you know inside you really are! You were made to shine; you just have to let the light out.



ABOUT THE AUTHOR

Pam Burke Tyler is a long time resident of Las Vegas. She is a graduate of the Operating Engineers apprenticeship program, where she learned many of her "hands-on" skills. She later taught the apprenticeship program for several years. She is the Director of Facilities at the Muckleshoot Casino in Auburn, Washington. Formerly, she was the Assistant Director of Facilities at the Silverton Casino in Las Vegas.



“We all have possibilities we don’t know about. We can do things we don’t even dream we can do.”

Dale Carnegie



DONNA ZAGOTTA

AN INTERVIEW

BY JUDI MOREO



Have you ever met someone briefly and realized later that the time you shared would have a major influence on your life? This is what happened to me! I attended a watercolor workshop sponsored by the Nevada Watercolor Society. The instructor was Donna Zagotta.

Donna Zagotta is an internationally recognized artist, teacher, juror, and writer who has been active professionally for over 25 years. She has accumulated numerous awards and is a signature member of the American Watercolor Society, National Watercolor Society, Watercolor West, and Transparent Watercolor Society of America. Her work appears in numerous publications and she has been teaching classes and workshops since 1990.

Donna's paintings have evolved from an early emphasis on traditional watercolor techniques and traditionally influenced realism to an unconventional use of the watercolor medium and the exploration of the area that lies between realism and abstraction.

Since that first meeting, I had the opportunity to interview her and found her to be a fascinating person. I believe you will, too.

Where did you grow up? What things were you actively involved with?

I was born and raised in Chicago. I am an only child and both my parents worked, so early on I learned how to entertain myself. Lots of time spent alone helped me develop an active imagination and a lifelong love of solitude.

Did you always want to be an artist?

I have always loved crafts and do-it-yourself projects, and that part of my life has continually given me much personal satisfaction. I married young and at age twenty-four I was a full time mom with a two-year old toddler and a three-month old baby girl. I was happy as a lark. I loved my husband, my family, and my beautiful life. One day, as I was browsing through the day's mail, I came upon a catalog from a book store that contained books on how to paint. I didn't know that you could actually teach yourself to paint by reading books! And I thought, "when Tom and I

retire, that's what I'm going to do—learn how to paint and become an artist. And then the next thought that entered my mind was, "why wait until retirement—if you begin now, you'll have a really good head start." And so I bought some books and started painting. It was "love at first sight"—almost immediately I discovered a passion for painting and all things art—a passion that has never diminished.

When my children were young, my major focus was on home and family life and I painted only sporadically. I kept telling myself that "someday"—when the kids were grown and life got calmer—I would become the artist I wanted to be. But, when my dad died quite suddenly at age fifty-nine, I came face to face with the fact that we are not in control of how many "somedays" we will be given, and I knew that *my* "someday" had arrived. That was thirty years ago.

When did you first know you had talent?

I have never thought of myself as talented. I guess that's because I have had to work very hard for every bit of knowledge and skill I possess. I don't believe I'm an artist because of my



talent. I believe I'm an artist because of my passion, persistence, and determination.

Who Influenced you?

Over the years I have been influenced by many art history and contemporary artists. However, I think the greatest influence I've had is an art professor I studied with thirty years ago during my "someday" period who looked at one of my traditionally painted watercolors and said to me, *"Now that you know you can make a pretty painting, what are you going to say?"* At the time I had absolutely no idea what in the world he was talking about! But searching for the answers to that question has become a lifelong pursuit and quite an excellent adventure!

Being in that class was not easy and there were times I drove home from it in tears. We were poked, prodded, and pushed to never settle for mediocrity and to be willing to do whatever it takes to make our paintings exceptional.

Everything he said was everything I needed to hear, and I know beyond a shadow of a doubt that I would not be the artist I am today if it wasn't for him.



What inspires you?

I always get inspired by paintings I love done by other artists. I think it goes back to the idea of never settling for mediocrity and always striving to make better and better paintings. Looking at paintings I love, especially when I feel I've reached the limits of my ideas, creativity, or knowledge, inspires me to keep on keeping on - particularly when things are looking pretty bleak in the studio - because I have personally experienced the fact that there will always be new things to learn, do, or add to my paintings; there will always be a way to make them better or take them to the next level.

What makes a great painting?

There really are no rules or standards for what constitutes a great painting. Each artist necessarily brings his or her own subjective and sometimes

“quirky” opinions to the table, and those opinions form the standards that guide their painting choices. The standards I set for myself in my work are these: *that it be personal, unique, creative, and imaginative. That it is well crafted and beautifully designed. That it is fully resolved and contains a complete statement. That it communicates something meaningful – whether or not a subject is present. And lastly, that it contains beauty—not beauty for “pretty’s sake,” but the kind of beauty that results when an artist is passionately involved with all of the above.*

I believe I heard you say that you’re a “Modernist.” What does that mean?

When photography was invented in the 1830’s, the world had an exciting new method for depicting everyday life. But the invention of photography also essentially eliminated the need for art, which up to then was the major means for portraying and illustrating daily life and events. By the late 1800’s, artists began searching for new reasons and purposes for creating their art. It was at that point that the idea that art must realistically depict the world (which could now be done much better with a camera) was supplanted by early Modernist painters such as van Gogh, Degas, Toulouse-Lautrec, Vuillard, and Bonnard with a conscious desire to honor the flatness of the picture surface and to employ a more expressive and

experimental use of subject matter, composition, imagery, materials, mediums, and techniques.

I consider myself to be a “Modernist” because I have made a conscious decision to discard the often held notion that good art must realistically depict subject matter. For me, creativity trumps accuracy, and my personal art journey involves a quest to find more personal, unique, and imaginative ways to portray my ideas and subject matter in my paintings.

Of all your works, do you have a favorite?

Like many artists, my hope is that my next painting will be my all-time favorite. One of my “rules” is not to stop working on a painting until I love it, so I have to say that I love the majority of my paintings. But if I had to choose only one favorite, it would be *“Mothers and Daughters”*, circa 2003 (see photo).

Why do you teach?

It’s been said that the best way to learn something is to teach it, and that certainly is true for me. Having to get in touch with and clearly explain my thoughts, ideas and processes, along with creating workshop lectures and demonstrations, have been immensely helpful in understanding, developing, and growing my own work. As a self-taught artist, I have had to find the answers to my paintings in a hunt-and-peck and trial-and-error fashion. As a teacher, it’s exciting to have the opportunity to share my answers with eager artists who are searching for answers to the same kinds of questions. Seeing my students gain new insights and blossom into the kind of artists they really want to be is a great source of joy





for me. And seeing myself grow as an artist and teacher has given me a great deal of personal fulfillment and has helped me become a more confident and caring person. Not to mention how cool it is that I get to spend a week talking about one of the great passions in my life!

I understand you are also a Creativity Coach. What does a Creativity Coach do?

I am not a Creativity Coach, but for over thirty years I have been an avid fan and follower of Dr. Eric Maisel, the person who put Creativity Coaching on the map. I have read all of his writing on Creativity and Creativity Coaching and am considering becoming a Creativity Coach in the future as an addition to, or when I retire from, teaching.

Dr. Maisel explains what Creativity Coaching is: *"As I practice it and envision it, creativity coaching is one person offering soup-to-nuts help to another person who is trying to live a successful creative life. The creative client may*

have career concerns, creative blocks, psychological issues, relationship issues, or existential and spiritual crises, and may face a gamut of challenges that come from wanting and needing to create. A creativity coach expects all of this and is ready for all of this."

"An effective creativity coach is aware of the big picture: human nature, personality structure, the psychological makeup of creative individuals, the problems inherent in the work creative individuals attempt, the shape of the different intellectual and art marketplaces, and so on. When a client comes in, the coach joins with the new client, as one human being to another and one creative person to another, listens to what the client is saying, and makes observations and suggestions."

If someone would like to hire you or purchase one of your paintings, how can they contact you?

If someone would like to view my paintings, or is interested in taking one of my workshops, they can visit my website and blog:

www.donnazagotta.com

www.donnazagottablog.com

If someone would like to hire me to teach a workshop in their area or for their group, they can email me at: donnazagotta@chartermi.net

If someone would like to purchase my DVD, they can contact Creative Catalyst productions at: www.ccpvideos.com

Thank you so much for sharing your story and your pictures with us. I know our readers will enjoy them as much as I do and will be inspired by you. And thank you so much for coming into my life. I am now a Creativity Coach... thanks to you introducing me to possibilities! You are my inspiration!





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.

Call **(702) 896-2228** or email **judi@judimoreo.com** today for your complimentary "Strategy Session". Together you will evaluate your current situation and set a strategy for achieving your goals within a realistic, workable time frame. Judi will work with you in-person, by phone, or by e-mail.





A TASTE OF TAJINE

BY S. L. GORE

Tajine (or tagine) is the catchall name for the wonderful, rich-in-spices stew served on all occasions in North Africa. The more festive the feast, the more exotic the ingredients. Slow cooked under a dome lid, the layered dish steams and steeps in its own natural juices to create a savory sauce perfect for dipping crusty hunks of bread. You can also serve it with couscous, another North African invention made from flour formed into little beads when passed through a sieve. I prefer the whole wheat variety for its nutty flavor. Trader Joe's has a good brand.

T

ajines can be made with meat, chicken or fish. They can also be vegan; add lentils or soaked beans for protein.

True Moroccan tajine always has cumin. I prefer herbs such as rosemary or fennel, or a spice like turmeric, with chicken or fish. With meats, I go heavy on the spices (cumin, ginger, cinnamon, clove).

Dried apricots, dates, raisins or prunes give a sweet surprise to meat tajines. Olives, plump raisins or brined lemons are wonderful with fish or chicken.

The beauty of a tajine lies in its endless possibilities. The combination of vegetables, fruits, spices and herbs is up to you. See my website www.slgore.com for more pix and ideas.

And please don't be intimidated by the number of ingredients. Tajines are



Two examples of tajine dishes: The black has a metal bottom and ceramic lid ideal for cooking on top of the stove. The ceramic dish requires a frying pan for the first steps. The tajine is then baked in an oven.

incredibly easy to make and basically foolproof. Caution: Don't stir once you layer! The big plus is that you cook in the morning and then forget about it. Just heat gently when ready to serve. No five pots and pans. No last minute stress.

Lamb Tajine (as seen in the photo below). This is only one of a hundred ways to make tajine.

INGREDIENTS:

- leg of lamb, cut into good-sized chunks (2" - 3")
- olive oil, enough to generously cover bottom of pan
- onions, 2 large, cut in wedges or sliced, as you like
- garlic, 5-6 cloves, minced
- tomato paste, 2 Tbsp
- prunes, dried, generous handful
- carrots, sliced lengthwise in two and then cut into equal lengths to form a circle
- potatoes, peeled and sliced ½-1" thick
- bell pepper, seeded and sliced into rounds (or strips, if you prefer)
- frozen peas *Note:* Peas are the ONLY frozen veggies I recommend in tajine.
- canned Roma tomatoes, cut into halves or thirds
- red wine, 1 cup
- smoky bacon, diced, 1 Tbsp (optional but gives lovely taste)

Please note: You will never find wine or bacon in a traditional Moroccan recipe.

Spices: The art is in the spicing, so experiment to find the combination you prefer.

- cumin, 2 heaping Tbsp
- paprika, smoky or plain, 1 heaping Tbsp
- cardamom ground, 1 heaping tsp

- ginger ground, 1 heaping tsp
- cloves ground, ½ tsp
- cinnamon, 1 tsp
- Salt & black pepper, fresh ground, to taste

Note: I order my spices and herbs through Penzey's. The flavors are 2-3 times more intense than regular supermarket brands. www.penzeys.com

STEPS:

1. Mix all the spices except the cinnamon in a small bowl.
2. Set the metal bottom half of tajine dish on medium fire.*
3. Heat enough olive oil to cover bottom of pan.
4. Add bacon.
5. Sauté garlic and onions gently until soft, seasoning with salt and some spice mixture. Remove from pan and set aside.
6. Brown the chunks of lamb lightly to

keep in the juices. Add a little more oil if necessary.

7. Sprinkle spice mixture on meat and turn.
8. Distribute tomato paste in clumps around pan.
9. Add red wine.
10. Return onion mixture and blend with meat.
11. Distribute prunes evenly around the pan.
12. Distribute peas on top in a thick layer and salt lightly.
13. Arrange carrots, alternating with tomatoes, in a circle.
14. Sprinkle with cinnamon and salt.
15. Pile potatoes on top with a little salt and pepper.
16. Arrange bell peppers (use as many as you like).
17. Put on tajine conical lid and simmer slowly over low fire for 1 hour. *Note:* When the top of the cone is hot to the touch, you've got the right temperature. **Don't boil hard!**



You're done. Forget about it. The longer it sits, the better it tastes. Just before serving, remove lid, add sprigs of fresh parsley for garnish and return lid.

IMPORTANT FOR PRESENTATION!

Set the tajine dish in the center of the table. Remove lid when everyone is seated. Serve with small round loaves of bread cut into quarters. The more crust the better.

**Oops! Metal only.* If you have a ceramic dish (as seen in photo on page 30) you must do the first steps in a frying pan and then add to ceramic dish to bake in oven.)

Yes, you can make a tajine without the proper dish. But I'm convinced that it doesn't taste the same. There is something about the conical lid with its capture of vapor that renders the stew special.

Suggested Menu:

- Fresh asparagus with vinaigrette served with chilled white wine (Chardonnay).
- Tajine with crusty bread served with red wine (Zinfandel).
- Mango sherbet with fresh papaya, homemade whipped crème and toasted almonds served with port wine (Tawny Port).

Recipes for asparagus and dessert on my website www.slgore.com.

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 The Red Mirror Book Series. Her *Sex and the Zen of Shopping* is a self-help book for the spirit and how-to for the practical. Joyously married, she and her Viking husband live in Coastal California.

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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."

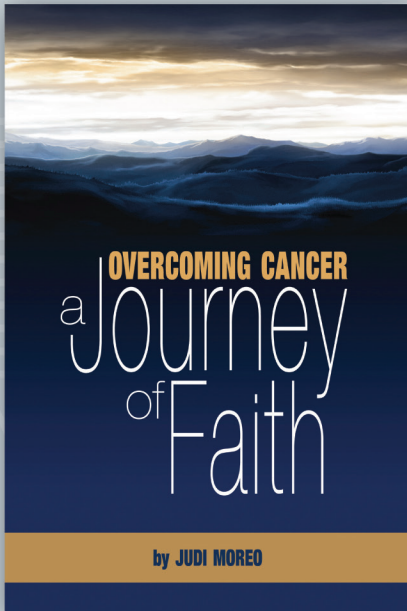
- Deborah Clark

"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.

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."

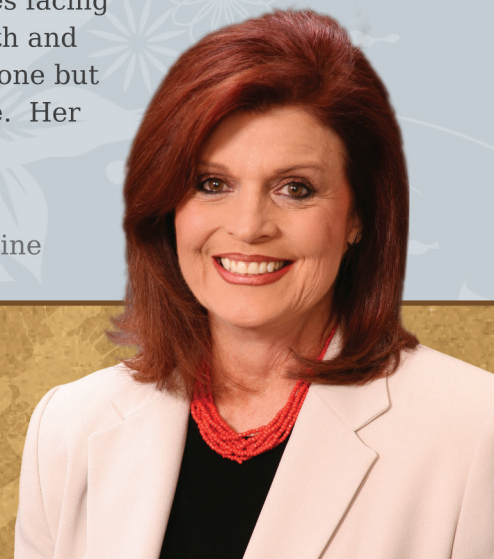
- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

"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





HELPING OTHERS HELP YOU

BY SHERYL GREEN

Sadness is part of the human experience. It's as inevitable as death and taxes (and frequently caused by them.) But there is a difference between fleeting sadness and depression. Depression, whether in your personal life or in your business, comes from a belief that there are no longer possibilities, feeling that you have reached a dead end. Psychologists call it hopelessness and helplessness.

Depression can occur because of job loss, the end of a relationship, the loss of a loved one. Sometimes the worst part

of your job is not being fired and feeling stuck (same goes for relationships!) So, how do we overcome this depression... this "lack of possibilities"?

In 2008, multiple factors in my life converged to create the perfect storm of depression: I was 28 years old, going through a divorce, forced to file for bankruptcy, living in a new city (in my parent's spare bedroom), unemployed, and lonely. I had no purpose, no friends, no relationship, and no belief that I had the power or the possibility to get better. I quickly spiraled into an ugly place with little hope of pulling myself out. I remember the day that my stepmom

found me curled up in the fetal position on the bathroom floor, tears flowing onto the cold tile. She picked me up, sat beside me as I called a therapist, and then asked me "How do we fix this?"

For me, the answer was animals. A lifelong animal lover, I decided that maybe I couldn't fix any of my problems at the moment, but that didn't mean I couldn't help fix someone else's. I began researching local animal rescues to see how I could get involved. First, it was fetching water for dogs at adoption events, then I staffed tables for different rescues and advocacy groups at festivals, teaching attendees about responsible

pet parenting, then I started creating fundraising events of my own for rescues, bringing in thousands of dollars to help the cause.

Through my work with non-profits I have made friends, learned new skills, gained self-confidence, found jobs, and discovered my true passion in life... inspiring others to get involved and make a difference. Volunteering has opened me up to a world full of possibilities. Today, I sit on the board of an animal

rescue, organize two annual fundraising events, host a radio show about pets and rescue, and speak to audiences about the power of philanthropy.

As a culture, we tend to focus on “me” or “I”. We have an entire industry of self-help books and courses to improve ourselves and overcome our issues. I believe one way to get over our problems is to stop focusing on ourselves. You might start by looking at the community and how you can help

others improve their lot in life. Choose a cause, whether it is animals, children, homelessness, or education... and lend your energy and talents to making the world a better place.

You might be surprised at the benefits you will reap from giving to others. Philanthropy helps you find your purpose, build self-confidence, and discover possibilities!

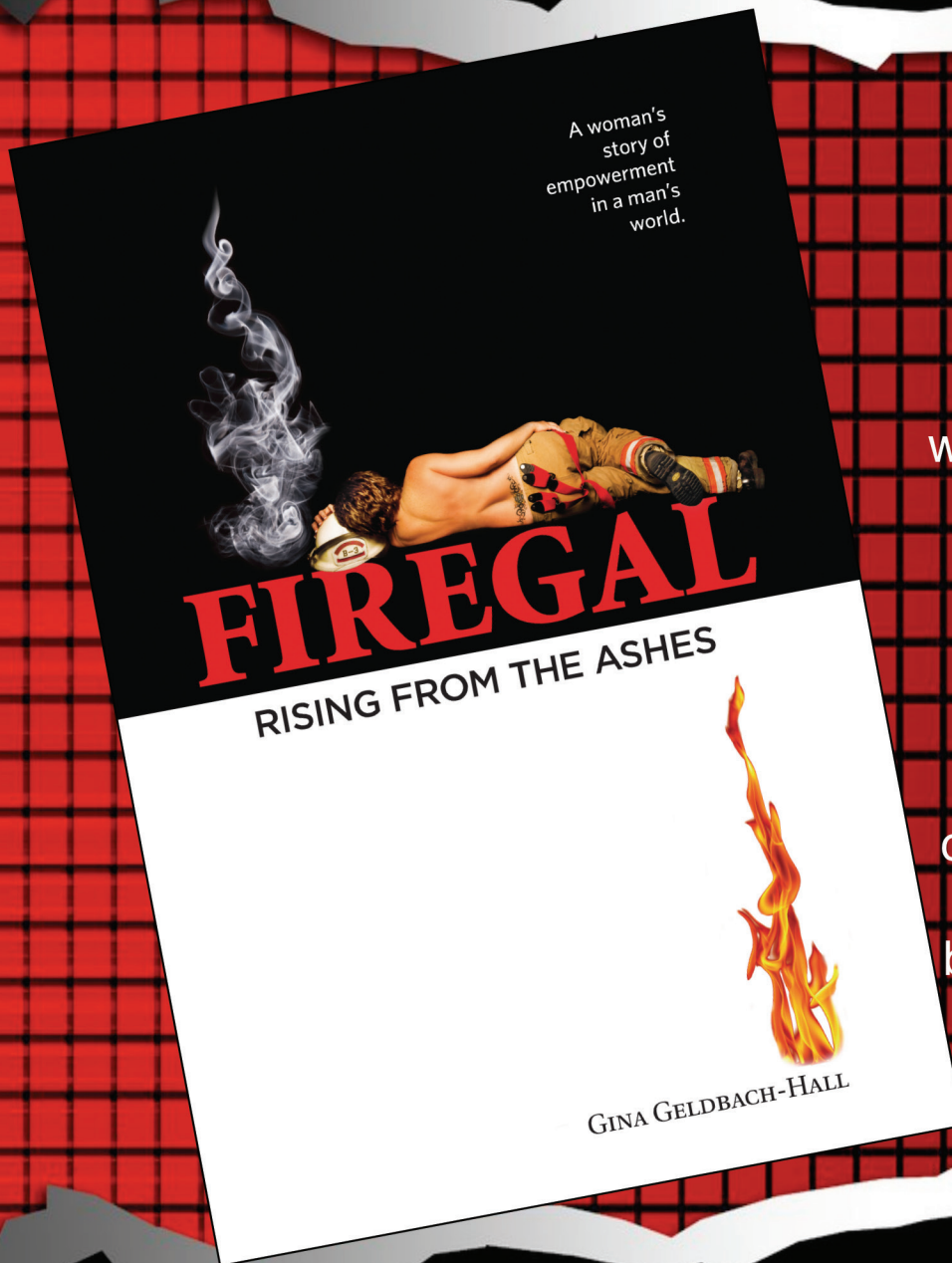


ABOUT THE AUTHOR

Sheryl Green is an author, a professional speaker at Philinspire, Director of Communications and Cuddling for Hearts Alive Village, and the host of the popular radio talk show, *Something to Chew On*. Sheryl speaks about the personal benefits of philanthropy, advises “for purpose” organizations on marketing and fundraising, and consults with businesses on incorporating philanthropy for increased employee satisfaction, community involvement, and public relations.

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GOODBYE WINTER HELLO SPRING

BY SHANA KAI

Spring is the season of new beginnings. It's that time of year when we start clearing out the old to make room for the new. Your skin care routine is no exception. The winter months of cold weather combined with low humidity and dry indoor temperatures inevitably leaves your skin feeling less than healthy and beautiful.

The best way to revive your winter skin is to start with a little spring cleaning of all your skincare products. As you begin going through your beauty products, check to see which ones have expired and toss them along with any products that have changed in consistency or scent. Replace your makeup sponges

and give a fresh cleaning to all your makeup brushes. These beauty tools are notorious for harboring bacteria so it's important to take the time to properly clean them.

After the long winter, your skin is going to need a good exfoliation. It's important to slough off the dry flaky skin that accumulated over the season. Any product you bathe with can be instantly turned into an exfoliator simply by adding sea salt or sugar.

Start each day with a light moisturizer to rehydrate your skin. Don't simply moisturize your face and stop there. Your entire body is screaming for moisture and rehydration. If you have areas that are in need of additional

moisture such as heels or hands, you can add coconut oil, almond oil or petroleum jelly and cover with socks or cotton gloves before bed. You'll wake up surprised at how much healing can take place over night with these simple but effective techniques.

Always use a sunscreen no matter what the season. If you've gotten out of the habit of using one, now is the perfect time to start. Sun damaged skin is the leading cause of aging. By using a sunscreen, you've given your skin the best weapon to fight against anti-aging and skin cancer.

Remember, drink plenty of water. The more hydrated your body is, the healthier and more beautiful your skin will look.

Lips get left out of the beauty routine so much of the time. We simply forget they need some attention, as well. Our once full lips begin to thin as we age, all the more reason to keep them moisturized and youthful looking.

By implementing these simple steps, you'll be on your way to healthier skin while enjoying the beauty of springtime.



ABOUT THE AUTHOR

Shana Kai is an Inspirational speaker, solo artist, certified Life Coach and the author of *Jewels for the Journey*. As a former Mrs. California, Shana continues to encourage people to dream BIG and recognize that we each have within us the potential to accomplish amazing things.

Contact Shana at caqueensg@gmail.com or call 509-741-0670



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“Dream on it. Let your mind take you to places you would like to go, and then think about it and plan it and celebrate the possibilities. And don’t listen to anyone who doesn’t know how to dream.”

Liza Minnelli



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One of the things I get asked most is, “Why did you want to become a firefighter?” I always say, “I wish I had a great story to share but the truth is I kind of fell into it.” (See my book, *Firegal... Rising from the Ashes*, for the full story.) The real question is, “Why did you possibly think you could be a woman firefighter?” The answer buries in it a truth much more telling.

I really didn’t have a clue about what I would face as a woman in the fire service. I was naïve, young, and frankly, sheltered most of my life as a military service kid. I’m sure discrimination abounded but in my growing up experience, people weren’t judged by the color of their skin or gender. We were simply kids. So, when I accepted the job, I really didn’t expect the backlash of resentment women faced by simply entering their ranks.

It is better when the path is not laid out. I wouldn’t have jumped completely into the experience riding it for all its worth if I had a clue about what was waiting for me. Having naivety brought fresh viewpoints and expansiveness that would not have been there if I had been ‘informed’. Yes, I might have preplanned my responses, thought more about how to handle the negative ramifications, and might have even turned down the offer of employment if I had come in fully aware of what I was about to face. I’m so thankful I lacked that foresight! That very naivety blessed me with a life changing experience.

While it is great to be prepared and organized, sometimes you just have to jump into an experience to see what you are made of. While I don’t recommend jumping into the deep end of the swimming pool literally, it is amazing

SINK OR SWIM? YOU DECIDE!

BY GINA GELDBACH-HALL





how quickly you learn when you do. I was able to learn a lot about myself as I struggled and gasped for breath while learning how to survive in the fire service pool! My first attempts were panicky and strokes awkward lacking finesse but as I continued, I found a stride that worked for me.

Sometimes possibilities find you to give you the opportunity to see who you really are. Instead of being afraid, find the confidence that keeps you afloat when you improve your skills. Some ask if I would do it all again and my answer is always a resounding, “YES!” I found out who I was and became a much better version of me. Say, “YES!” to new possibilities and learn to swim in the deep end. The confidence you gain and the new territory you explore will help

you float through life easier. Nothing ever changes sitting in a lazy boy with a remote in your hand, you have to jump in and go for it! And remember, you’re a much better swimmer than you give yourself credit for.

ABOUT THE AUTHOR

Gina Geldbach-Hall is an inspirational speaker, author, life coach, and facilitator with 25 years of emergency services experience from EMT and firefighter to battalion chief. Her book, *Firegal... Rising from the Ashes*, is available on Amazon.

She continues to inspire leadership and service helping others to ignite the flame of empowerment within their lives and work. She is available for coaching and speaking engagements. Visit her website at FiregalWisdom.com for more information.





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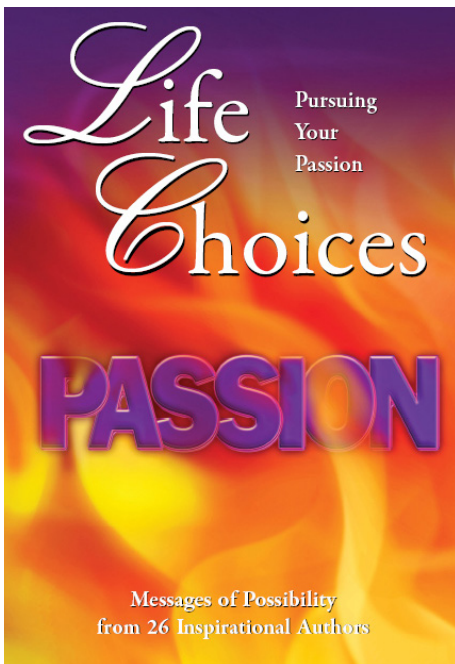
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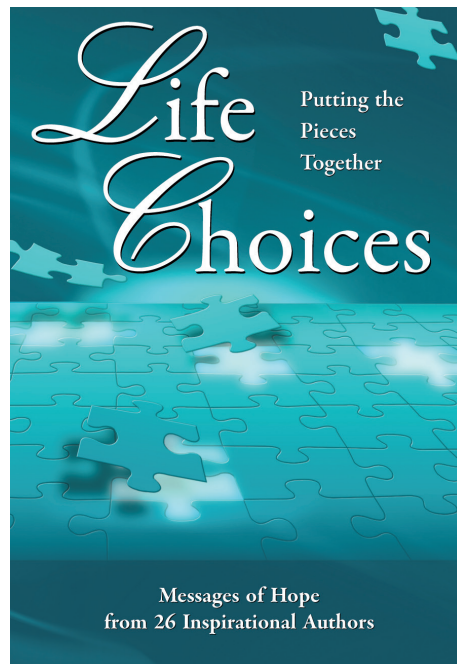
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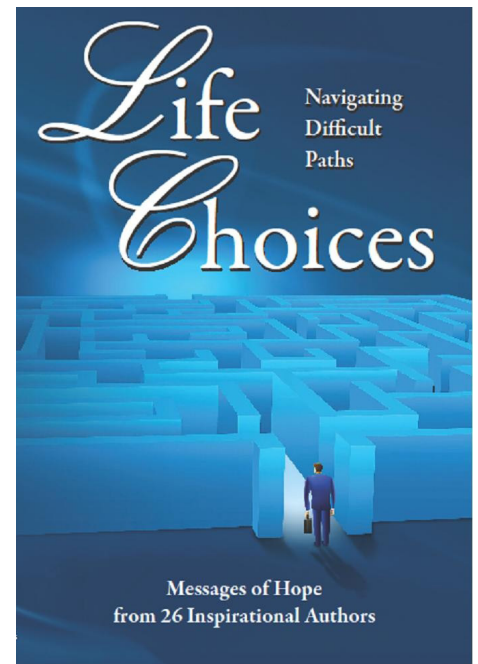
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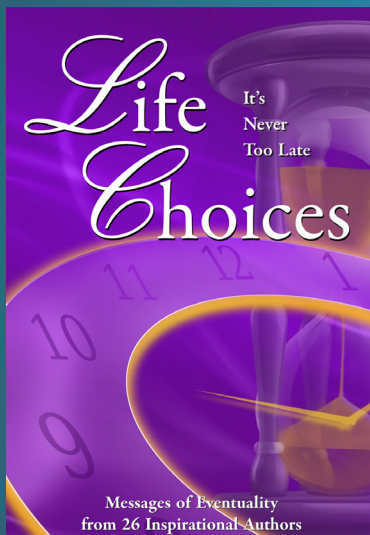
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This empowering collection of stories reminds us that we all have choices and the choices we make are what determine the course of our lives. The authors of these stories are real people who have reached into the depths of their souls to share their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



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DON'T WAIT, THERE ARE POSSIBILITIES!

BY DEBRA WHITTAM

When I write, there is the opportunity for possibilities to come out of hiding. What possibilities were there for me long ago when I said no to the many opportunities that were presented to me? Finally someone said to me, "Don't wait." I say to myself now that there are a multitude of possibilities with any opportunity to which I say yes.

I miss the opportunities that could very well have been the possibilities I dreamed of long ago. I miss my early New York City days even though fear kept me stuck and I did not audition. There were often beautiful feelings of possibilities before the fear came. I could do what I had always dreamed of doing. I was in New York City, the place of possibility. I said no to auditions because I was afraid. Don't wait.

I got married! I had children! The opportunities were there and sometimes I made the opportunity be a possibility whether others wanted it or not. I realized the opportunities had to come to me. But forcing my possibilities never seemed to work.

My mother passed away and many possibilities were no longer available to me. I didn't wait though; I went to my first writing workshop.

In hindsight, all the pieces fell into place, yet, in the moment it is hard for us to see that this opportunity is leading us to the possibility of something great in our lives. Opportunities for writing workshops came. I didn't have the money or the time. The sage advice of, "Don't wait" always came to mind.

Sometimes "on my own" felt too alone on my journey to possibility. A workshop in Paris was an opportunity to which I said yes. How would I know back then that possibilities would flourish from that experience? I wouldn't. I said yes. I didn't wait.

My life, looking back, has been a beautiful/horrible sequence of events of opportunities where deep inside my own guide encouraged me to say yes.

The light of opportunity shines all around me and I hear, "Don't wait, do it now." A beloved friend presented me with an opportunity for an editor beyond my wildest dreams. The possibility that was so clearly in reach for me from my friend's point of view brought instant disbelief, which at once became

fear. This opportunity would bring the possibility of a lifetime yet, self-doubt was loud within me. "Call her," said my wonderful friend. It is only possibility if I take the action of the opportunity to make it so. And I did.

By calling Judi, I experienced, as though in a dream, how an opportunity transforms into the possibility right there in the action I am taking.

Self-doubt chided, "She'll make fun of your writing. It's been done before, you know!"

Judi didn't scorn my tender, innermost writings. She loved them.

She said yes to me, we said yes to each other in a commitment where the real possibility became our book, *"Am I Going To Be Okay?"*

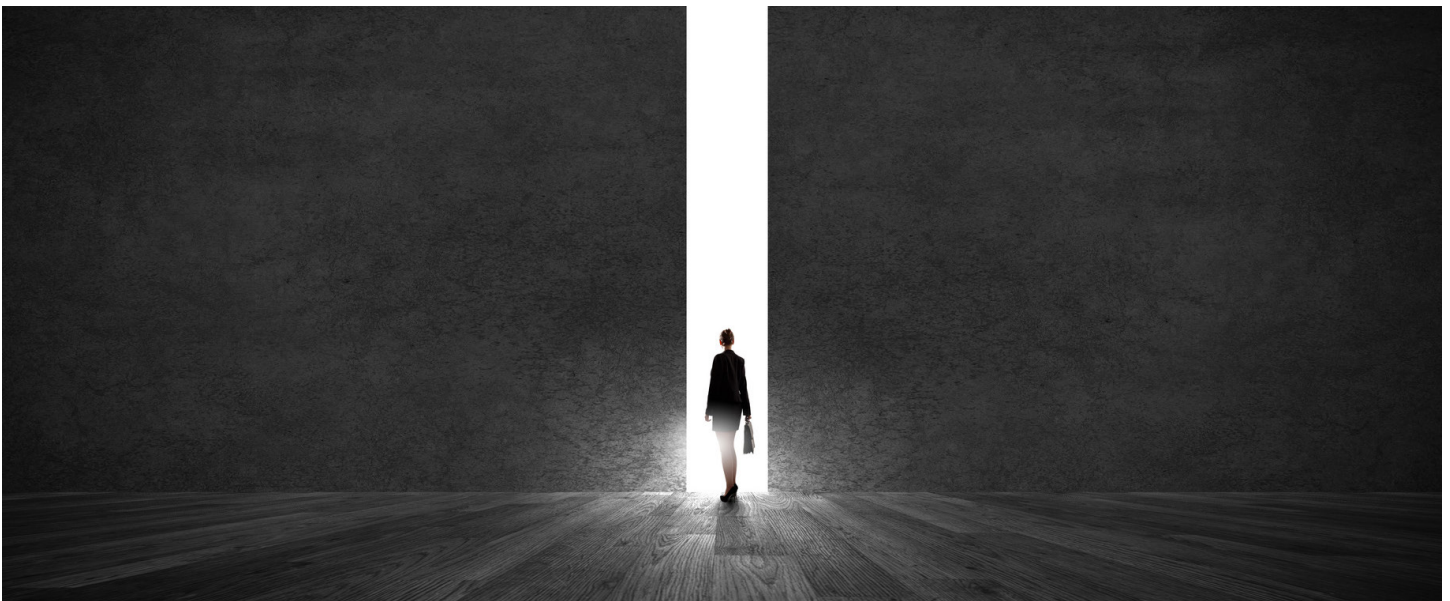
I say 'our book' because without the teamwork and dedication of both of us saying 'yes' to this possibility, the opportunity would have been lost.

Don't wait!



ABOUT THE AUTHOR

Debra Whittam is a licensed therapist in Pittsburgh, PA who is also in Recovery. She specializes in untreated mental illness, untreated addiction and unacknowledged grief. Running groups as well as doing individual work with her clients, Debra encourages others with her humor as well as her vulnerabilities. While Debra lives in Pittsburgh, she also has a cottage in the Adirondacks and spends time in Paris.



THE BUILDING BLOCKS OF POSSIBILITIES

BY DELORES RAMSEY MCLAUGHLIN

Addressing each day as a new opportunity promotes the building blocks of possibilities. If we take notice of the various possibilities that surround us daily, we will be surprised how many times we neglect to take advantage of these tokens of opportunity. One reason we might neglect responding to possibility is because we fail to think of the opportunity as valuable and instead of stepping up to find out more, we back off and decide to take a different route or fail to proceed. Therefore, it is important to pay attention to what happens during your day and be open to new experiences.

Possibilities are simply opportunities to better guide you to achieve the goals and purpose of your life. What do you believe about yourself? What goals and ambitions do you desire to complete? Do you believe you can be successful in making your dreams come true? Whether at work, home, meeting with family, friends or relaxing in the park, possibilities surround us everywhere. Take notice of them and be ready to change your life.

In order to have a meaningful life, we need strong will power to accomplish what we desire and make the necessary changes to better our chances of success. For example, I had the pleasure of meeting Diane who for many years

managed her money poorly and was not willing to look at other possibilities to improve her situation. However, when Diane experienced many eviction notices and eventually had no place to live, she hit rock bottom and had serious thoughts of ending it all by committing "suicide."

Diane experienced homelessness and hopelessness. She became open and

willing to accept the possibilities that came her way, and received the help she needed through counseling, financial classes, relationship building. She even acquired a place to live and a job. Diane learned about the building blocks of possibilities and took advantage of the opportunities that changed her life.

There are specific strategies that can release you from your comfort zone to the building blocks of possibilities:

1. Attitude: Believe that you can achieve success. Greatness comes through the smallest possibilities at unexpected times.
2. Believe: Take notice of opportunities in differences: people, places, situations, behavior, attitude and reactions. For some of us,





if an experience is different or uncomfortable, we pay little or no attention to what is a possibility or opportunity to experience something new. As uncomfortable as the situation might be there is an opportunity to learn something new and valuable for our personal growth. For example, every day that we expose ourselves to the world, the possibilities of meeting new people is more likely than not. However, we must be open and willing to want the experience and enjoy the process. The benefits of building new relationships can expose you to an opportunity to meet someone who takes time and is truly interested in you and your uniqueness.

3. Courage: Take initiative and remain disciplined: Possibilities can take you outside of your comfort zone to a place unknown. However, you must

be willing to release the familiar and experience the unfamiliar.

4. Desire: Don't quit when you have setbacks. Realize opportunity is close at hand. "Don't give up."

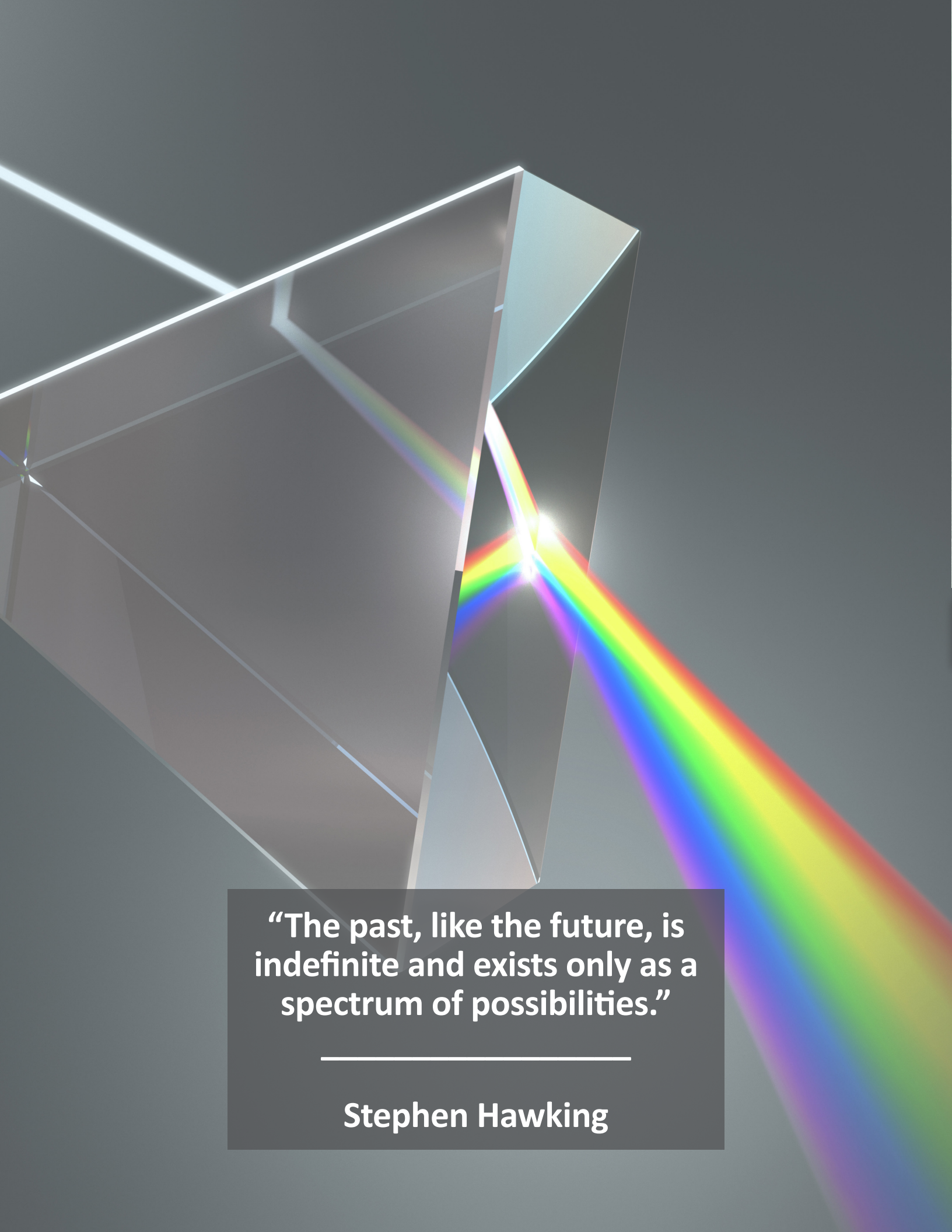


Great possibilities are available to each of us in accomplishing the opportunities for achieving success.

ABOUT THE AUTHOR

Delores Ramsey McLaughlin is a motivational speaker who inspires audiences from corporate to faith based. She has a gift of making the most serious topics become less intimidating and more accepting. The founder & executive director of "All Out Communication" and "Freedom-N-Christ Ministries," she teaches effective leadership skills, conflict management, strategies to successfully pursue your dreams and how to bridge gaps between cultural and religious differences.

Delores may be contacted at: Post Box 8205, Phoenix, Arizona 85066 or nthaeyezz@cox.net



**“The past, like the future, is
indefinite and exists only as a
spectrum of possibilities.”**

Stephen Hawking



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

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NO! THE WORD YOU NEED TO KNOW

BY AMBER DE LA GARZA

N

o! Na! Nie! Nu! Niet! Ne! Mai!

No matter what language you speak, saying *no* to others can be hard but it's an important part of maximizing your personal productivity. Like most people, you may fear saying *no* makes you look selfish, rude, or lazy but saying *yes* to everything will leave you with too much to do and can distract you from what's important. Rachelle Isip said, "When you say **NO** to someone else's agenda, you are in fact saying an overwhelming **YES** to

your own plans and activities" and that couldn't be more true.

I hear from business owners and entrepreneurs all the time how upset they are that other people are constantly dictating how they spend their time and bogging them down with meetings, interruptions, and busy work. They voice that they can't do what matters to them most because they feel they're slaves to everyone else's beckon call. The truth is no one is responsible for creating your schedule except you. If you find yourself acquiescing to every

request of your time, you are at fault, but you *can* change your course! You just need to incorporate a short, little word into your vocabulary and use it as often as needed.

Make The Choice

Choosing to say *yes* to the path of maximizing your success often means saying *no* to other activities. Every day you need to choose which activities to engage in so you can stop being upset and start being more successful. Warren Buffett said, "The difference between successful people and unsuccessful people, is that really successful people say *no* to almost everything." Learn to filter every opportunity through your definition of success so you can invest your time to focus on your highest value activities. When you say *no* to unimportant activities and tasks, think of it as saying a reaffirming *yes* to your important existing priorities.

We know we can't possibly do everything asked of us but admitting to others we can't do everything is often difficult. My husband has helped me start saying *no* more often. I have observed him being direct and having no issue with saying *no*, even without explanation. That is the part I have the most difficulty with and I'm sure many of you do, too. Without fail, I always feel the need to explain myself and justify why I am saying *no*. My husband recently asked, "Does explaining make *you* feel better or *them*?" After pondering his question for a moment, I realized that it probably just makes me feel better because no matter what, they are only hearing that I said *no*.

Learn To Say No!

When it's time to deliver the message,

there are many ways you can politely and effectively get your point across. The simplest way is to just get it out with “No” or “Sorry, I can’t.” It’s important to be decisive about saying *no*. If you won’t be able to do whatever is being requested, don’t offer leeway by saying “I can’t today but another time,” or “Well, I’m busy right now but maybe later.” You would be opening yourself up to having to say no again in the future. It’s best to be cordial and direct. You’ll be more respected for it at the end of the day.

I recently realized that the *way* in which we say *no* is not as important as just saying *no*. If you don’t say *no* often enough to others’ requests of you, find your voice and a tone you are comfortable with and start saying *no* today! If you need help, there are plenty of great resources available by authors who share methods on how to say *no*. I urge you to check them out and see if any of their methods work for you.

No one can be everything to everyone. Saying *yes* when you want to say *no* adds long-term stress to your already overworked body and brain. Saying *no* in any situation might bring on immediate stress but it will only last a short time and you will still reign over your schedule and feel more in control of your life.

Learn to say *no* to activities that don’t add value to your life or serve your goal of being successful. It can be done but it takes commitment. Find a comfortable way you can deliver the message to others and stick to it. It will become easier and easier and you will find your calendar opening up all sorts of free time to productively **invest your best time into your best activities** that you never knew you had!



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ABOUT THE AUTHOR

Amber De La Garza works with business owners who are eager to maximize their personal productivity to be more effective in life and business, meet their maximum potential, and accomplish their goals. For more information or to reach Amber: 702-527-2307 or Amber@TheProductivitySpecialist.com





CHOICES MAGAZINE
SPRING ISSUE 2016

A FINAL NOTE FROM JUDI MOREO

In today's world, we set a goal and strive for it. In the world of possibility, we explore options and let life unfold. We don't know what to expect, but are hopeful for something better ... something wonderful.

Today is a new beginning. Give up your fears and you'll never look back with

regrets. You will never accomplish the things you want if you keep telling yourself that you won't ...that you don't have the money, the resources, the contacts, the self-confidence. Determine instead where you want to go. Imagine all the possibilities you have. The secret to getting what you want is to believe it is possible. Life

is an adventure. Take the possibility pathway.

Your goal should not be an expectation to live up to, but a possibility to live into.

Judi