

CHOICES

SUMMER 2018

EMPOWERMENT ISSUE!

EMPOWER YOURSELF
TO ACHIEVE YOUR
DREAMS

DELIA PRICE &
MERLE BLAIR WILLIAMS
ARTIST SPOTLIGHTS



LICENSED TO FLOURISH?

HAVE THE COURAGE TO
ACCEPT NOTHING LESS
THAN WHAT YOU DESERVE.



PERMISSION GRANTED

NOW IS THE ONLY TIME YOU
HAVE TO TAKE CREDIT FOR
WHO YOU ARE.



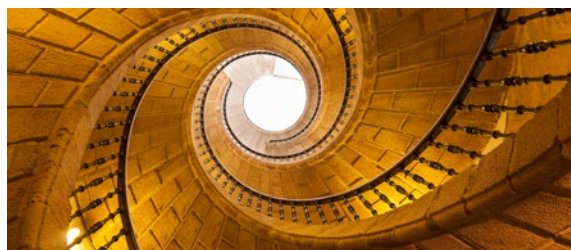
EMPOWERMENT TIPS

TEN TIPS TO EMPOWER
YOURSELF AND CHANGE
YOUR LIFE FOR THE BETTER

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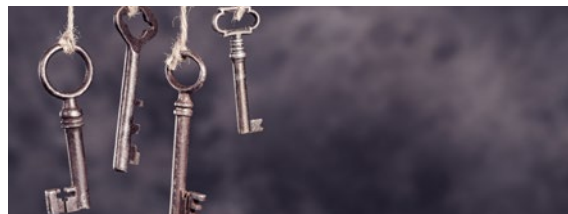
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FROM THE EDITOR

things I want to keep, so it goes over in the keep pile and then the keep pile gets bigger than the get rid of pile. If you have any ideas of how to turn loose of things we love, I'd really like you to share them with me.

running out of their shops and up the street to help me up and be sure I was okay.

My friends, Carolyn Hamilton, Cork Proctor, and Gertie Italiano now live in Cuenca, so it was an absolute pleasure to spend time with them. They were such gracious hosts to me.

Second television show is now in the works. The World of Art TV. You can watch it on You Tube. It is produced by wwdbtv.com and will be archived on theworldofarttv.com, so you'll be able to watch it at your own time and leisure. My co-host, Ruthie Moller, is a real pleasure. That's her on the cover. We are interviewing artists, doing demonstrations, talking about the business of art and how to sell your paintings, and how to get inspiration. The first show went up and we got over 1900 hits in less than 24 hours. It is so exciting. I hope you'll join us.

Enjoy this issue. We have some great articles for you. And always remember, You Are More Than Enough

Judi

Summer is here! I love summer. Cooking out, inviting friends over for dinner, swimming in the pool. These are all things I love. Of course, people ask me often how I can live with the summers in Las Vegas because they are so hot. And the standard answer is "Yes, but it's a dry heat." That's true. At least it is not humid, but I have to admit hot is HOT, especially when it is over 120-degrees f. But one learns to cope. When I first came to Vegas, I would pass out from the heat. I was usually dehydrated, and I had to learn to drink a lot of water. I even carry a case of water in the back of my car, in case I get stranded somewhere.

I think I told you last year, I was de-junking my life. Well, I am still de-junking. How does one collect so much stuff? The worst part is as I go through things, I keep discovering

My trip to Ecuador this month was awesome. I was speaking at the Cuenca International Writer's Conference and it was a fabulous experience. I met talented writers from all over the world, ate the most phenomenal meals, and explored the city on foot. I felt totally safe there, even one Friday night when I couldn't get a cab back to the bed and breakfast where I was staying and had to walk about a mile and a half. Everyone was out walking on the sidewalks as though it was a promenade. People were friendly and spoke, and the weather was awesome.

On my first day there, I tripped over a pipe on the sidewalk and fell smack on my face. Skinned up my nose and knees. I actually thought I had broken my nose and some teeth because they hit so hard on the cement, but I didn't.... thankfully. I was amazed at how the Ecuadorian people came

OUR TEAM

PUBLISHER Turning Point International **EDITOR IN CHIEF** Judi Moreo **CREATIVE DIRECTOR** Jake Naylor
ON THE COVER Ruthie Moller **COVER PHOTO BY** Julez Eve, EV36 Photography

CONTRIBUTING WRITERS Amber De La Garza, Andrea Chestnut, Holly Duckworth, Gina Geldbach-Hall, Jaana Hatton, Vital Germaine, S.L. Gore, Joan S. Peck, Alisa Weis

ADDRESS 3315 E Russell Road, Ste A4-404, Las Vegas, NV 89120
TEL (702) 283-4567 **EMAIL** Judi@JudiMoreo.com
WEBSITE www.ChoicesOnlineMedia.com

EMPOWERMENT IS A CHOICE

BY JUDI MOREO

Whether it's running a marathon, working towards your dream or trying to make a marriage work, there are some situations we can find ourselves in where we want to keep going but really struggle to maintain motivation. It takes every last drop of will-power and energy not to just give up and pack it all in.

In these situations, we often find ourselves turning to mental tricks and ruminations to try and convince ourselves to keep going. So, what are some of the best techniques you can use in the moment to empower yourself?

Draw Inspiration

Most of us have stories and memories that we can use to dig deep and find inspiration. Perhaps you had a parent or a friend who never gave up no matter what. Maybe you remember them challenging you to accomplish something and really believing in you. Or, maybe you love the film *Rocky* (who doesn't?). Either way, these sorts of



thoughts and memories can help you dig deep when you're really struggling for energy, commitment or will-power.

If that doesn't work, try an inspiring music track. Anything by the 80s soft rock artist, Stan Bush, should do the trick! 'You've got the power!'

Remind Yourself Why You're Doing It

Another technique is to remind yourself why you're doing what you're doing. If you're working towards a dream, then try visualizing yourself where you want to be *because* you managed to accomplish the gargantuan task. If you're trying to make money, that might mean imagining yourself on a yacht in the sun somewhere...

Remind Yourself of the Consequences

If imagining yourself being highly successful because you did well isn't working for you, then maybe try doing the opposite and imagine what would happen if you had to give up. Imagine having to tell everyone you failed. Imagine *knowing* you failed... especially, after all the effort you've already put in!

Break it Down

If you're tackling an impossible task, then sometimes it can help to break it down into smaller milestones. Writing a novel? Celebrate each time you add a thousand words and count how many units of 1,000 you have left to go.

Take a Break

Sometimes, the best thing to do is to take a step back and have a breather. Most tasks aren't binary, meaning it's not 'do or die'. Be strategic with your

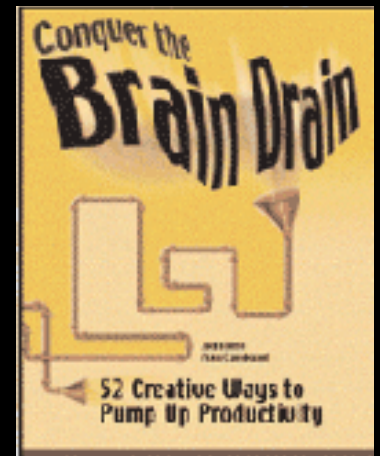
energy management and realize that a short time out can often yield better results in the long term.

Self-empowerment really is a choice!



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.

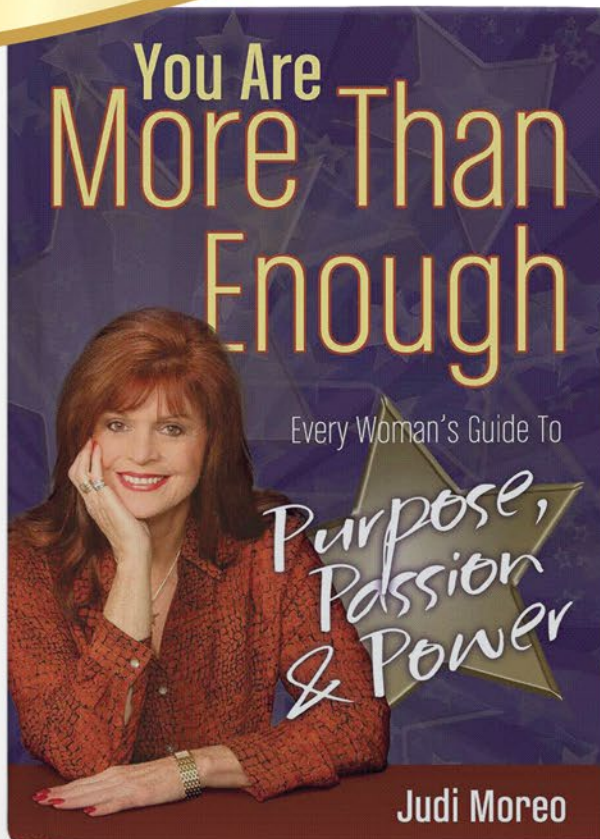


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- set boundaries
- make conscious choices about relationships, responsibilities and rewards
- communicate for understanding
- use the power of your subconscious mind to
- create the future you desire
- recognize your strengths and make things happen
- and much, much more!

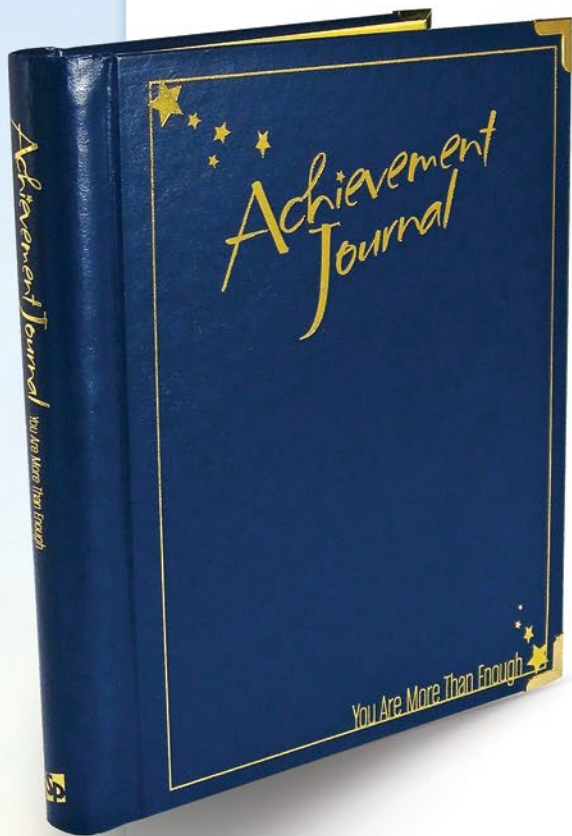
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Career, Relationships, Finances, Health, Spirituality, Education, Community Involvement and Recreation.

In addition to a place for daily writing, there is a measurement tool for you to stay aware of how you are doing in each of these areas of your life.

If you apply yourself and take the steps laid out for you in this journal, you can't help but be successful! And you might know, Judi has included two pages of peel-and-stick gold stars in order for you to easily reward yourself!

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You Are More Than Enough - \$24.95

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"Judi is a living example that it is possible to find your life's purpose and passion. In this book, she shares the tools she used to achieve success and happiness. I recommend it for everyone trying to create the lives they desire."

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The Montel Williams Show

"Judi motivates you to tap into your innate potential to create new and exciting realities. A must read for anyone who wants to take charge of her life from the inside out!"

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



ARE YOU LICENSED TO FLOURISH?

BY VITAL GERMAINE



Have you ever had a moment in your personal or professional life when you felt disempowered, disrespected and unsure how to reclaim your power and happiness?

Perhaps, it was the result of a narcissistic boss who undermined your worth or intimidated you through insults or bullying. Maybe a friend or colleague betrayed you or took advantage, abusing your generosity. Did a cheating and lying partner pull the wool over your eyes making you feel less than your actual worth?

It's happened to all of us in some capacity. There are endless forms of disrespect and emotional rape that render us doubtful, fearful and defenseless. We should always demand respect and honor for who we are, and for who we are not.

The good news is that you don't have to remain powerless. I am excited to share three simple steps that will embolden you to live a more authentic and liberated life where you will never be the victim or the prey again—a life in which you will assert and maintain your personal sovereignty.

Empowerment is a recent buzzword that you've probably heard in conversation or read about on social media.

According to the Oxford Dictionary, self-empowerment refers to the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights. It's something most of us desire, but don't necessarily have the tools, secret code, or courage to obtain. It's something we all need in order to live a richer and more fulfilling life.

Despite being difficult to attain, the building blocks to self-empowerment



are very basic, if implemented effectively and strategically.

1. Know Thyself: This is a very complex notion that originates in Egyptian and Greek philosophy. It means to have a complete understanding of who you are, what you are, and the relationship your existence has with the universe and others.

If you grasp and respect this self-awareness, you are empowered beyond measure, as this is the foundation of your identity and your legacy. It can take a lifetime (or three) to comprehend who you are, what the meaning of your life is, and your purpose.

Life is a journey that teaches us lessons that help us know and understand the who, the what, and the why of our existence. *The Alchemist* by Paulo Coelho is the perfect example of that search for the self. It's the story of a young shepherd boy, Santiago, who heads off into the desert in pursuit of his

personal legend. He finds answers along the way, but only when he listens and is attentive.

The better you *Know Thyself*, the more compelled you will be to travel your authentic journey and the harder it becomes for others to stray you from your path. That's power.

But wait, there's more!

2. Self-Love: If you lack self-love, it's time to take whatever measures needed to shift that mindset. Self-love is the foundation of your strength. Self-love leads to self-respect and authenticity. Love yourself enough to believe that you deserve all things good.

The more you love yourself, the more you will honor your values. Take time to recognize and acknowledge your values. They define your character, and your character lets the world know the very essence of your being. What is important to you? What makes you

happy? What are your standards and expectations? In which direction does your moral compass point? What makes you feel complete or unfulfilled?

The truer we are to ourselves, the truer the world will see us and act accordingly. Painful life experiences and toxic encounters can make us doubt ourselves, feel unworthy and turn self-love into shame, guilt and self-loathing. When we lack confidence, we are disarmed and unable to defend our values. When we honor our most authentic selves, we are free and in total control of how others will treat us and how we will feel about ourselves.



ABOUT THE AUTHOR

Vital Germaine is a top-selling author and Las Vegas' most engaging keynote speaker. He is the author of *Flying Without a Net* and *Flying Without a Net 2.0*. For more: VitalGermaine.com

3. Boundaries: *Set clear boundaries.* In other words, know when to say no, and be comfortable with saying no! Many lost their power due to their inability to say no and it comes at a cost to their own wellbeing.

“When you say ‘Yes’ to others, make sure you are not saying ‘No’ to yourself.” – Paulo Coelho

Know when to walk away and cut your losses, if deals are broken. According to multiple studies, the top deal breakers in relationships are: untrustworthiness (lying, cheating, deceit, manipulation), abuse or anger issues, bigotry, poor hygiene, and selfishness.

Don’t allow a friend, partner or boss to undermine you... ever. Always be in a

position of power where you can walk away from those who don’t honor or respect you. You deserve a life of bliss, filled with people who are rooting for you, and for your dreams to come true.

A huge component of setting your boundaries is to not be preoccupied with what others think. We only care what others think because we are dependent on acceptance. And yes, we are social beings who need to fit in; but fitting in doesn’t mean losing or compromising our identity. I’m not condoning cold-hearted selfishness void of empathy, sympathy, and humility in order to be you. Remain humble, kind, and generous. Deep down we know what’s right and when compromise is called for.

The reality is we all eat lies when our hearts are hungry for acceptance, whether at home or in the workplace. We give up our power because our boundaries are blurred and susceptible to being breached. The more confident you become, the easier it is to be YOU. Some will like you and some won’t.

Ultimately, everybody is looking out for himself or herself. You have that right, too. Be strong. Be brave. Be you. Have the courage to accept nothing less than what you deserve. Empower yourself by always positioning yourself ready, willing, and able to turn your back and walk away from the abuse, void of apology, only forgiveness. You’ve got this.



ON THE COVER

RUTHIE MOLLER



ive Ruthie a blank surface and she'll paint it. She works with a variety of surfaces, tools and mediums. She enjoys

painting portraits and landscapes in oils and illustrative style work in acrylics. She plays around with watercolors and loves body painting and Special FX makeup. Lately, Ruthie has begun customizing shoes with pop culture characters and LV team sport emblems. (Go Knights Go!)

As a young girl, Ruthie started illustrating her own little stories and made personalized greeting cards with watercolors and colored pencils. After high school, she took art classes at the Utah Technical College.

And later earned a BA and MA in education, taught school for 10 years and created and sold a computer program for teachers to a major educational publisher. She then retired from the classroom to train teachers in many cities and countries around the world.

Ruthie's passion for art came from her mother, Sally Duff, a St. George, Utah oil and pastel artist. Now they enjoy painting together!





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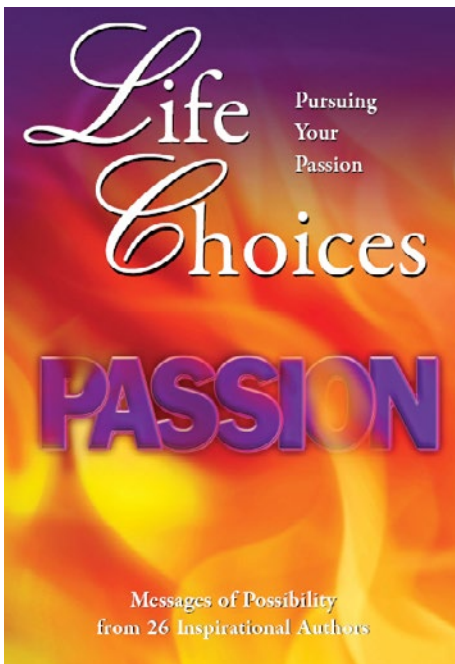
The Life Choices books are a series in which real people share their stories of overcoming obstacles, putting lives back together and following their passions to create successful, significant lives.

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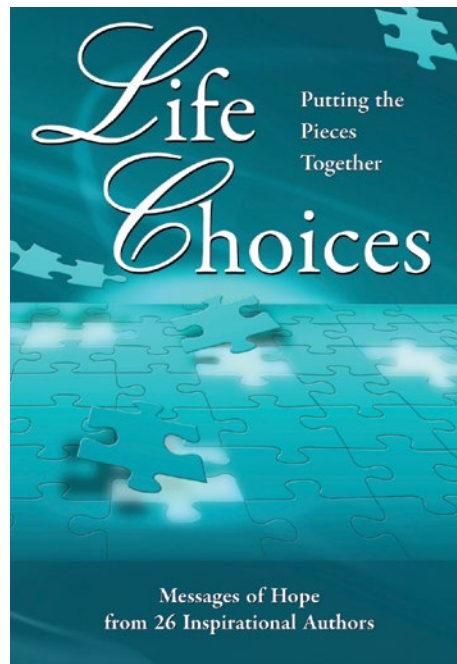
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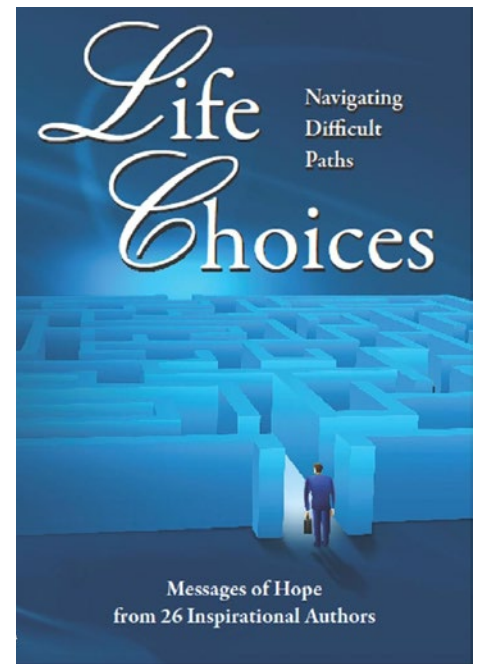
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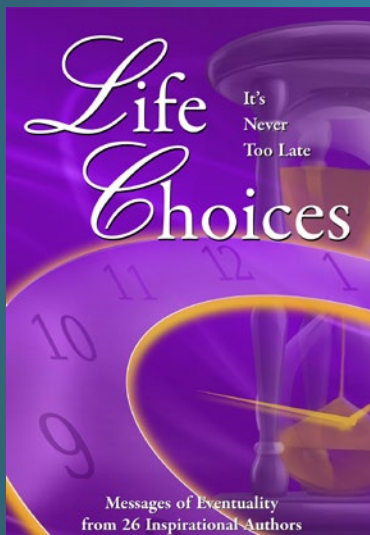
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible - READ THIS BOOK. Twenty-six authors share with you how they pursued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

CLICK ON THE COVER IMAGES TO ORDER

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.

PERMISSION GRANTED

BY HOLLY DUCKWORTH



Do you remember permission slips back when you were in school? Any time your class would go on a field trip, you would have to have a parent or guardian sign a permission slip so you could go. As children, when we were growing up and expanding our world, we had to have someone else grant us permission to do so. Are you still waiting for your permission slip to empower yourself to grow and expand?

It may seem obvious, as adults, we don't need the permission of another to do something. Yet, many of us unconsciously are waiting for someone else to go first, or give us permission that it is safe to show up in a different way. How often do you spend looking outside yourself for power to proceed? You say to yourself, "I'll do this when I have the money. I'll become this when I have the time." It's easier to wait and wonder sometimes than sign our own permission slip.

While on an early spring vacation I checked into a hotel and did all the normal stuff, name, dates, rate and credit card. Tamara, the front desk associate, handed me my room keys and I proceeded about my night. My night happened to include a swim in the local hot springs. As I walked back into the hotel lobby, resembling a wet dog, I was hoping not to see anyone. Of course, out comes Tamara, "Hi, Ms. Holly, do you have any of your books in your car?" she says. I smile, and suggest, "Was my mom, my traveling companion, down

here bragging again.” “No,” she replied, “I Googled you. You are a famous motivational author,” she explained. “You arriving here is just the sign I needed.” I look down and realized my state of wet-dog. I went on to tell her I had a book, and if she would like to buy a copy, I would return with one after I freshened up and we could talk more.

When I went back down to get her the book, Tamara told me more about how I was “a sign” for her, that she is to get a new job, her dream job, to manage a restaurant. While I hardly think my presence in her life was a sign, which was the story she was telling herself. I couldn’t change that but maybe I could help. Tamara was looking for something outside of herself to give her permission to grow and expand.

In my keynote speeches, I have an exercise where I invite audience members to tell me what they need a permission slip for. For some it’s permission to use their vacation, others to make more money, for many it’s simply empowering a dream. I write them out a custom permission slip with their name on it.

Think of it kind of like a doctor handing you a prescription. See below – I’ve attached a permission slip for your own empowerment.

Stop waiting for someone or something outside yourself to give you the power to make a change! Draw your power from within. I believe that from our childhood, we are conditioned that we need mommy and daddy’s “permission” to do something or go somewhere new. That is simply not the case. We need to authentically empower ourselves. Empowerment is permission from within, maybe, supported by a few close friends.

Tamara and I had a great talk about her first 50 years on the planet and her desires for the next 50. In the conversation, she empowered herself to believe again. Funny, the letter “B” in my Mindful Leadership: The A to Z Guide for Stress-free Leadership book is “Believe,” and her first initial of her name was “T”, the practice of trust. My book helped her to believe in herself and trust the process.

Summer should be a time of play and expansion, testing boundaries, and trying new things. This summer as you soak up the power of the sun, give yourself a permission slip to grow and expand. Give those around you the same permission and see how you grow, expand, and have more fun.


Now is the most powerful time, the only time you have, to take credit for who you are. As you can see I have pre-signed it. Permission to powerfully choose you, granted!



ABOUT THE AUTHOR

Holly Duckworth, LSP, CAE, CMP. A nationally recognized keynote speaker, trainer, and coach for mindful leadership and motivation. Author of the new infotainment book, *Mindful Leadership: The A to Z Guide for Stress-free Leadership*, 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 her quest to touch one million lives with mindful practices. She lives in Denver, Colorado. Learn more at www.hollyduckworth.com visit her on LinkedIn & follow her on twitter at @hduckworth.





**“The empowered
woman is powerful
beyond measure and
beautiful beyond
description.”**

Steve Maraboli



DOES EVERYONE HAVE POWER?

BY JOAN S. PECK

W

hat does it mean when you hear that someone is empowered? How does one get to be empowered? I was curious. Was I empowered? Does everyone have power? Power to accomplish? Power to persuade? Power to simply be? Power to not be taken advantage of?

I looked to those women who are stepping forward today and are using their *power* to get retribution against those who have hurt them both physically and emotionally. After their sad experiences, these women felt powerless and were made to feel less than the beautiful soul they are --- until they felt *empowered* enough to speak out. What had turned on that switch for them?

Simply by living life, most of us at one time will experience a sense of powerlessness and at another time a sense of being powerful. What makes the difference?

I've learned by experience that if we give ourselves permission to be truthful and honest no matter the circumstances, we have a certain sense of POWER

because there is no longer anything to hide and no one can hold something over us. If we withhold that something, we live in fear of it being exposed, which allows that fear to make us feel powerless. What holds us hostage to that feeling of powerlessness?

In our society, there tends to be a price to pay for someone who speaks out, particularly, if it goes against a personal belief or the general beliefs of the society we live in. For example, how many think if a woman goes into a man's hotel room, she deserves to get whatever comes about? There are many men and women in our society today who believe that.

Yet, if we can agree that empowerment is an individual's allowing her or himself to take action, what happens when anyone caught in a position where wrongdoing occurs wants to protest it by speaking out? The results aren't always good. Any sense of empowerment created by taking action and speaking out quickly becomes a sense of feeling and becoming powerless when:

1. He or she is harshly judged and/or ridiculed for their involvement;
2. The protest is made against a perpetrator who is in a more powerful

position, and the protest is not believed or warranted noteworthy.

Usually the instigator for taking action come about when a person says, "Enough is enough!" A time is reached when it becomes too painful to remain silent or in a comfort zone and more is wanted. Even if you do something and nothing changes, you create a sense of empowerment knowing you'll never have to live in a state of regret of not having taken action. You have that power of knowing you at least tried.

Let's look at empowerment beyond the blaming and finger-pointing. Empowerment in its simple form means giving yourself the power to take action, no matter what it is. It's not limited to speaking out against someone else. It's taking action to do anything you want to do or have.

Believing that, when I asked myself whether I *felt* empowered and my answer was a resounding, "Yes!" I had to look at why I felt that way.

I realize we **all are empowered** by being able to make the choices we make each second of each minute of each hour of each day, and so forth. We create the

life we live by our chain of choices. And, to be able to *create* our life is the most potent sense of empowerment anyone can have. So, does everyone have power? I rest my case.



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 authoring is the *Death Card Mystery Series* with three of the series books being released in 2018. "To me, the fun of reading mystery books is to become so intrigued with the story it becomes impossible to put the book down. The fun of writing them is to put you in that same situation."

She can be reached at:
(702) 423-4342
joanpeck39@gmail.com
www.bejeweled7.com



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stars lie hidden in your
soul. Dream deep, for
every dream precedes
the goal.”**

Langston Hughes



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KEYS TO ACHIEVING SUCCESS

BY JUDI MOREO

Everyone wants to be successful. Focus generally tends to be towards career success. However, personal or life success, is also important. Success is about achieving goals. After all, if you haven't got a goal then how can you be successful? So, what are the four keys that can help you be successful?

Set Goals

It is vital that you set yourself goals for your personal and professional lives. These will provide a target to aim for. Once you've listed your goals then write down the steps you are going to take

to achieve them. Add who or what can help you. Find an accountability partner, mentor or coach who can help and support you.

Your Personal and Professional Lives Are Inter-dependent

You may think that your career goals are totally separate from your personal goals. However, they are inter-dependent. Your career relies on your well-being, impacts on your family and relationships, your health and happiness. Your happiness, relationships and health are affected by your career. If you're not happy at work or not doing a job you love, then it will have an impact on your

emotional and physical well-being, as well as affecting other areas of your personal life.

To be successful in one area, you need to create success in the other.

Find Your Passion and Purpose

If your personal and professional lives are inter-dependent, then to be successful in them, you will need to discover your passion and purpose. By discovering these, you will create determination to succeed, enhance your creativity, spark inspiration and be able to harness the power of flow in your activities.

Ask yourself what you really want to do with your life. What do you want your legacy to be?

Don't Focus on the Money

While many people consider amassing wealth to be a sign of success, that should not be your end goal or sole success indicator.

Instead, focus on your emotions, lifestyle and well-being. What will your life look and feel like when you have suc-

cessfully achieved your goals? How will your family and friends feel? Create a vision board with words, quotes and pictures showing your life as a success.

When thinking about your professional success consider how you will know you've succeeded. What will your position be? How will you be making an impact in your company and in the wider community? What will your working day look like? Think about work/life balance and the effect on your family and

relationships with friends. How will your new role or business affect your life, health and happiness?

While success can mean different things to different people, one thing all definitions have in common is that success is measured by achieving goals that make you feel positive emotions, for example, happiness and achievement. You will find the greatest success comes when you use your passions to create your goals in life and work.

"You were put on this earth to achieve your greatest self, to live out your purpose, and to do it courageously."

Steve Maraboli



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.



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- Deborah Clark

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- Mack Jackson Jr.



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THE POWER OF DELEGATION

BY AMBER DE LA GARZA

Summer is a hectic time for businesses, entrepreneurs, and families alike. The days are longer and the nights shorter, but that doesn't mean we have more time to accomplish what matters most. It means we have more hours of daylight to cram tasks, projects, and activities into while sacrificing our sleep, rest, and self-care. That's because we tend to

overcommit to activities that don't bring us closer to our goals and vision of success. We fill up our time then complain that we have no time. It's an annoying paradox we bring upon ourselves.

One of the most effective ways to reclaim time is to eliminate tasks and activities by delegating them. Leveraging people is a win-win situation. It frees up your time for the areas of your business

on which only you can work, the life activities you want to enjoy, and empowers others to work within their wheel-houses, most often for pay.

If you're not already delegating tasks and activities, what's holding you back? Do you believe you can do it better than anyone else? Do you think it would take longer to teach someone else than to do it yourself? Perhaps, you think it's less expensive to tackle on your own?

If you divide your monthly income by the hours you work, you might determine you make an average of \$60 per hour. That means when you take on the task of inputting receipts into Quick-

books, you are paying yourself \$60 per hour when you could be paying someone else perhaps \$15 per hour. That's a loss of \$45 per hour! And, you *thought* you were saving money...

Completing tasks yourself can also be less cost-effective because you should consider not only the monetary cost, but the opportunity cost. According to author, Jeff Shore, "Too many business owners impede their revenue growth doing everything just to save a few bucks." If you hadn't spent an hour booking flight arrangements this afternoon, how else could you have used that time? Making sales calls? Writing marketing content? Following up with leads? Brainstorming business growth ideas? Every minute you spend on activities you need not be doing is a minute you could put toward achieving your vision of success.

For you to invest your best time into your best activities, you must invest your time, energy, and finances into others. It empowers them, and it empowers you to spend your time on activities and tasks where you'll see bigger returns. One of my clients, Heather Nunez, said her motto for delegating is "Move it from my To-Do List to their To-Learn List." Brilliant! Even if you think you're the only person qualified to do the work, you could teach someone else. It might take two hours to train them on a task that only takes you 30 minutes. But, once they know how to do it, you'll start reaping endless financial benefits and the benefit of reclaimed time after they've completed the task only four times.

Deciding what to delegate is as easy as recognizing the activities that are not maximizing your success. Stop committing to and engaging in those activities.

Instead, start delegating them!

Delegating tasks empowers others and gives them chances to learn. Tasks that feel like burdens to you could even feel like blessings to them. What you're delegating may not be your best activities but may be theirs. Let's say you know you don't lead meetings efficiently. You struggle to start and end meetings on time and have a hard time keeping them focused. Your greatest contribution to meetings may be your expertise and experience alone. Delegate someone else to facilitate meetings if that is their strength. By minimizing your weaknesses, you'll have the time and energy to capitalize on your strengths.

Even if you're more than capable of handling certain tasks, quite often you should delegate them anyway. Time is a finite resource and yours should be spent accomplishing your highest value tasks that only you could ever do. If you are kept busy by routine tasks and one-off projects that are not bringing you closer to achieving your goals, you should delegate them. Most delegable tasks fall into two categories: Specialized and Unskilled.

Specialized Tasks

Specialized tasks require education-based knowledge or involve a unique skill set such as branding, bookkeeping, graphic design, website design, copywriting, blog editing, video editing, marketing, sales conversations, and accounting.

Unskilled Tasks

Unskilled tasks such as filing, copying, ordering supplies, database cleanup, booking flight arrangements, and running errands can generally be completed by anyone for a low wage.

Engaging in activities and tasks that can be completed effectively by others wastes valuable time. Decide what to delegate so you can focus your time and energy on your highest value activities that generate income. Delegating is an essential part of improving your productivity and getting closer to your vision of success.

DISCOVER YOUR BIG WHY!


To download a free guide to help you explore what is most important to you and define what will guide you to success, go to:

amberdelagarza.com/003download



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.



**“Courage is the first of human qualities
because it is the quality which guarantees
the others.”**

Aristotle



MERLE BLAIR WILLIAMS

ARTIST SPOTLIGHT

BY JUDI MOREO

Artist Merle Blair Williams is an icon in the Las Vegas art world. Her paintings show a preference for a realistic style in oil. She has worked with Genesis heat set oils, acrylics and water colors. Oil on leather, usually of animals, is unique to her repertoire. Merle also does commissioned oil portraits of children, adults and beloved pets. She believes that color enhances our world

and the combinations of those colors in a work of art will bring hours of pleasure to the beholder as it did the artist during its creation.

Merle is actively engaged in her passion for art by attending art classes, workshops, developing an art library and joining local art guilds.

Her work is currently displayed in City Lights Art Gallery in Henderson, Nevada

and has been displayed in many venues and art shows throughout the Las Vegas Valley as well as purchased by art collectors internationally.

She is a past member and Past President of the Boulder City Art Guild, a founding member and Past President of City Lights Artists' Co-op and is currently the Gallery Director of City Lights Art Gallery in the Water Street District in downtown Henderson. She is a past member of the Vegas Artist Guild and the Contemporary Arts Collective in Las Vegas, NV.

Let's get to know the person behind the art.

Where did you grow up? What things were you actively involved in? I grew up on a farm in rural Manitoba, Canada. I was fortunate to live next door to a retired teacher/artist and was involved with her in the development of the guideline booklet for rural schools for a weekly art program broadcast on the radio. Living in the country provided many opportunities to be close to animals and nature in general. I loved to walk out in



FAR LEFT: "Cape Cod", Oil

LEFT: "Miss Sunshine", Oil

RIGHT: "Ella Mae circa 1938", Oil

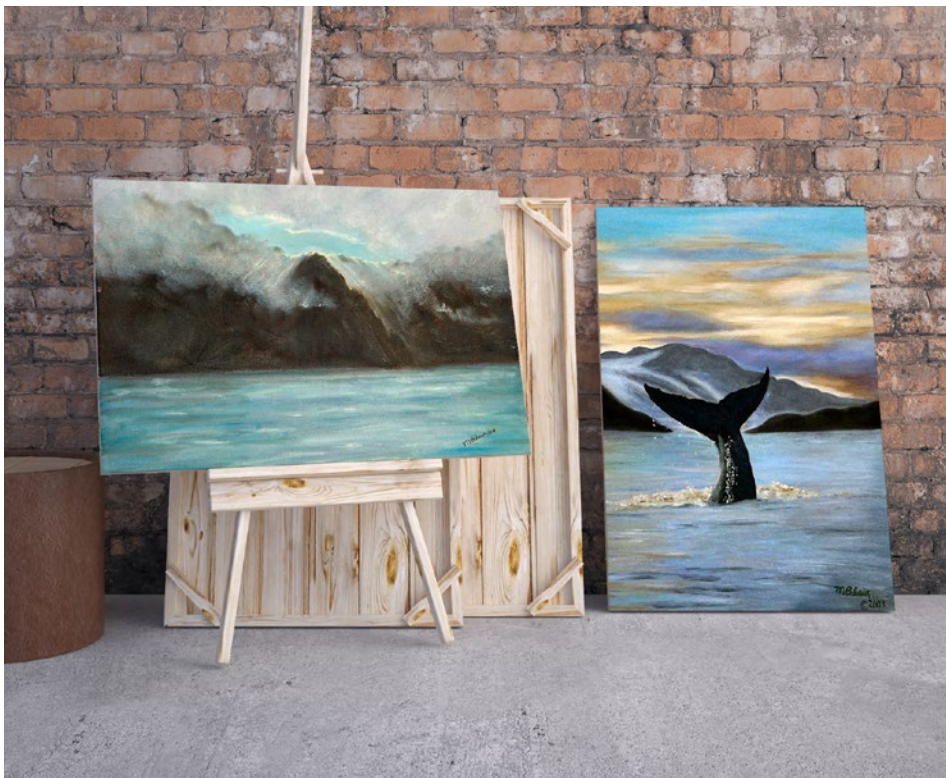


ABOVE LEFT: "Riley", Oil

ABOVE RIGHT: "Commissioned", Oil

BELOW: "Alaskan Morning Fog", Oil

BELOW RIGHT: "Alaskan Tail", Oil



the local woods and prairies and collect flower specimens and colored rocks. I pressed the flowers and explored my father's garage which had boxes full of rocks!

Did you always want to be an artist?

As I had early exposure to art, it has always been part of my life but I knew as a child that I would make nursing my career choice. Working for 30 years as a nurse left little time to pursue my love of art, but my retirement gave me the time and I was able to actively pursue my art.

When did you first know you had talent?

The neighbor artist encouraged me and was certainly an influence on my artistic endeavors from an early age.

What inspires you? I am inspired by all other artists, by the so many different media and I have tried many of them, by a new subject matter, by a new technique and by the many colors of nature.

Did you get a formal education in art? I was not formally trained in art but I have over the last 20 plus years taken many different art courses and workshops.

Why did you pick the medium of oil? I have tried many media but always come back to oils where I am the most satisfied with my results.

What makes a painting great instead of average? Who is it great for? It may be the buyer but does the artist know if it is great? I believe that when the general principles of painting are incorporated into the painting, you are on the right track; composition, perspective, values and perhaps subject matter. Then, once in a while, you have a WOW picture and you believe it is great!

Of all your works, do you have a favorite? I became interested in doing portraiture, and I did one of my aunt from a black and white photo. There was an interesting history about the photo. She was my favorite aunt and she died last year at age 98. All of my portrait work has some emotional attachment and so perhaps they all become my favorites.

Where can someone view your art? I am working on getting my own web site but some of my work is on Fine Art America and always at City Lights Art Gallery in downtown Henderson, NV.

If someone would like to purchase one of your paintings, how can they contact you? I am very interested in commissioned portrait work, also pet portraits. I can be reached by e-mail at painterlady@ureach.com or by phone at 702-444-1250.



"Out of Africa", Oil



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) 283-4567** 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.





EMPOWERMENT TIPS

BY JUDI MOREO

How often do you hear that little voice in your head tell you that you aren't good enough? Negative self-talk can hinder your progress in life and hold you back from achieving your goals. There are ways to turn your inner voice into a positive one. Follow the ten tips below and create a new positive and helpful voice that will build your confidence, empower you, and change your life for the better.

1. AFFIRMATIONS:

Using positive affirmations can help program your mind to speak in a positive voice more often. They are positive statements written in the present tense.

You should say them out loud first thing in the morning when you wake up and before you go to sleep at night as these are the times when your brain is at its most receptive. Regular repetition throughout the day will reinforce the positive messages and help them become second nature.

2. AWARENESS:

It's important to be aware of that voice in your head. Listen to what and how it is talking to you. If it is constantly negative, then you need to turn it into a supportive and positive voice. Listen carefully and when you catch a negative thought, say "STOP" and change it into a positive statement instead.

3. MEDITATE:

Regular meditation can help you develop greater control over your thoughts and emotions. You will learn how to listen carefully and to quieten your inner voice. This will help you create a sense of calm and peace, lessening stress and anxiety. As you gain greater control over your mind, you will be able to silence the negative voice when it starts to speak.

4. BE GRATEFUL:

Take time every day to think of at least three things you are grateful for. It's all too easy to lose yourself in the negative aspects of the day and to give in to the negative voice in your head. Instead, focus on the positive and be grateful. Write what you are grateful for in a jour-

nal so that you can remember and revisit, if needed.

5. CHANGE YOUR PERSPECTIVE:

Catastrophic thinking can be all too easy and take over in times of stress or anxiety. Instead of thinking of all the negative outcomes, stand back and look at the situation from a different point of view.

6. DISTANCE YOURSELF:

Create some distance between yourself and your emotions. An effective, yet simple way to do this is to think in third person. So, instead of saying to yourself, "I'm really angry with myself because...", say, "You're really angry. Why?" By creating psychological distance, a study by Ethan Kross, PhD of the University of Michigan, found that participants were able to regulate their emotions and reduce discomfort.

7. SAY, "I DON'T":

One simple change you can make is to use the phrase, "I don't," instead of, "I can't". By saying "I don't," you are taking responsibility and ownership of your thoughts. If you are trying to lose weight then instead of saying, "I can't eat cake" say, "I don't eat cake". The power of this approach was found in a study by Vanessa Patrick at the University of Houston.

8. USE NLP, COACHING OR HYPNOTHERAPY:

By investing in professional help, you will have the benefit of mentoring and accountability. These professionals are able to use a range of tools to help change your subconscious mind and remove blocks, change language and thought patterns and create new positive habits and behavior.

9. BODY LANGUAGE:

Changing your body language can change your outlook and increase your sense of positivity and self-confidence.



Stand or sit up straight with your shoulders back, hold your head high and smile.

10. USE ORACLE CARDS:


Oracle Cards can be a really useful tool to help you connect with your subconscious and also to create change in your life. They include positive inspirational images, affirmations and ideas about how to create change. Pick a card each morning to guide you through the day creating positive change. If you don't want to use the cards yourself, you can get a reading done by a professional oracle reader; many of whom are also coaches, Neuro Linguistic Programming Practitioners or hypnotherapists.

Inner peace can be yours. Why not start experiencing it right now?



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.



**“It is never too late
to be who you might
have been.”**

George Eliot



SWIM WITH DOLPHINS

BY GINA GELDBACH-HALL

Have you heard the quote, “Don’t cross an ocean for someone who won’t jump a puddle for you,” (author unknown)? Lately, that has become my mantra and something I’m really looking at addressing. Am I crossing too many seas and not getting the same consideration in return?

The quote is a good metaphor about finding balance. For example, at work I might be expected to cross oceans at times to meet deadlines or accomplish goals but if I’m not paid for that effort in the long run, it is time to start putting out resumes. In relationships, my partner might have an illness or issue that requires me to exert greater effort in support that won’t be reciprocated in the moment or timeframe. However,

after recovery, if he is still draining me it might be a conversation I need to have to get things back on track. If I don’t then I become out of balance in my life.

Empowering and defining boundaries is a natural state of affairs. What isn’t is capitulating your needs and desires to the detriment of your own wellbeing. There are times as a parent, partner, or employee that we will need to go that extra mile and pick up the slack and that’s called maturity, none of us can be ‘on’ all the time, we all need, give, or receive help sometimes. But if you find you are always leading the charge, fighting the ‘good’ fight, and picking up

the pieces, it might be time to take stock and see if you are doing all the swimming.

Taking care of ourselves is what we are naturally supposed to do. There was a saying in the fire department about safety, "A dead rescuer can't help anyone," so if we don't take care of ourselves we can't be there for others. Empowering yourself is taking care of yourself; you need to make yourself a priority and it is okay to let go of those in your life that drain your time and energy. In fact, it is essential to keep yourself safe and sane.

Empowerment is taking back your power. Don't let others needs and wants exceed your own in value and priority. Finding balance is important to self-preservation and setting limits on what

you will tolerate is an important step in achieving that goal. Take a good long look at what is working in your life and be willing to let go of those things that don't have a return on investment for your efforts and labor. When you do, life will improve. It was hard for me to let people go but as I did it was like lifting an anchor setting me free to find others with the same values and principles. When I did I found more time, which opened up new opportunities and people into my life. Sacrificing yourself never helped anyone and just makes everyone crazy. It's better to swim with the dolphins then play in the mud puddles because when the sun comes out those mud puddles dry up. Make sure your shining bright enough so those puddles don't last too long.



ABOUT THE AUTHOR

Gina Geldbach-Hall is an inspirational keynote 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.com.

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





Behind The Entertainment scene with Stephanie Thompson

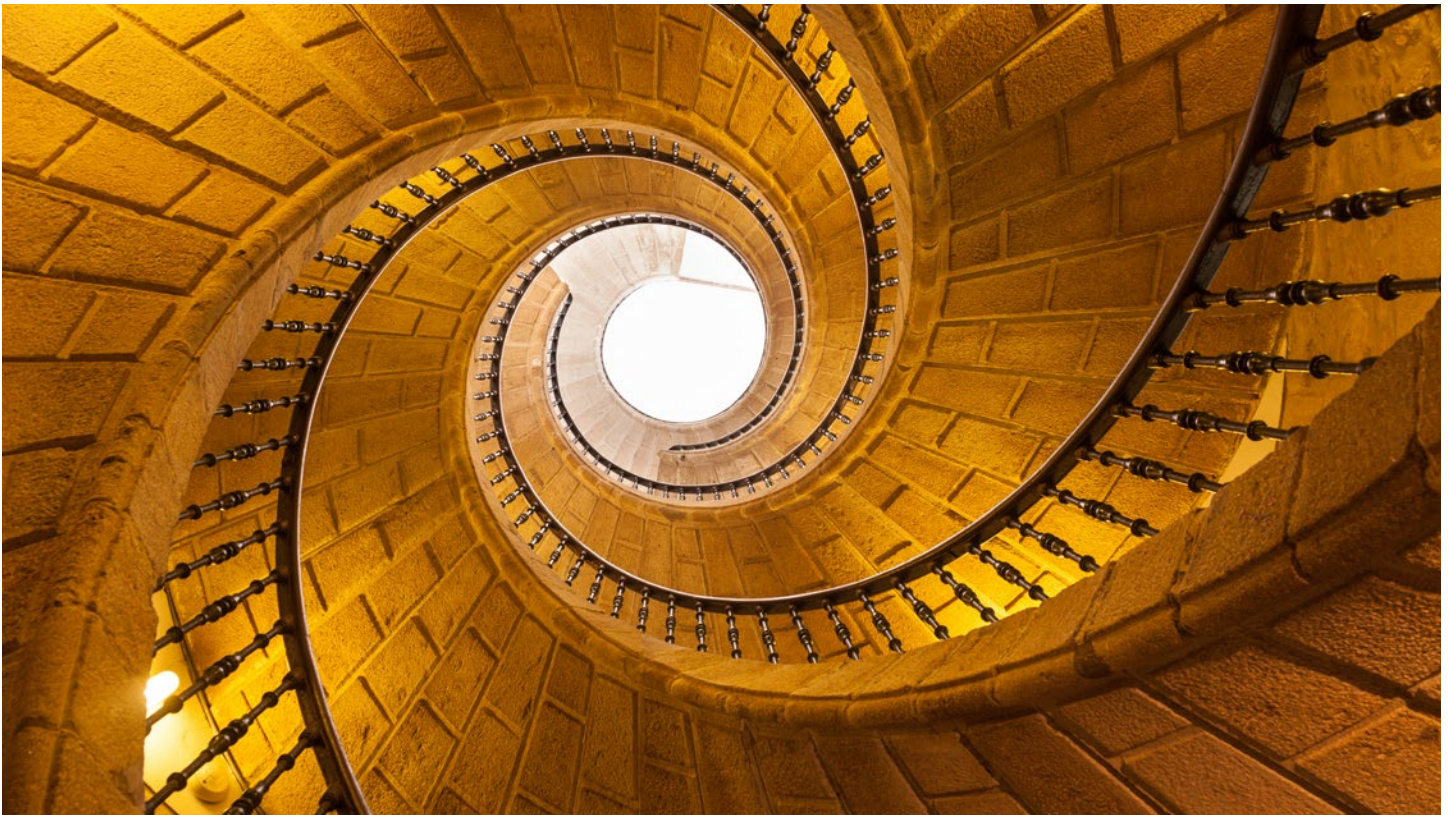
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SHARE INSIGHTS AND HAVE DISCUSSIONS ABOUT FEATURED MOVIES.

STEPHANIE THOMPSON, IS A MEMBER OF THE SCREEN ACTOR'S GUILD AND AFTRA. PRODUCED AND DIRECTED BY
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**W**

hen considering life's journey, it helps to think of myself ascending a spiral staircase. This visual re-

minds me that there are steps behind, steps still ahead, and anything I'm circling around once more is allowing me to look upon a situation with more knowledge and experience than I once held.

A wise woman told me to "give yourself permission to be in process." When we let ourselves note the importance of each stage of our journeys-and not only our completion of a task or making it past a finish line-we are wiser and more empowered for it. In the midst of the process, there are certain habits that can help keep us uplifted, determined and focused. These habits, if maintained and practiced over time, will help bolster not only us, but the people around us.

STRENGTHENING YOUR STEPS: EMPOWERMENT

BY ALISA WEIS

Keeping Commitments to Yourself

Anyone who wants to maintain a job or grow a friendship knows the importance of keeping their word. We avoid being late. We don't cancel on a coffee date at the last minute, if we can help it. We do our part of the group project and ensure our team players are more than satisfied with our work. If we don't follow through, there's often a steep price to pay.

But, what about the commitments we make to ourselves? Motivational speaker, Rachel Hollis, says, "If you take a good hard look at what you've canceled on in the last thirty days, you might be

shocked to discover how you're training yourself to behave." If we're not writing our goals down or speaking them aloud to someone else, it's likely we won't see them through. Just think to the last nutrition plan you wanted to uphold, the run that you planned to take, but didn't, or the painting class you wanted to enroll in, but decided to postpone again. For those of us who cancel on ourselves often and without much regard, it becomes much harder to reach our next step. We're a lot more freed up to give to others with a giving heart when we've kept small commitments to ourselves along the way.

Saying “No” More Often

If you’re a people pleaser, chances are that you find yourself torn with your commitments and all that you try to pile on top of them. As you probably know, an overburdened schedule can quickly breed resentment, and even the worthy causes you wanted to partake in can become a strain if it’s not the right time.

As a mom to two busy elementary children, I’m doing a better job at only agreeing to commitments that are a good fit for my family. While it’s still not easy to say “no,” I’m reminded that I have less “yes” to give to those who matter most if I’m filling my calendar too quickly.

If it doesn’t work for you to organize the company camp out, attend every birthday party your daughter is invited to, or join the monthly book club in your neighborhood, you don’t have to commit. You also don’t need to give paragraph responses to justify your deci-

sions. If the people asking you to take on the added responsibility don’t show understanding, it’s even more evident that you’ve made the right decision. Streamlining our focus and knowing where we want to go makes for a happier, more meaningful life.

Watching Internal Talk

It’s easy to forget the red-lined drafts, the splattered paintbrushes, and the worn out running shoes that tell the actual story behind an individual’s accomplishment. Yet, chances are that before those authors, painters, or runners were ready to share their achievement with the world, they experienced unseen struggles and a lot of resistance. There were moments when many thought about quitting because the task became too daunting, too repetitive, or downright painful.

Having experienced the “should I press on?” sentiment a time or two, I knew I

had to start talking to myself differently if I wanted to publish my first book. Instead of allowing myself to wallow in uncertainty or thinking I might be an “impostor,” I began to tell myself “you were made for greatness” and “He who began a great work in you will see it to completion.” I also picked up a copy of Dr. Caroline Leaf’s *“Switch on Your Brain”* and completed her 21-day journaling prompt (would highly recommend). Choosing the positive bent seems almost laughable at times--when things aren’t going nearly as fluid as we’d anticipated--but remembering who we are and why we started enables us to tap into a strength that we didn’t even know was ours.



ABOUT THE AUTHOR

Alisa Weis holds a BA in English Lit/ Writing from Whitworth University (2003) and a Master in Secondary Education (2007) from the University of Phoenix. When she’s not teaching or writing, she enjoys attending personal growth seminars, exploring new coffee shops and spending time with her husband and two young children. Her first book *“Swiftwater”* is available on Amazon or through her website: www.alisaweis.com





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EMPOWER YOURSELF BY DOING SOMETHING YOU LOVE

BY JUDI MOREO

M

any people go to college to do what they believe they have wanted to do all their lives. The first several

years are rewarding, and then they start to realize this is something they are going to do until they retire. They are quickly disillusioned, and they get into a rut.

Many people continue doing what

they do out of fear there is nothing else, or they are getting a steady paycheck. The lucky few, however, break away and find their true passion in life.

While starting up a new career may be exciting, it is not necessary to do so in order to do something you love. You can start up a hobby in your spare time, or you can volunteer in your area of interest. Many companies are

encouraging their employees to take on more volunteer opportunities. Even if the company's motives are not altruistic, volunteering can open doors for employees. They can learn new skills or discover ones they were not aware they possessed.

You may decide to escape the rat race and start up your own venture. This will help transform your life in ways that you never imagined. Choosing



a business you are passionate about gives you a purpose you may not have gained by staying in your current situation.

This is not to say that starting and running a business is easy. It takes a lot of work and quite a bit of discipline. You become your own boss and have no one to answer to but yourself. While many view this as a good situation to have, it is a double-edged sword. You need to have a good plan in place to help guide you towards success.

A big benefit of having your own business is you are free to make as much money as you want. Assuming you find the right formula for making money, the sky is the limit. You don't

have to beg stingy corporations to try and get a morsel out of them.

More people are discovering that having their own business is the only way to go. They love the challenge and find the work fulfilling, all things being equal. The Internet serves as a great provider of advice and resources to help these businesses succeed. Not everyone is suited to being an entrepreneur. But, for those who empower themselves, they are in it for the long haul with no intention of ever looking back.



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. Judi is also a highly sought after business and creativity coach who will help you find and live your passion.

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To contact Judi or book her for a speaking engagement, contact Turning Point International, (702) 283-4567 or judi@judimoreo.com.



DELIA PRICE

ARTIST SPOTLIGHT

BY JUDI MOREO



reativity has been part of Delia's life since her youth, but mostly expressed in musical activities, such as, singing in church choirs, community choral groups, and by playing the piano and organ during high school. She never really drew anything as a child, and as a teenager, decided art wasn't her talent. She didn't discover her artistic abilities until after retirement!

In May 2013, Delia discovered a watercolor class at City Lights Art Gallery in Henderson, NV and decided to give it a try. Her instructor, Ed Klein, was encouraging and helpful in showing Delia the basics of watercolor painting. Since then, she has been painting in the watercolor class and learning by doing. She loves using bright colors and painting whimsical pictures that she is putting into an in-progress children's book of paintings with poems. She has discov-

ered that using a finer quality of paint on high quality paper enables her more flexibility when doing finishing touches or making corrections. Delia also paints watercolors on Yupo, a 100% Polypropylene smooth finish sheet that provides special challenges and advantages.

Delia's watercolor creations are unique and varied in subject matter. She enjoys painting animals and faces most of all, finding inspiration in nature and photographs. She also likes doing crafts such as painting with acrylics on glass vases and bottles, wooden crosses, and other objects.

For other creative outlets, Delia designed and made stained-glass windows for an 1887 Victorian home in Pasadena, California. She also had a potter's wheel and threw pots and bowls making many gift items but decided that wearing thin



FAR LEFT: "Turtle Time", Watercolor

The original 12"x9" was painted 11/13/2017 and sold. The technique used was to paint the background wet using water on the paper, but not disturb the dry painted turtles.

LEFT: "Who?", Watercolor

The original art is 10"x14" cropped to fit a 9x11" frame, painted 11/25/2017. The eyes are expressive and looking right at you!

**ABOVE: "Golden Bloom", Watercolor**

A 16"x13" piece painted on 8/3/16 and sold. Find the horse and rider in the painting. Hidden images are a signature element in many of my paintings.

BELOW: "Floral Rhapsody", Watercolor

A watercolor painted 3/28/17; size 14"x11." Note, this painting is on YUPO "paper" which isn't paper at all. It is 100% Polypropylene, or a plastic-like slick surface. It has hidden fairy faces in some of the flowers.



the skin on her fingers was not her idea of fun. She then turned her attention to doing calligraphy, and later to cake decorating until the freezer was full of cakes and friends hollered stop!

She currently serves on the City Lights Art Gallery board, writes poems, designs computer graphics, sings, and performs four-part harmony with a quartet and a Sweet Adeline chorus.

Where did you grow up? What things were you actively involved in? I was born in Los Angeles and moved to Glendale, California where I attended the 4th grade through high school and Junior College. I sang in the Choir in high school, college and church. I loved to play the piano for a couple of hours daily, took organ lessons, and learned to play swing and jazz music. I also played tennis, was in the drill team, played flute and percussion in the orchestra, and participated in girls athletics. After college, I served for two years as a Peace Corps Volunteer in India.

Did you always want to be an artist?

No. I tried to draw the face of child actress, Haylee Mills, when I was about 13, but couldn't do it to my satisfaction. My father, a technical illustrator, told me I wasn't observing the photo accurately and that's why I wasn't drawing it correctly. I understood him, but still couldn't do it, so I gave up.

When did you first know you had talent? On May 15, 2013, I attended my first class at City Lights Art Gallery with Ed Klein. He showed me how to draw a hacienda and how to paint it. The experience was very positive and confidence building. I was amazed that I could actually do it!

Who influenced you? All the artists and

teachers at the Gallery have influenced me and given me encouragement to continue painting.

What inspires you? I'm inspired by other artists' work. Then I seek to create my own art.

Why did you pick the medium of watercolor? I love watercolors because they are transparent, colorful, and easy to use. Paintings with oils and acrylics tend to look "heavy" because they often have more paint on the surface, and they are often darker than watercolors. I enjoy the lightness of watercolors and the brightness of the colors as they blend together.

What makes a painting great instead of average? In my opinion, a great

painting must be well executed and also must communicate with the viewer. If the viewer is moved emotionally when viewing the painting, and if he can relate to it on some level, then that makes it a great painting.

Of all your works, do you have a favorite? Yes. I actually have several favorites for different reasons.

Where can someone view your art? I post my art on my Facebook page in a photo album called Watercolors, and also on my site at DeliaPriceArt.com.

If someone would like to purchase one of your paintings, how can they contact you? I may be contacted through my website, on Facebook Messenger, and via email at Hyprice@gmail.com.



LEFT: "Tagg", Watercolor

A service dog that my friend raised and trained. This was the second dog Delia ever painted, 2/1/15; size 15"x12." Delia was learning how to use several colors on the dog and still have him look natural.

CENTER: "Lion Fish", Watercolor

Painted on YUPO on 10/7/14. Size 9" x 12." The watercolor paint puddles on the plastic sheet and dries. With a wet brush, the lion fish was pulled out of the background free-hand while the background was still damp.

RIGHT: "Like Mother, Like Daughter", Watercolor

Size 12"x9" and finished on 3/27/2018. It is painted with a dry brush technique on watercolor paper. Delia was trying to apply many colors to the faces yet have them look natural.

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A landscape photograph of a grassy hillside with a path, a rainbow, and a dramatic sky. The foreground is a lush green field with a narrow dirt path leading towards the horizon. The middle ground shows rolling green hills with scattered trees. A faint rainbow is visible in the sky above the hills. The sky is filled with dramatic, colorful clouds in shades of orange, red, and purple, suggesting a sunset or sunrise. A semi-transparent purple rectangle is overlaid on the upper part of the image, containing a quote and the author's name.

**“The surest way to lose your self-worth
is by trying to find it through the eyes
of others.”**

Becca Lee



BLUE RHAPSODY DINING

BY S. L. GORE



ummer. That magical time of year with long golden evenings and sunny blue days when we celebrate dining outdoors on grilled meats and fresh vegetables. I like to roam any of the dozen farmers markets in our area and see what special treasures the booths offer. If a lucky day, I'll find purple basil to conjure up an especially pungent Caprese Salad to go with a juicy T-bone or thick slab of salmon seared on a real charcoal fire.

One of the keys to a savory barbequing experience is the addition of aromatic and flavorful wood chips readily available in most supermarkets and online. Remember to close the lid to allow the fragrant smoke to penetrate.

Whether you prefer Hickory or Mesquite, Jack Daniels Whiskey Barrel or Stubb's Bar-B-Q, you're sure to add extra punch to the meats, fish or poultry you grill. The various woods, of which the most common are alder, apple, cherry, hickory, maple, oak or pecan, each have their particular intensity and flavor and are paired better with some protein than others.

Another option for adding tang is the generous sprinkling on the coals of fresh herbs such as rosemary or sage. The lush, heady flavor permeates whatever is on the grill but is especially delicious with vegetables, chicken and fish. Branches of rosemary are a favorite of mine when grilling lamb and fresh figs. It's not at every market that I can find purple basil, but the familiar green variety is sold as plants in most grocery outlets. In fact, the flavor difference



See what dishes and glasses you have in your cupboard and come up with a color scheme. Limit to a maximum of two colors if possible, and use your fantasy to make, for instance, a teapot into a vase.

between purple and standard green is so intense, that you might find yourself preferring the milder familiar over the more pungent exotic.

Like all tasty dishes, a Caprese salad starts with the best and freshest ingredients. Ripe tomatoes. Fresh basil. High quality buffalo mozzarella cheese. High quality virgin olive oil. Rock salt is my preference but a good crunchy Kosher will also do. Fresh ground pepper finishes the dish. I've heard of people using vinegar, but I never ate a Caprese served with other than olive oil during my visits to Italy.

CAPRESE SALAD

(as seen in two photos)

INGREDIENTS:

- Ripe tomatoes, either red or heirloom
- Buffalo mozzarella
- Basil leaves. Note: purple basil is much stronger and has a decidedly "licorice" cast. My advice is to chop coarsely and sprinkle lightly, rather than serve whole leaves as with normal basil.
- Virgin olive oil
- Rock or coarse salt
- Fresh ground pepper

ASSEMBLY:

1. Slice the tomatoes either in wedges or rondelles.
2. Slice the mozzarella to same scale as tomato.
3. Place tomatoes on a platter or deep dish.
4. If using wedges, alternate tomato, cheese and basil leaf (unless purple) to form a "chain."
5. If using sliced tomatoes, arrange



The key to a delicious Caprese Salad is freshness and quality of ingredients. Here's what you'll need. Note the purple basil, much more intense than green, and best with chopped leaves rather than whole.



Classic Caprese salad arranged with whole basil leaves.

on the plate in a single layer, with a slice of mozzarella and a basil leaf on each slice.

6. If using purple basil, chop coarsely and sprinkle on top of either wedges or slices.
7. Salt heavily. Note: tomatoes need a lot of salt to bring out flavor.
8. Drizzle generously with olive oil. What settles in the dish becomes the dressing.
9. Grind a very moderate amount of fresh black pepper over the whole.

IMPORTANT: Let the salad sit at least 15 minutes. Half an hour is best, allowing the flavors to meld and creating the wonderful olive oil “dressing” that can be spooned over the Caprese salad when served—or sopped up with fresh or toasted French bread. YUMMY!

Suggested Summer Menu:

- Aperol Spritzes for cocktails
- Corn on the cob, boiled and then grilled at last minute
- Caprese Salad with crusty French bread
- Halibut grilled with apple chips and topped with diced fresh papaya (serve with icy Prosecco) OR NY Strip steaks grilled with mesquite wood chips and sliced 1/4"-1/2" thick (serve with Zinfandel) OR Chicken thighs marinated in equal parts lime juice, olive oil and soy, then grilled on Jack Daniels Bourbon chips (serve with chilled Cote de Provence Rosé)
- Vanilla ice cream with fresh peaches and strawberries (serve with a chilled Moscato)



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.

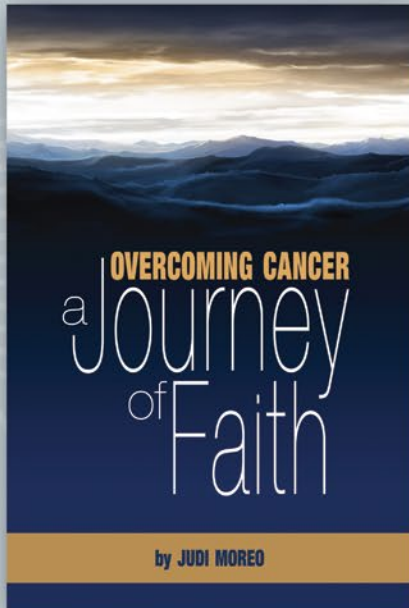
GoreNovels@gmail.com
SLGore.com



Summer's delight is an Aperol Spritz. I first tasted these wonderful concoctions at the Opera House Cafe in Naples Italy. Start with a big wine glass, add lots of ice, a slice of orange, 1 part Aperol, 2 parts Prosecco, finish with 1 part Club Soda and stir with a straw.

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 MEANING OF EMPOWERMENT

BY JAANA HATTON

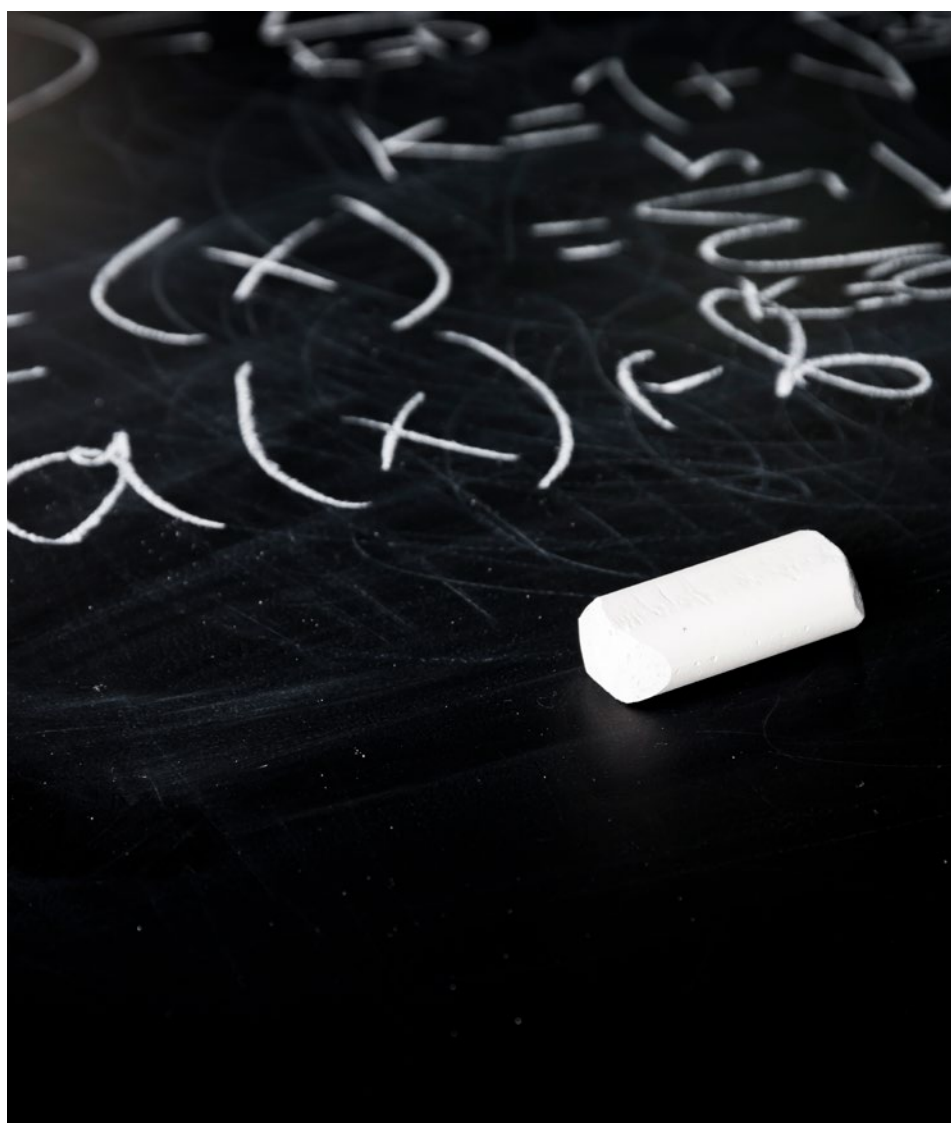
I stared at the word “empowerment” for a long while, trying to determine what the word meant to me. Power — who gives resources to whom? The image of a fairy queen with a magic wand kept dancing in the back of my mind.

Suddenly, I switched the first two letters around, and the answer emerged: “mepowerment”. Empowerment — mepowerment. There is no magic wand to bring about my strengths. It’s a mindset, ours to heed or to ignore.

It’s a shame it took me over fifty years to realize I can be a capable, strong woman and that’s a good thing. Pursuing my own interest and visions doesn’t have to mean pushing others aside and clipping their wings. We can all fly together. There’s power in numbers.

More than anything, I needed to realize that I am the one who has to make the magic happen. I am the fairy queen in my realm. Girls don’t have to be quiet and obedient — girls can rule. Kindly. That is a skill to learn, if anything; how to be in charge of your life while retaining compassion to others. We all have dreams, we all have struggles. I would not want to be the one to get in the way of another’s quest for happiness.

I found my empowerment through community college as I went for my second AA in my life. The first one was thirty



years ago. I took classes in subjects that intimidated me; computer skills especially. There was math, of course, and finally, I even got that! Having been a stay-at home mom all my adult life, this was big time for me. I was learning skills

that applied in life outside the four walls of my abode. Hooray! I waved the magic wand so much my hand hurt, but it was a good kind of pain.

While taking a course in journalism, I

realized it was a perfect fit. Most other classes had been a test-drive, but I immediately loved writing articles about people and events and sharing them. I mentioned this to my English professor and added that I was hoping to work as a free-lance writer. He chuckled and said: "You must not need the money, I guess." Thank you for the support, Dear Teacher.

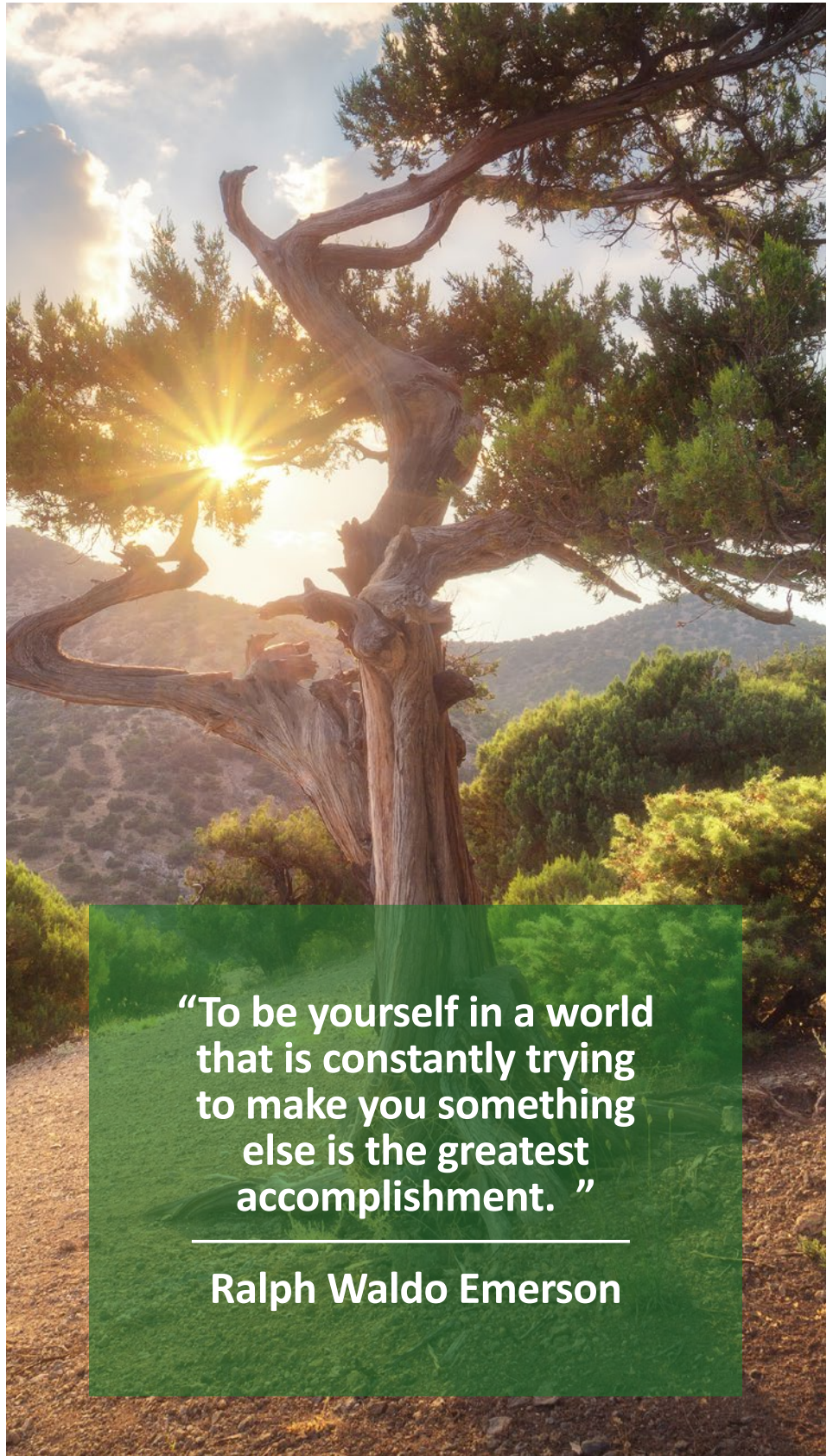
It has been eight years since I graduated. I now write for four different publications regularly as a free-lancer. I am also close to completing my first novel. No, I don't need the money: I am so darn happy doing what I love!



ABOUT THE AUTHOR

Jaana Hatton says, "I have grown from helpless to in charge in my life. It took over 50 years, but the wait was worth it. Attending Community College as middle-aged homemaker I suddenly realized my potential beyond the confines of the home. Now I am a happy free-lance writer."

Jaana may be contacted at:
jaana_hatton@hotmail.com



**"To be yourself in a world
that is constantly trying
to make you something
else is the greatest
accomplishment. "**

Ralph Waldo Emerson

THE BOOK CLUB

BY ANDREA CHESTNUT

“If there are not any opportunities, how can there be possibilities? Without possibilities, how can one be empowered?”

Why do you say that? I believe she meant for us to look deeper than the obvious. I believe the author meant for us to look into the blank spaces and see what might be there, if we look closer.

T

hat might work for you, but I have to deal with reality. I need black and white, not gray blank space to work with!

I am sure you know black and white is what makes gray. Laughter circled the room, the uneasiness settled and back into the book discussion the conversation went.

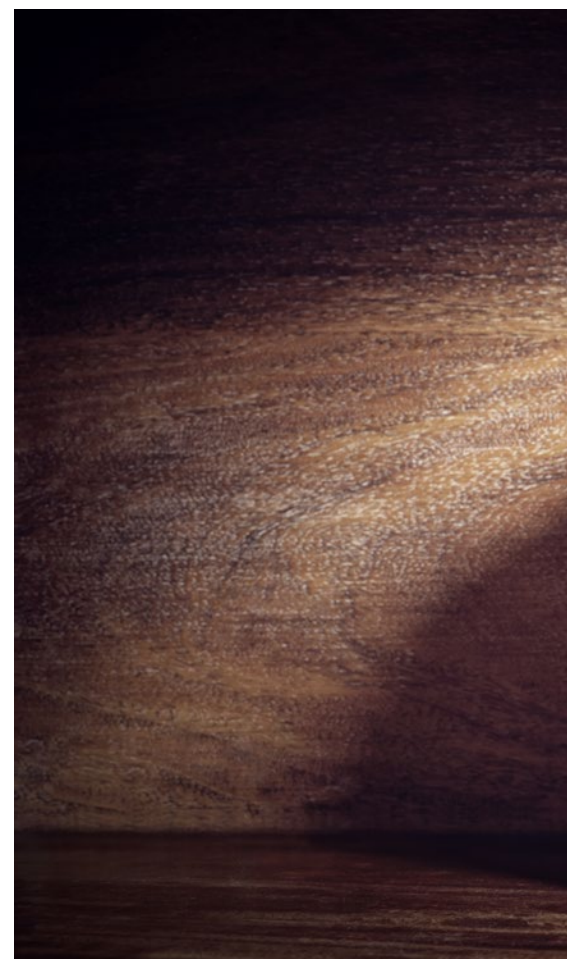
The chatter of the women and their laughter filled the hallway as each woman made her way into the large room. In the far left, back corner, sofas and chairs awaited as though beckoning the women to come and share their thoughts with each other once again.

Few of the women actually knew each other prior to meeting in the book club. The book club had started out with 12 women but had become more of a core group, made up of six to eight on a good day. Each woman being at that so called retired point in

life. The group, other than being at or near the same age, had very little else in common. Or, so they thought.

The group had few hard-core rules except to always choose a book that was uplifting and would challenge status quo thinking. Oh, and do be respectful of each other’s thoughts and opinions please. This usually made for some lively discussions punctuated with laughter. Discussions that slowly, over time turned to sharing life events. Those shared life events took the group into a direction of unspoken greater purpose. The book club had become more than an intellectual sharing of ideas about what the author had meant to say, and more of a time to say what was otherwise unspoken in their day-to-day lives.

The group being made up of a retired nurse or two, a teacher, a shop owner, a retired attorney, a CEO, and other ladies from various backgrounds. These are women who know how to be in charge of their lives. Each woman had



sixty plus years of life experiences and little reservation in sharing their opinions, on everything from the newest and best restaurant to world politics. Having such a well-read group of women together was exciting, but on that day, it all changed.

“If there are not any opportunities, how can there be possibilities? Without possibilities how can one be empowered?” Those questions took the air out of the room. There was a feeling as though the world had stopped for a moment in order to adjust itself. Each woman sat up a little straighter and became noticeably still. That type of stillness that comes from deep reflection. Who, would have the depth, beyond the intellectual boxes of thinking each woman had



designed in her life time, to answer such a question?

The silence was broken by the quietest voice of all. She said, “I always wanted to be a mother. For as long as I can remember, I wanted to be a mother.” Each woman looked a little closer at this lady...wondering what she really meant. She went on to say how she had achieved her nursing degree and had still felt unfulfilled. The opportunity to be a mother had not been there. This statement brought nervous giggles. She went on to say, it was not until she gave herself permission to be a full-time mother that she realized being a mother was what she had always wanted.

In that moment, of giving herself per-

mission to step outside of the expectations other people had for her, she took one of the greatest steps of her life.

Today, she is not only a mother but a grandmother and, yes, she beams all over when sharing her journey. Becoming a mother was not easy. Mainly because of an illness early in her life and doctors saying you will never be able to conceive. But, conceive a child, she did; two, as a matter of fact. It was in that moment, each woman in her own way, realized, opportunity is what we see when we give ourselves the authority and power to be authentic. Empowerment is only one thought away.



ABOUT THE AUTHOR

The writings of Andrea Chestnut have been featured in two Life Choices books: *Life Choices – Navigating Difficult Paths* and *Life Choices – Putting the Pieces Together*.

She is a frequent contributor to *Choices* magazine. Her down-to-earth approach to life makes her a sought after life style coach and speaker for corporate leaders and business owners who are seeking greater freedom in their own lives. In addition to her life style coaching practice, Andrea presently enjoys a life of blue skies and beautiful landscapes while pursuing watercolor painting. She lives in the state of Arkansas and shares the peace and harmony of her life with her life partner, John, and a collection of unique and talented friends.



**Resilient Survivor
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Resilient Survivor

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

BY MARLENE LIVINGSTON CURRY

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

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

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

—Mary Monaghan, author, *Remember Me?*

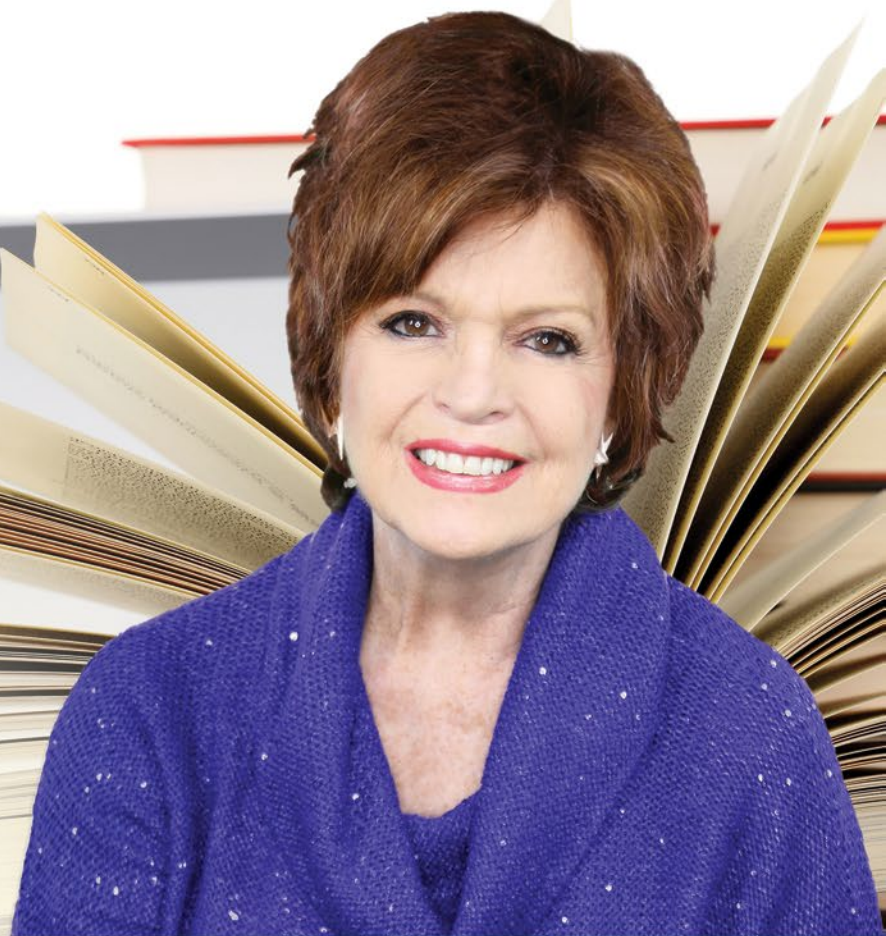
"This is a book I will keep and give to others, to my friends who are grieving. Marlene writes from a calamitous experience and offers advice of various ways of coping with the issues following the death of a loved one."

—Kathie Slaughter, Retired teacher

WWW.MARLENECURRY.COM

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

EMAIL MARLENE
marlene@marlenecurry.com



WORLD OF BOOK REVIEWS *with Judi Moreo*

Moreo reviews books in several categories: Business, Self-Help, Novels, and Children's books.

She analyzes the books on content, style, and merit and makes recommendations for books that will suit your reading needs and preferences.

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- Publisher of the *Life Choices* Book Series
- Publisher of *Choices Magazine*
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CHOICES MAGAZINE
SUMMER ISSUE 2018

A FINAL NOTE FROM JUDI MOREO

One definition of empowerment is “the ability of individuals to take control of their circumstances, exercise power and achieve their own goals, and the process by which they are able to help themselves and others to maximize the quality of their lives.”

Why is it that so many of us don't realize that we are the only ones who can take control of our circumstances and that by doing so, we can achieve our goals? I know when I decide I want something or I want to go somewhere, I find a way to make it happen.

It starts with our thinking. If we think, we can...then we can. That is one way of empowering ourselves. Our thoughts determine what we want. Our actions determine what we get. Think what you want and then take action. Your first action is to make your desires specific and visual. Get a clear picture of what you want. The second action is to make a conscious decision and a plan to get what you want. Don't let fear or negative self-talk hold you back.

When you want something better, you have to do something different than

you are doing now. Make the decision that you will be successful and know that you have the power to create whatever success you want in your life. Then start to take the steps in the direction you want to go. That is self-empowerment.

You can achieve whatever you want to achieve. Go for it!

You are more than enough,

A handwritten signature in white ink that reads "Judi". The signature is elegant and cursive, with a long, flowing tail that loops back under the name.