

CHOICES

AUTUMN 2019

SELF-IMPROVEMENT ISSUE!

10 KEY AREAS THAT WE
CAN CHOOSE TO IMPROVE
OURSELVES IN DAILY!

AN INTERVIEW WITH
SHREE SAINI



OVERCOMING LIFE BLOCK

PARTICIPATE IN THE
FULLNESS AND RICHNESS
OF YOUR LIFE STORY



REMODELING YOUR LIFE

THREE TOOLS YOU MUST
HAVE TO RE-DO YOU



YOU WERE MADE FOR MORE

WHY YOU SHOULD APPROACH
NEW OPPORTUNITIES WITH AN
OPEN MIND

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FROM THE EDITOR

Did you think you would be more successful by now? Are you disappointed and discouraged with where you are or where you seem to be headed? Do you feel like you were created for something more?

If so, you are not alone. As I travel around the world speaking to groups of 50 to 3000 people, I ask those questions and about 75% of the audience raise their hands.

Why do so many people feel like we just aren't enough? If you feel this way, why? What do you need to do differently?

As so many of you know, self-improvement has been my passion for as long as I can remember. When I owned Universal Models

Finishing & Modeling School, it was the self-improvement and personal development students who were my favorite. They were always looking to do better, have better, be better. I so enjoy people who want to be the best they can be and are willing to take the steps and do the work to get there.

That's why I appreciate you so much. Readers of our magazine are people who are interested in being the best you can be. And, our writers are attempting to give you tips, ideas, and techniques to help you do exactly that. I am sure you will enjoy the variety of articles we have for you in this issue.

It is our goal to introduce you to skills which will make your life a little easier, a bit more successful, and a great deal more satisfying. It is our hope that in our articles, you will find the support and encouragement that will assist you in becoming the person you know you can be.

You can do this! You are more than enough,

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SELF-IMPROVEMENT IS A CHOICE

BY JUDI MOREO

When it comes to self-improvement, there are a few basics skills you should not only have, but work on improving daily and mastering over time. Make the choice to improve yourself in each of the following skills and they will greatly increase your chances of reaching your goals and making great things happen in your life. Let's quickly run through the list.

Self-Improvement Skill #1 Goal Setting

Your goals are your roadmap and compass. Without a goal, it's hard to know what you should be working on or when you've succeeded. Always start by setting a well-defined goal and put a deadline on it.

Self-Improvement Skill #2 Decision Making

A big part of being successful is making the right decisions. What path should you take, what should you work on next. Those are important choices that influence all aspects of your life. Get comfortable making decisions and learn what you can do to pick the right



one. Practice and experience are great teachers here.

Self-Improvement Skill #3 Time Management

Time is our most limited resource. To make the most of it, we must get good at prioritization. That's what time management is really all about. It's deciding what's most important and what will have the biggest impact. Then you figure out how to make it happen in the most time efficient manner.

Self-Improvement Skill #4 Organization

If you're unorganized, it's hard to figure out what needs to happen next. It's also a huge time waster to look around for bits and pieces. Make getting and staying organized a priority, and you'll be amazed at how much more you can get done.

Self-Improvement Skill #5 Focus

Our world is full of distractions. Being able to tune everything else out and

work on one task at a time is important. It's what focus is all about.

Self-Improvement Skill #6 Discipline

Discipline is one of your most important skills. Improvement comes when you consistently work toward your goals, when you do the things that are hard or that need to be done, even when you don't feel like it. Do something to move you forward every day.

Self-Improvement Skill #7 Effective Communication

No one succeeds alone. Being able to communicate effectively (both when speaking and in writing) helps us work better and more efficiently with others. Clear communication also prevents misunderstandings, which can be a drain on time and energy.

Self-Improvement Skill #8 Networking

Success will come much faster if you're able to leverage other people around

you. Network so you have a group of people you can ask for feedback, advice, and support. They can help you avoid mistakes and introduce you to others who can help you along the way.

Self-Improvement Skill #9 Positivity

Staying positive seems like such an ethereal concept, but being able to keep up a good attitude has a big impact on your overall success and quality of life. You'll have more fun and stay more motivated when you can tap into positivity. Look for the good in anything that happens along your journey.

Self-Improvement Skill #10 Patience

Last but not least, you need to embrace patience. Success doesn't happen overnight. You have to be in this for the long run, improving yourself daily. Learn to be patient and celebrate your little successes along the way.

It's your choice!



ABOUT THE AUTHOR

Judi Moreo is the author of *You Are More Than Enough: Every Woman's Guide to Purpose, Passion, and Power*, and it's companion, *Achievement Journal*. She is an award-winning businesswoman and motivational speaker. Her superb talent for customizing programs to meet organizational needs has gained her a prestigious following around the world. Her passion for living an extraordinary life is mirrored in her zeal for helping others realize their potential and achieve their goals. With her dynamic personality and style, she is an unforgettable speaker and inspiring motivator.

You can contact Judi Moreo at:
judi@judimoreo.com





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For more information, call Turning Point International at (702) 283-4567 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.

ON THE COVER SHREE SAINI

REACHING GOALS BY BEING BETTER, NOT BITTER

BY JAANA HATTON

Shree Saini was the object of bullying throughout her teenage years. It was mental agony for her, but the young girl didn't let the harsh words and actions of others define her. Shree endured it all, believing in herself and positivity. In the end, it led to her being chosen Miss India Worldwide in 2018.

The Saini family moved to the United States from India's Punjab region when Shree was only three years old. They lived on both coasts and many places in between before settling down in the city of Moses Lake, Washington. Shree spent her school years there, being bullied from middle school onwards. She was different in appearance and her school mates excluded her both in words and actions.

Being made an outcast is hard, especially in the teenage years when belonging is what most young people look for. Shree could have become bitter, but instead, she chose to be better. She didn't reduce herself to the aggressive mentality of the bullies but rather, rose above it all and grew stronger from the adversity. At home, her parents had taught her to practice "charity of spirit," to highlight the good in others.



With a mindset of doing good, Shree began submitting inspirational messages to the local newspaper, the *Columbia Basin Herald*, becoming an advocate for others who were suffering from the meanness of peers.

One of Shree's happy outlets had always been ballet. She started studying it at a young age, but nobody knew at the time that she would have an extra obstacle to clear: a heart condition. Her heart had been defective since birth, an ailment that had somehow escaped every doctor's examination.

At twelve years old, she had an operation to receive a pacemaker.

"Before the surgery, her heart was doing less than 20 beats a minute (instead of the normal 60.)" her mother, Ekta Saini, said. "After the surgery, she had to have her arm tied to her chest during recovery, which led to other problems." Having a pacemaker led to more bullying at school, but problems and adversaries didn't slow her down one bit. She excelled in ballet.

Bullying and the heart condition were not all Shree was going to have to

conquer. There was more trouble to come.

The family had moved to George, Washington by the time Shree was in high-school. Ekta Saini recalls one frightening night when Shree could have been killed on her way back from a school function. "It was December and dark. Shree drove across some black ice and her car flipped over."

The accident took place only a mile and a half from the family's home. Despite the horrific burn injuries to her face from the accident, Shree walked home.



A year later, Shree entered a beauty pageant, and continued to do so in the consecutive years. She won many titles, the most recent of which is Miss India Worldwide.

Along the way, Shree has had many mentors, the most prevalent of them being her mother who instilled in her daughter the appreciation of an education and of other people.

On June 15, 2019, Shree graduated from the University of Washington with Bachelor's degrees in Journalism and Business.

"She is going to take a year off to do inspirational speaking engagements," Ekta Saini explained. "Shree would like to have her own talk-show, like Oprah Winfrey."

Shree's strong will and positivity had always been obvious to her parents, but even so, there was a surprise left in her on her nineteenth birthday. She wanted to go to Calcutta, India, not Seattle for a rock-concert or a shopping spree, but to India to visit the Mother Theresa Ministries. Her parents agreed to the journey and later said it had matured their daughter.

Shree may look up to Oprah Winfrey as a talk-show hostess, but she finds something even more profound in Mother Theresa's work, a kind ambition to help.

This past year has been demanding for Shree, having juggled her studies and the Miss India Worldwide engagements simultaneously. She has visited four countries, eleven states and seventy cities in less than a year. Shree submitted many of her academic papers from the

airport, just minutes before the gates to her flight closed.

Shree has used her time in the limelight not to endorse herself, but to be a spokeswoman for those suffering from bullying and to speak against human trafficking.

According to Ekta Saini, her daughter was always a loving child, easily giving hugs to anyone. It seems Shree hasn't changed all that much as she continues to embrace the world with kindness.

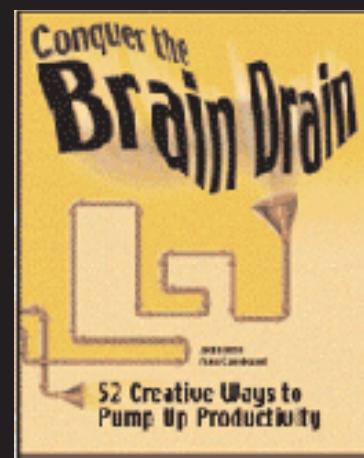
For more information and inspiration, go to www.shreesaini.com.



ABOUT THE AUTHOR

Jaana Hatton is a freelance journalist who was born in Finland. 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 where she writes for several local newspapers and magazines.

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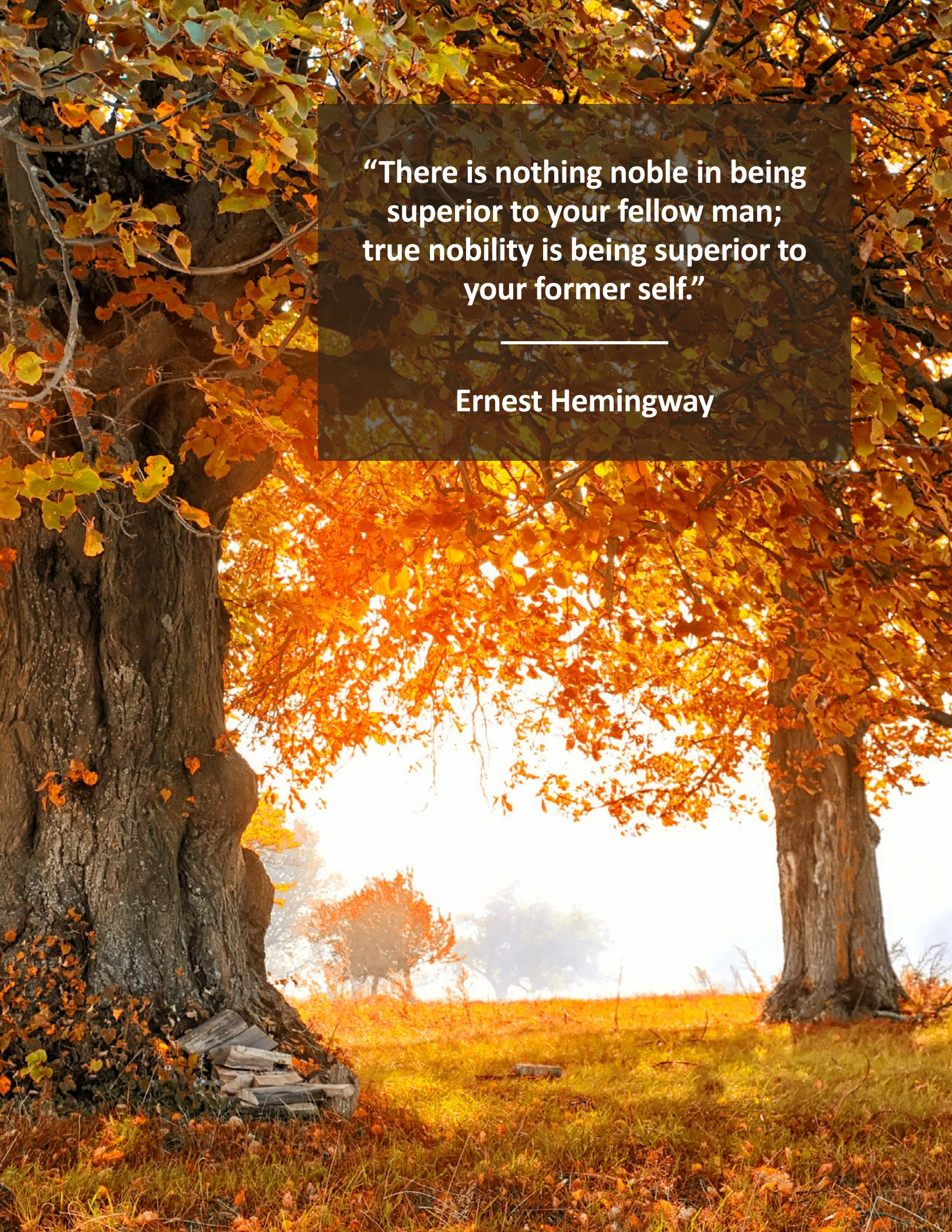
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A large, ancient-looking tree with a thick, textured trunk stands on the left side of the frame. Its branches are covered in dense foliage of bright orange and yellow leaves, some of which are falling onto the ground. The ground is covered in a layer of dry grass and fallen leaves. In the background, another large tree is visible, and the sky is a pale, hazy blue. The overall scene is a beautiful autumn landscape.

**“There is nothing noble in being
superior to your fellow man;
true nobility is being superior to
your former self.”**

Ernest Hemingway



REMODELING YOU: THREE TOOLS YOU MUST HAVE TO RE-DO YOU

BY HOLLY DUCKWORTH



How do you feel about home remodeling projects, things like adding a deck, changing cabinets, hanging light fixtures? This says something about how you do life remodeling. When I walk around the aisles of my local home improvement store, I can tell the men and women who love home improvement, and those who don't. I love talking to them to see what inspires them. I often learn through conversations with them how they approach

home improvement is the same way they wander the aisles of self-improvement projects. If you don't like home remodeling you may not like life remodeling. Of course, there are exceptions to every "rule." No matter what you decide, fall is often a time for wandering the aisles of self-improvement. By aisles of self-improvement I mean classes, bookstores, workshops and seminars... all the ways we find self-help work.

I like small remodeling projects. I like sprucing up my home with new things.

I create a vision in my mind of what is possible, then bring it to reality. Each fall, I love the feeling of back to school. It's my time to remodel myself in small ways.

John C. Maxwell said, "Change is inevitable. Growth is optional." In home remodeling some things are unavoidable. For example, if you live in a home long enough, you will have to replace the carpet. Kind of like life, as you live in your body eventually you need a little remodeling in thoughts, beliefs or actions.

Growth, as Maxwell states, is optional. We all have the choice to grow or not grow. As a reader of *Choices* magazine, I know you are choosing to grow and change from that place of knowing you have lots of options.

As I remodel my home and my life, I shop to put a few new tools in my tool belt. Here are tools you may want to put in your tool belt as you remodel.

Tool #1: Instruction manuals. This fall, pick up a book or two to inspire your remodel. My book, *Everyday Mindfulness: From Chaos to Calm in a Crazy World*, is a short daily reader to set a daily intention.

Tool #2: Choose a hammer, a hatchet or shovel. Where am I going with this? You would not plant a garden without

taking out last year's weeds. Why are you building your self-improvement on top of last year's thoughts, beliefs, and actions? Get the equivalent in the self-help world. Pick up a pen and start writing in a journal. Think about what is working, what is not working and what you want to remodel in your life. Use the power of your pen (hatchet,) to cut away the ideas and stories that no longer serve you.

Tool #3: Pick up a few basic adhesives to rebuild. Think of these as nails, screws or glue...the things that hold your remodeled life together. Each fall, I revisit the vision board I made the previous December. I celebrate what has been completed. It's never too late in the year to create a vision board. Pick out a few images and make a vision board of your own.

Self-improvement, like home improvement, is better when shared with a friend. This fall, find a friend, join a book club, create a vision board, learn a new skill. Mindfully take down something you no longer like about your life and replace it with a new vision. If you are looking for a mentor to help, fall is a great time to hire a coach.

At the pace of life and change today, self-improvement is no longer inevitable or optional. Put on your tool belt, grab a friend and grow on.



ABOUT THE AUTHOR

Holly Duckworth, LSP, CAE, CMP, known as the C-Suite Network Advisor on *Mindfulness in the Workplace*, unleashes human potential through mindfulness techniques. She helps stressed-out leaders find and sustain greater focus, clarity, and inner peace, resulting in a more grounded and powerful presence and enhanced profits. She focuses on the Inner Game as a keynote speaker, facilitator, and coach as an applied mindful leadership advisor. She is a published and award-winning author and a contributor to the *New York Times*, Producer/Host of *Everyday Mindfulness*. She lives in Denver, Colorado. Learn more at www.hollyduckworth.com





Your Fast Track Guide to

Writing & Launching Your Book

By Judi Moreo

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Writing and publishing a book can give you huge exposure and help you establish expertise and authority in your market when done right. When it comes to creating and launching your book, it may be tempting to just dive into the world of writing and publishing. But this can leave you feeling scattered, uncertain of your message, and overwhelmed by your to-do list. This is why so many people give up and books go unpublished.

Planning is the answer and that's exactly what this ecourse will help you do every step of the way. When you have a plan in place for how you'll write, publish and market your book, the process is much more enjoyable and achievable.

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A man with a beard and glasses, wearing a white shirt and a dark vest, is seated at a desk. He is looking out of a large, multi-paned window. His hands are clasped near his chin in a thoughtful pose. On the desk in front of him is a vintage typewriter. The background shows a blurred view of buildings outside the window.

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their minds cannot change
anything.”**

George Bernard Shaw

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WHEN IS ENOUGH, ENOUGH?

BY JOAN S. PECK

We live in an environment that continually reminds us that we're *not* enough—that we need to have more and be more—and it's up to us to improve ourselves to become someone other than who we are at the moment. We're either too fat or too skinny, too smart or too dumb, too rich or too poor, too white or too black. We're never enough.

In current times, it's impossible to go through a day without some advertisement or person telling us that we need to change our circumstances to reflect what a "successful" person has or does. We are inundated from all angles of media announcing that if we only would do this or that, our lives would become happy and successful.

Why have we shoved aside the idea that life is good as it is? That we don't have

to be Oprah to live a rich life? That in order to be happy, we have to be a millionaire? That in order to be beautiful, we need plastic surgery? That in order to be generous, our gifts need to be expensive and showy?

Not too long ago, I had an experience that touched me in a way few have. I was living in Boston at the time, and I was running late to meet my friend at the train station. I quickly grabbed my keys,

locked my apartment, and raced toward the station, which was within walking distance. On my way, I was stopped by a minister dressed in black, holding a tin can with a sign wrapped around it that read, *Help the Poor*. I hesitated long enough to search my pockets for money, and it was then that I realized I'd left my wallet at home. "I'm so sorry, but I have no money," I said to him.

Immediately, he held his can toward me. "Here, do you need any?" he offered. It was a flash of complete understanding for me of what it meant to share *all* you have with someone else. I can still envision every nuance of what hap-

pened that day, and I'm grateful for that experience. That small gesture of the minister's willingness to share what he had with me was a more generous act than a million dollars from a billionaire would have been. It was not the money amount of the minister's offer that humbled me but what it represented.

So, is it wrong to want more in life? Absolutely not. It's okay to want and strive for more in life like all the media suggests we should do, but what I learned from my Boston experience was that in order to receive you need to be able to give ... with the right perspective.

In order to be successful on your journey for creating more, it only works if you don't negate the positive of what is already in place. For example, if I want to have more money in my life, I can't think of the money I already have as not enough or as a lack because then I'd only create more lack. What's stopping us from all that we want? In my mind the issue is what is being thrown at us each day from so many sources that continually tells us it is *never* enough. So I ask you, dear reader – when is enough, enough?

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."

Melody Beattie



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 Choice book series. She also writes for Recovery Today and Chic Compass magazines.

Her latest authoring is the Death Card Mystery Series. "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."

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**"Gratitude turns what we
have into enough."**

Aesop





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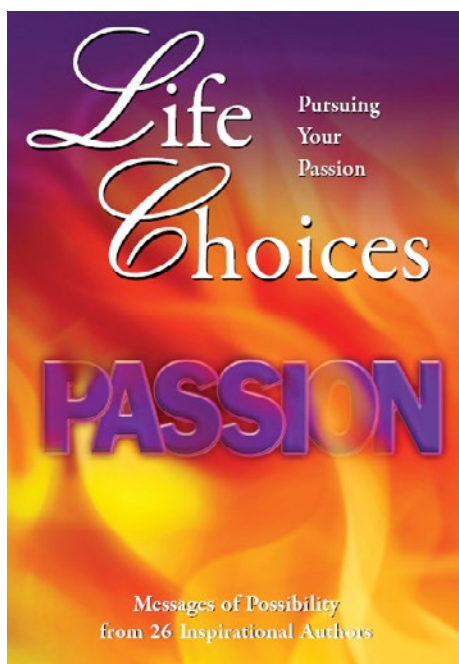
The Life Choices books are a series in which real people share their stories of overcoming obstacles, putting lives back together and following their passions to create successful, significant lives.

LIFE CHOICES SERIES

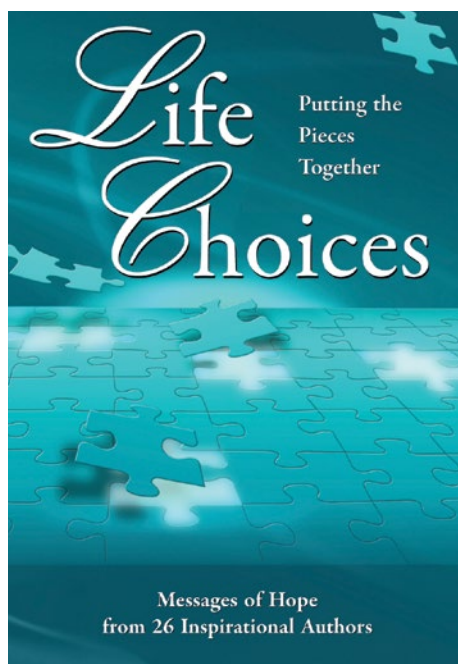
While the stories shared differ in context, they share a common thread of courage, hope and fulfilment. No matter what obstacles you encounter, or how many pieces your life is in, there is a way to find a new path, make a new choice, follow your passion and create a better life.

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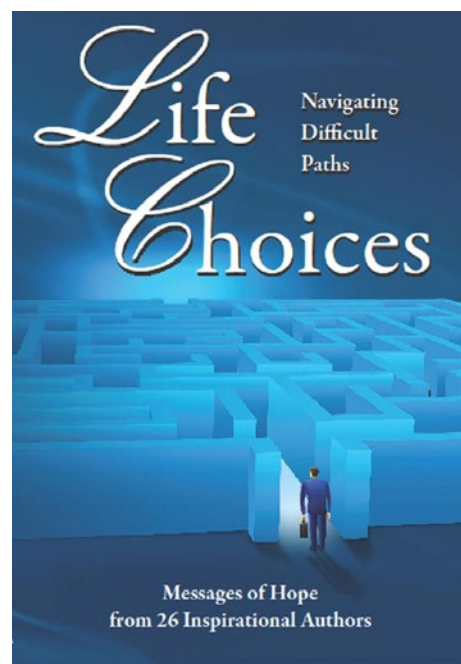
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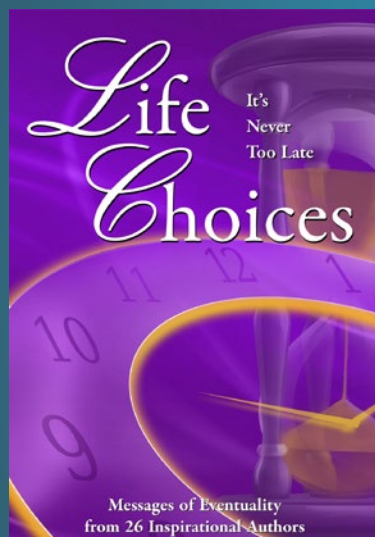
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible - READ THIS BOOK. Twenty-six authors share with you how they pursued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



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



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



LIFE CHOICES SERIES

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.



SELF-IMPROVEMENT THROUGH MINDFULNESS

BY JUDI MOREO

Mindfulness is a hot topic right now and for a good reason. Mindfulness has been shown to have a range of benefits and can improve your physical, mental and emotional health. Whether you want to practice mindfulness to help you deal better with stress or to help you live a more positive life, you're likely to have lots of questions.

Here are some answers to the most common questions people have about mindfulness.

1. How do I do it?

The short answer is that you can practice mindfulness and meditation in the way that suits you best. Some people enjoy traditional meditation, sitting in silence on a cushion. Other people use guided

meditations on their smartphones or computers. It's important to integrate mindfulness into your everyday activities, taking the time to be genuinely aware of the present moment. You can even practice mindful walking. The best way to practice mindfulness is the way that feels right to you.

2. How do I breathe properly?

You may feel like you should force your breath into some pattern or control it in some way, such as trying to slow it down. But that's not necessary. It's best just to feel and experience your breath. As you begin to relax, your breathing will naturally slow down and regulate on its own. Try not to judge yourself for not doing it 'right.' Don't try to control or channel your breath, instead keep observing and allowing. Simply let the breath breathe you.

3. How do I stop my mind wandering?

If you find a way, let me know! It's natural for your mind to wander or be distracted. Our mind thinks. That's its job! Even highly experienced mindfulness practitioners have wandering minds! Everyone does!

Most of us spend our days worrying about the future or brooding over the past. We don't often stay in the present, but it is the way to inner peace and calm. Be kind to yourself and don't judge your mind for falling back into familiar patterns of thinking. Bring your attention back to the present and use your breath to keep bringing your attention back to focus on the here and now.

4. How do I find the time for mindfulness?

This one's easy! You don't have to set aside special time to bring mindfulness into your life. In fact, you can enhance your formal meditation time by integrating mindfulness practice wherever you are. You can use these prompts throughout the day to return your attention to the present moment and take some deep conscious breaths:

- In the shower
- During your daily commute
- Waiting in line, or for an elevator, or for a meeting to start
- Before you start your car
- While you're booting up your computer or opening your inbox
- While you're waiting for your coffee
- Before answering the phone

Take advantage of all these 'lost moments' in your day to turn them into mindful moments which will increase your self-esteem, add to your self-image, and enhance the quality of your life.



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Global Women's Peace Network // Photo courtesy of Graeme Carmichael

SOUTHWEST LAUNCH OF THE GLOBAL WOMEN'S PEACE NETWORK IN THE USA

BY KIYOMI SCHMIDT, OUTREACH COORDINATOR

Do you think that women need to play a role in peacemaking? This is one of the questions answered during the Global Women's Peace Network (GWPN) conference recently held in Las Vegas. GWPN is a project of Women's Federation for World Peace (WFWP) International.

WFWP USA is currently in the process of launching this GWPN in all five regions across the United States by the end of this year, identifying key contributors in the community who can ignite the GWPN from the ground up. Each of

these inaugural gatherings build upon past successes of the network, and this third regional GWPN launch that recently took place in the Southwest region was no exception. The Southwest launch titled "Women as the Turning Point for Peace," was held in conjunction with the #peacestartswithme movement and Unity Rally, featuring keynote speaker, Dr. Hak Ja Han Moon, Women's Federation for World Peace Co-Founder.

Opening Session - Day One

The "Women as the Turning Point for Peace" program began the evening of June 21, at the MGM Grand Hotel in Las Vegas, Nevada. A total of 90 women

and supporting gentlemen from the Southwest region and beyond entered, bright-eyed with anticipation to take part in this significant and momentous occasion. Mistress of Ceremonies for the opening session, Laura Hornbeck, Southwest Region Co-Director of WFWP USA, authentically infused southern flavor into the program with her sweet Texas charm, wit, and poise.

The magnitude of the occasion was marked by congratulatory remarks and proclamations throughout the Southwest Region. Hon. Joy I. Garratt of the New Mexico House of Representatives emphasized the need

for women's voices to rise and addressed how our experiences as women and mothers equip us to build this needed network for the sake of our families and communities. She quoted Co-founder Mother Moon in saying, "Women's Federation for World Peace recognizes that the moral and spiritual roots of this great nation are still alive. Let us help each other. Let us commit our time, let us share our ideas and our strengths to accomplish this noble cause." Sera Hirano, Chairwoman of the WFWP USA Greater Las Vegas Chapter, then highlighted each of the remaining proclamations from Boulder City and Henderson, Nevada, expanding all the way to Arvada, Colorado. This was followed by Congratulatory remarks from WFWP International President Julia H. Moon, as earnestly read by Shirley Chimes, Southwest Region Co-Director of WFWP USA. President Moon encouraged us to work together in every field to bring a cultural revolution grounded in heart.

These remarks were followed by the foundational explanation of the purpose, goals, heart, and spirit of the Global Women's Peace Network, as



Photo courtesy of Graeme Carmichael

presented with divine depth and clarity by WFWP USA President Angelika Selle. President Selle unearthed how women play a central role in God's providence, to use our motherly hearts to build a heavenly family and community, and to ultimately realize the goal of one global family. And to do this, we must be guided towards interdependence and shifting our consciousness from me to we, mutual prosperity void of poverty and

with access to essentials and education for all, universally shared values of living for the sake of others and affirming our Creator as the source of peace. Each of us were called to strengthen ourselves as peace leaders to effect positive change in our current culture and in all sectors of society.

Before a short break and networking, Stephanie Thompson, a classically trained inspirational pop singer/songwriter, actress, and host of "Behind the Entertainment Scene" TV Show, shifted our awareness from our minds to our hearts, with her breathtaking rendition of "Wind Beneath My Wings."

The first evening of our program culminated with the honoring of three HerStory awardees and one special recognition, each for their outstanding contributions to peace and for reminding us that every woman is capable of extraordinary things.

After receiving her HerStory Award, Hon. Joy I. Garratt of the New Mexico



Photo courtesy of Sylvia Boisel



Photo courtesy of Sylvia Boisel

House of Representatives shared quick empowering stories on perseverance and not letting anyone dim her voice. Even though she lost her first election, she won the second time around, and those who wouldn't give her the time of day began treating her with respect and listening to her. She was the same woman, with the same ideas, but now they were being taken seriously.

HerStory recipient Dr. Ayele Amavigan Labante, Founder and CEO of the Hidden Talent Foundation attributed the award to her parents who never received an education. As a mother and educator, she shares how her son, who came from another country and did not know English, was bullied in school. She convinced him to pray for the bullies and told him they were singling him out because they were not as smart as him. Over time he came to believe that he really was smart, and worked to become his high school valedictorian, a graduate of Stanford University, and is now pursuing his masters at Harvard University.

The final HerStory awardee, Ms. Judi Moreo, author, international speaker, and President of Turning Point International, Inc., shared incredible life lessons with us, including her Las Vegas Philosophy for Success that captured the whole audience: "If you can do

these five things well, you can achieve most anything. You must learn to: Drink. Swear. Steal. Bet. And Lie."

She continued: "**Drink** from the fountain of opportunity and remember opportunity most often disguises itself as a challenge, a problem, or a difficult situation. **Swear** to make each day a little better by maintaining a positive attitude and saying positive things to those around you. **Steal** a little time for family and positive people, giving them your best version of you. Steal a little time for yourself as well to take care of yourself and replenish your soul. **Bet** on yourself, as we were created for success. None of us were created for failure. We were designed to be our best selves and make a difference in this world. And if you do these things, it will be so easy to **Lie** down at night and thank God for this wonderful opportunity we call life."

Shirley Chimes received a special recognition for her continuous support of WFWP since its founding in 1992. Upon acceptance, she shared a moving



Photo courtesy of Sylvia Boisel

story imprinted from childhood that lasted a lifetime. After watching the movie, Bambi, she could never forget the scene where he lost his mother and was knocked down amidst a fire, but his father urged, "Bambi, you must get up!" And he did. Many years later. Mrs. Chimes experienced the misfortune and blessing to be in a coma for five days. When she woke up all she could do was lay and pray, day-after-day, month-after-month. But she kept hearing this voice inside her that said she must get up! To this day, she does not let anybody or anything blow out her light.

Ending the day on such an inspiring note, participants did not want to leave, but continued to connect, laugh, make new friendships, and share their experiences with one another.

Plenary Session and Signing of Declaration - Day Two

By the following morning we were refreshed inside and out, ready to take the next steps of this journey together. We were in experienced hands as Mistress of Ceremonies, WFWP USA Schools of Africa Coordinator Fannie Smith, guided the program and conversation, and kept us on our toes.

We were graced with the presence of Dr. Gayle Anderson, International Protocol Officer from the City of Las Vegas, who read Congratulatory Remarks from Las Vegas Mayor, Carolyn Goodman. Mayor Goodman's message acknowledged our worthwhile goal and endeavor to bring together people from all over the world from different sectors of life, to promote peaceful cooperation, mutual respect, and prosperity for all!

This greeting was followed by a special message from Dr. Ki Hoon Kim,

Continental Director of the Family Federation for a Heavenly USA. He shared about his travels in the past year across many continents with Mother Moon and how she spoke on the fundamental foundation for world peace: creating loving families connected with God. Dr. Kim then primed us for the exciting *Peace Starts With Me* unity rally we would be attending in the afternoon which would continue this message for peace and revive families across America.

WFWP USA President Angelika Selle highlighted 3 points that inspire her and keep her energized in WFWP. These include:

1. The vision of One Global Family based on interdependence, mutual prosperity and universal values
2. The philosophy of Living for the Sake of Others centering on our Divine Creator, and a feminine versus feminist type of leadership
3. Founders example and lifestyle

Based on the fact that the Founders have been able to show us an example of peace leadership through their lifestyle, President Selle has experienced that peace is actually possible, starting with ME and US.

The deeper heart and motive of the founders behind this unique network shared throughout the conference was then expanded upon by each of the four accomplished women panelists based on their respective fields. Activist Alisa Ellis of the Utah State Board of Education presented on "Mothers as Peace Leaders in Marriage and the Family." Mrs. Ellis empowered us to continue our work to protect our children and our families, no matter how unpopular the opinion may be. She shared of

being mocked and scorned as a minority standing for the family, but she continues on, encouraging us to remember our God-given powers for accomplishment. She sees, more than ever, that mothers and families are needed to provide a refuge from the storm of current culture. America continues to make policies that disrupt the family, instead of building up the family and providing resources for parents to empower, engage, and educate our kids. She encouraged us to stand strong and teach our children their divine destiny.

Many were inspired by the self-less work of our second panelist, Natalie Larrison of the Syrian Emergency Task Force. She presented on "Raising the Next Generation of Peace." A few years ago, a documentary on Syria called "Red Lines" hit her heart deeply, and she felt called by God to do something about it. She shared how 11 million Syrians, half of the population, have been displaced over the past eight and a half years, making it one of the worst devastations in our lifetime. Ms. Larrison helped found the Wisdom House Working Group that has built a kindergarten underground for orphans, as well as a women's center. She works with students in Arkansas to provide Letters of Hope, videos, and more for the families in Syria, and her students learn that no matter where they are, they are not helpless. They have the power and desire to make a difference and for that she continues to have faith in this next generation.

Dr. Ayele E. Amavigan Labante is an African born activist, American citizen, social justice advocate, international social worker, international educator, a coach, and a business consultant. She was asked to share about self-care based on her experience as a social worker and lifting others up. In her



Photo courtesy of Sylvia Boisel

presentation, she highlighted how to invest in the mind through regulation and maintenance, the need to treat our bodies well through exercise and nutrition, and to be courageous in our actions through our honesty and standing up for what we believe in. When you treat each aspect with care, you will be equipped to take on the world.

Our fourth and final panelist is our amazing one-of-a-kind WFWP USA Special Liaison Officer, Aimmee Kodachian, host of the Empowering Humanity TV Show, who has made it her life's work to inspire and show others they can achieve anything they put their minds to. Not only did she speak during the conference, but also promoted the festivities to her friends and contacts and through social media, and hosted interviews about it with President Selle on her TV show, resulting in an incredible new reach to women leaders in Las Vegas. Mrs. Kodachian spoke during the conference on the Importance of Feminine Leadership and allowing our feminine energy to shine. Instead of allowing unsupportive women, colleagues, or

family members to keep us down, we have to remember to step up and shine. We are unique. We are creators. And we are a gift to the world!

The formal conference concluded with an inaugural declaration signing, followed by a performance of "Colors of the Wind" by Maya Jackson, who has received both a Bachelor's degree and a Master's degree in Music. Her performance brought us to our feet in standing ovation, and our hearts were ready to join Mother Moon in the huge Marquee Ballroom next door for the *Peace Starts With Me* unity rally.

In the heat of the day, our Global Women's Peace Network attendees moved across an open walkway to the adjacent Marquee Ballroom for the rally joining thousands of regionally located activists, NGO representatives, faith leaders, and youth groups to celebrate harmony and peace. Grammy award-winning and nominated artists and dancers filled the ballroom to the brim with energy and excitement before hearing from the keynote speaker,

WFWP Founder, Dr. Hak Ja Han Moon, the "Mother of Peace." She boldly stated that, "America is in the position to create positive change... the time has come to welcome God as the true owner. This is the key for Earth and humanity to be healed."

A well-deserved and special thank you goes to Pedro Diaz and Sylvie Boisel for their photographs, and to all the volunteers, contributors, WFWP representatives, and staff who gave of their time and resources to make this incredible event happen! You are the peacemakers!

**The Global Women's Peace Network (GWPN), a project of Women's Federation for World Peace (WFWP), empowers leaders, organizations, and governments to actively encompass the qualities of peace leadership, and join together utilizing each other's strengths to solve pressing social issues, secure an environment for equitable human development, and to ensure lasting peace and prosperity for generations to come.*

**“Make the most of yourself....
for that is all there is of you.”**

Ralph Waldo Emerson





BETTER YOUR BRAND, BETTER YOUR BUSINESS

BY CHRISTINA DAVES

M

y phone rang last week with one of my newest clients. He said, “Christina, we can’t work together anymore.” I was crushed! “What do you mean? Things are going so great!” He said, “Exactly! You positioned me so well with my branding that my company was bought out by my biggest competitor and they made me a partner.”

I was just helping him look consistent and credible so when the media checked him out to use him as a source, he checked out. This shows you how

powerful your brand is in today’s marketplace and why it’s important to have a consistent brand to grow your business.

What is Your Brand?

It used to be that people worked with companies. Now people want to work with people. Some things to think about are: Is your brand consistent with your authentic self and your messaging? Does your brand allow people to relate to you? Even if you are part of a company, it’s important to create a personal brand of you.

Is your messaging on target with your customers?

Are the images you’re using and the messaging you’re putting out consistent with who your ideal client or customer is? I worked with a real estate agent recently who specialized in first time home buyers but all of his imagery was from homes that were multi-million dollar homes. That actually creates a negative feeling for those potential customers and will likely turn them away thinking that type of agent couldn’t help them.

Make sure your branding is on the mark

for the types of people you want to work with.

Is your “look” consistent?

When someone goes to your website and all of your individual social media sites, are you using the same pictures, colors, fonts, and messaging? As mentioned above, make sure everything is consistent with your ideal client or customer and then make sure it's consistent on your website and social media platforms. Use the same imagery, the same fonts, and the same colors so people know that it's you.

Is it YOU?

Are the pictures of you consistent with how you look today? I see this time and time again that people are using dated headshots of themselves. I actually hear all the time, “WOW! You really look like your picture.” Remember, people want to work with people. Make sure your personal imagery is really YOU.



Are you being authentic?

Is your messaging authentic to who you are? Be real. Be who YOU are. Don't pretend to be someone else. There are plenty of people who want to work with YOU. Let people know who you are through your blogs, your posts and your videos and be that authentic person when they meet you.

Content Marketing Strategy

Last but not least, make sure the content you put on your website, blog, and social media is consistent for your ideal customers and clients. Make sure you address any concerns that you've heard about your industry. Give them what THEY want, to show that you are their ideal partner.

Your brand really is your business so make sure you are on brand with who you really are and who you want to work with.

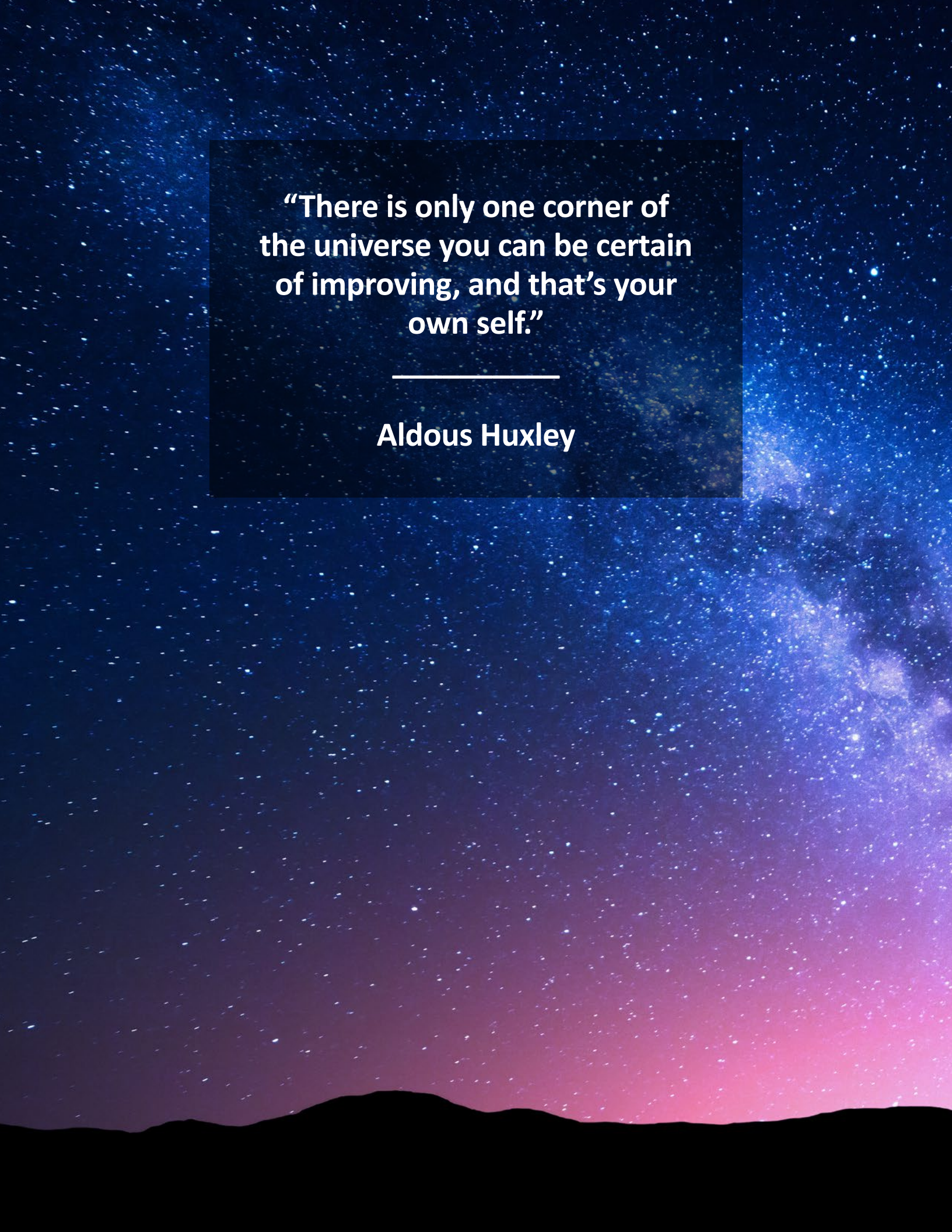


ABOUT THE AUTHOR

Christina Daves is a do-it-yourself Publicity Strategist. She is the best-selling author of, *PR for Anyone™ - 100+ Affordable Ways to Easily Create Buzz for Your Business*, that shares her journey of getting exposure for a product she invented.

Christina taught herself everything she could about generating her own publicity. She has appeared in over 1,000 local and national media outlets including: *The Steve Harvey Show*, *Dr. Oz*, *The TODAY Show*, local affiliates of *NBC*, *ABC*, *CBS*, and *FOX*, magazines such as, *Forbes*, *Success* and *Entrepreneur*, *Sirius XM Radio*, *The Washington Post*, and many more. She also has a regular segment on *Good Morning Washington*.

Last year alone, Christina, together with her clients, reached over 873 million views and generated over 8 figures in sales from free publicity.



**“There is only one corner of
the universe you can be certain
of improving, and that’s your
own self.”**

Aldous Huxley





MADE FOR MORE

BY ALISA WEIS

Two years ago, I fell in love with a private, college prep school about twenty minutes from my home in Port Orchard, Washington. The old, restored building exuded its own academic charm, the staff welcomed me, and the students' engagement in class confirmed this school was where I'd enjoy teaching. I imagined the literary quotes and vivid

posters of the "greats" (Shakespeare, Dickens, Austen, the Brontës) that would complement plain white walls and the students partaking in a hands-on activity I'd designed.

Having opted to be a freelance writer and a guest teacher when my kids were young, I'd put off thoughts of having my own classroom until later on. But once my kids reached an age of greater

independence, I submitted an application and prayed that an English position would come available. Fast forward to the present: the current English teachers still showed no indication of leaving their posts. As two of them are around my age, it's unlikely they'll vacate their positions for years. As this summer progressed, I was mildly disappointed, yet resigned to the fact that there still wasn't a place for me. But then I received a call from the school secretary, saying there was a position to consider, after all. It just wasn't the one I'd intended.

Instead of automatically declining an offer to teach Pacific Northwest History,

Current Events/Civics, and Yearbook this fall, I gave the opportunity some thought over the next few days. Once my family weighed in, I came to the realization that not only was I interested in these subjects, it could prove a blessing to gain experience outside my concentrated area.

Expanding Your Capabilities

By the time we're in our thirties (and perhaps before), we know if we have a knack for drawing or solving equations and have gravitated toward those places where we naturally shine. Yet simply because we've identified our niche doesn't mean we don't have potential in other areas. Psychologist Sherrie Campbell says, "The unfamiliar gifts you with diverse experiences which vastly increase your knowledge. The brain responds to new things by creating new neural pathways. Each new pathway becomes stronger with repetition... giving us new skills and strengths. For this reason, you should always strive to be just a bit outside of your comfort zone." (*Entrepreneur*) Saying "yes" to opportunities that challenge and interest us allows for our continual growth and motivation. We realize we're not as one-dimensional as we may have previously thought and we start stretching beyond the titles we've given ourselves.

Seeking Support

Hardly anyone you meet will admit to liking the off kilter feeling that comes from training for a new job. Once you've practiced your trade for a number of years, you gain confidence and mastery. Yet, when you step into a new opportunity—as I am with this unexpected teaching role—you learn the importance of asking for guidance quickly. That willingness to ask removes a lot of the unease that

starting something new can produce. If I'd acted like I could instantly generate all new lessons and PowerPoints, I would feel even more stress and pressure than I already do. I wouldn't know which shortcuts to take (borrowing other teacher's PowerPoints on occasion instead of creating entirely new material that keeps me up all hours of the night.) I wouldn't have a sounding board (gaining insight from a Department Chair who knows the ins and outs of the school.) I wouldn't have a master copy of Pacific Northwest History curriculum sitting on my desk right now. While it's important to gain our own autonomy as we become accustomed to our roles, self-improvement requires that we humble ourselves enough to admit we don't have all the answers.

Respecting the Season

Whether you have a new baby, a different job, or a move before you, you're facing a change that impacts not only you, but those around you. The season that you're in might demand that you temporarily give something up or make it fit differently into your life. For instance, I have a habit of meeting certain friends for coffee throughout the week and attending a writer's group. Now that my schedule is more fixed, I'm not able to meet with friends so sporadically or attend the writing group as regularly. Since nights are given over to curriculum prep, kids' extracurriculars, and meals for the most part, it's not feasible to take time away on weeknights. I'm grateful that the few friends I meet with understand, as they have their own, often-changing obligations. Jessica Honeggar, owner of the Noonday Collection and author of *Imperfect Courage* says, "There are seasons, and I think the wisdom in knowing that is being able to really appreciate the present moment." She expands that

quote by referencing the need to let go of perfectionism and comparison in order to thrive. Letting go of events that you've enjoyed isn't necessarily fun, but it can be the most gracious act for you and your loved ones as you transition.

Realizing that you were "made for more" is an exciting discovery, even if you're up to your eyes in lesson planning like me. Perhaps you're also learning that asking for the support of trusted mentors and placing (even temporary) guardrails over our time increases our chances of flourishing in the places we're called.



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



**“Everything is within
your power, and your
power is within you.”**

Janice Trachtman



THE MAGICAL STATE OF ALLOWING

BY GP WALSH

When I first started to meditate decades ago, I gradually began to see that meditation is nothing more or less than simply allowing everything to be as it is.

It really is that simple.

Like most people I believed that I needed to quiet my mind, transcend my desires and feelings and be completely

aloof from all the grit and grind of everyday life.

Only my mind didn't get quiet, I didn't transcend all my desires and feelings and completely failed at remaining aloof from all the grit and grind.

Slowly, I began to realize that it was not a matter of transcending or changing or fixing or overcoming. In fact, that approach actually made it worse.

What did work was exactly the opposite. The goal of meditation and the attaining of the true state of peace was not a process of elimination. It was the *fruit of allowing*.

- Allowing thoughts
- Allowing feelings
- Allowing desires
- Allowing experiences
- Without resistance
- Leads directly and quickly to peace

Paradoxically enough, at first, allowing was a struggle. It was actually difficult to not struggle, to not try, to sink into effortlessness.

The very fact that attempting to just allow, without struggle and strife, was effortful really opened my eyes to how deeply engrained resistance is, in all of us.

As I began to allow more and more, a whole new world started to open up to me. It wasn't merely the calm and equanimity that came to me. It was the profound insight into how the nervous system actually works and how conditioned we all have been into struggle and conflict.

Conditioning became, for me, not just an interesting psychological concept but a constant inner energy that needed to be understood and redirected.

I discovered that it was totally robotic in nature. It was simply the way we were trained to be before we had the power or the insight to decide what we would take in.

And, what makes it worse, is those conditioned patterns become so automatic we don't realize they are not inane in us. We actually think we ARE those pat-

terns. Nothing could be further from the truth.

Allowing provided both the insight into how the inner world really worked and the means to overcome and reprogram the system.

To simply allow things to be as they are, without resistance, judgment or even trying to change things, was the key to genuine meditation, healing and spiritual growth. Yeah, that is a pretty big deal.

Now, I am not saying that you should accept everything as it comes, never make plans, never choose what is good for you, never reject things that aren't working for you.

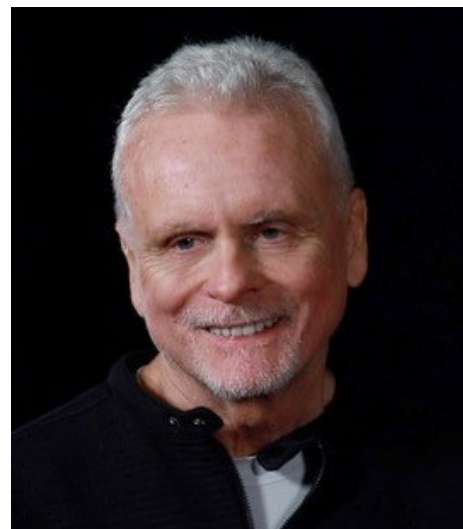
The focus here is on allowing yourself to feel whatever you are feeling without trying to change it. What I found over the years was, if I really did get the

sweet place of equanimity with any inner struggle, the struggle miraculously resolved itself.

You see, it is our resistance to our own feelings, our own inner world, that creates our suffering. Resistance literally holds the distressed energy in place. Why, because resistance creates inner conflict. And, if you resolve inner conflict, what do you have?

Inner peace.

That is the real motivation behind meditating and allowing. And isn't inner peace what we are all seeking?



ABOUT THE AUTHOR

GP is a longtime spiritual teacher, meditation master, author and workshop leader. He's touched thousands of lives with his unique approach to emotional wellbeing. He's worked with people from all walks of life: combat veterans with severe PTSD, burnt out Wall Street brokers, creatives overcoming blocks, and countless people with spiritual questions and broken hearts. He provides private counseling, group workshops, retreats and corporate wellness training.

Learn more at: gpwalsh.com



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

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THE MOTIVATING MORNING ROUTINE

BY JUDI MOREO

How would it feel to start your day motivated and organized? It would be great, wouldn't it? You'd know what you were doing, that everything was sorted and you'd feel brilliant. Surprisingly, it wouldn't take much to get a great start to your day every day. All it needs is for you to create a morning routine that motivates and organizes you for success; every day.

One of the secrets of success, for those who are highly successful in life and business, is a morning routine. It doesn't need to be complex and it certainly doesn't have to be time consuming to create or follow. In the beginning,

it will require a commitment from you to planning it and then to practicing it daily until it becomes a habit that happens without you having to consciously work on it.

The morning routine of the most motivated and organized folks generally includes the following elements:

Early Start

Forget about long lie ins and putting the alarm on snooze every 5 minutes. Set your alarm for an hour (or even two) earlier than normal and see your productivity soar. An early start may not come naturally at first, but providing you go to bed earlier and get enough

sleep, you'll notice a positive difference quickly.

Positive Visualization and Affirmations

Set the tone of your day by giving it a really positive boost. Visualize your success from the get go. Use positive affirmations and don't forget to display them where you can see them frequently as this will boost their efficacy. Doing this step within the first 20 minutes of waking gives you a greater chance of success as you'll be able to reach your subconscious before your conscious mind wakes up and takes over.

Exercise

Undertaking some form of exercise will get your blood flowing, heart pumping oxygen around your body and generally waken up your entire system. You don't need to go for a 5 mile run every day. Your exercise regime could consist of morning stretching, yoga or Tai Chi. These will help calm and ground you as well as provide time for inner contemplation.

Hydration

Make sure you keep your body hydrated. Many people start their day with a glass of water and lemon. Herbal tea or a green juice are also good choices for an early morning drink to get your day started the right way.

Planning

If you want to have a successful day, make sure that you know exactly what needs to be done. Have a "to do" list ready and identify the order of priority. Make sure the list isn't too long, ten or less items is an ideal length.

Nutrition

A healthy breakfast is a good way to get your body fuelled up ready to tackle the day ahead. You'll feel more alert and able to concentrate on the tasks you need to accomplish.

Reading

Taking a few minutes to sit and read something inspiring or educational will help you feel positive and motivated. You don't have to spend a long time reading, even 10 minutes will be enough to get your mind working and your motivation kick-started. Suggestions for morning reading include self-help books or biographies and autobiographies of successful people who inspire you and are role models.

Money Tasks

Before you head out the door on your commute or settle down to your day at home, it's important to do something that will either make you money or save you from spending money. Prep the day's meals so that you don't feel tempted to get take-out when you are feeling tired at the end of day. Make sure the dishwasher is loaded and the kitchen counters clean and clear so that you don't have to think about tidying up when you get home. Pay your bills so that you don't get overdue notices and charges which create stress.

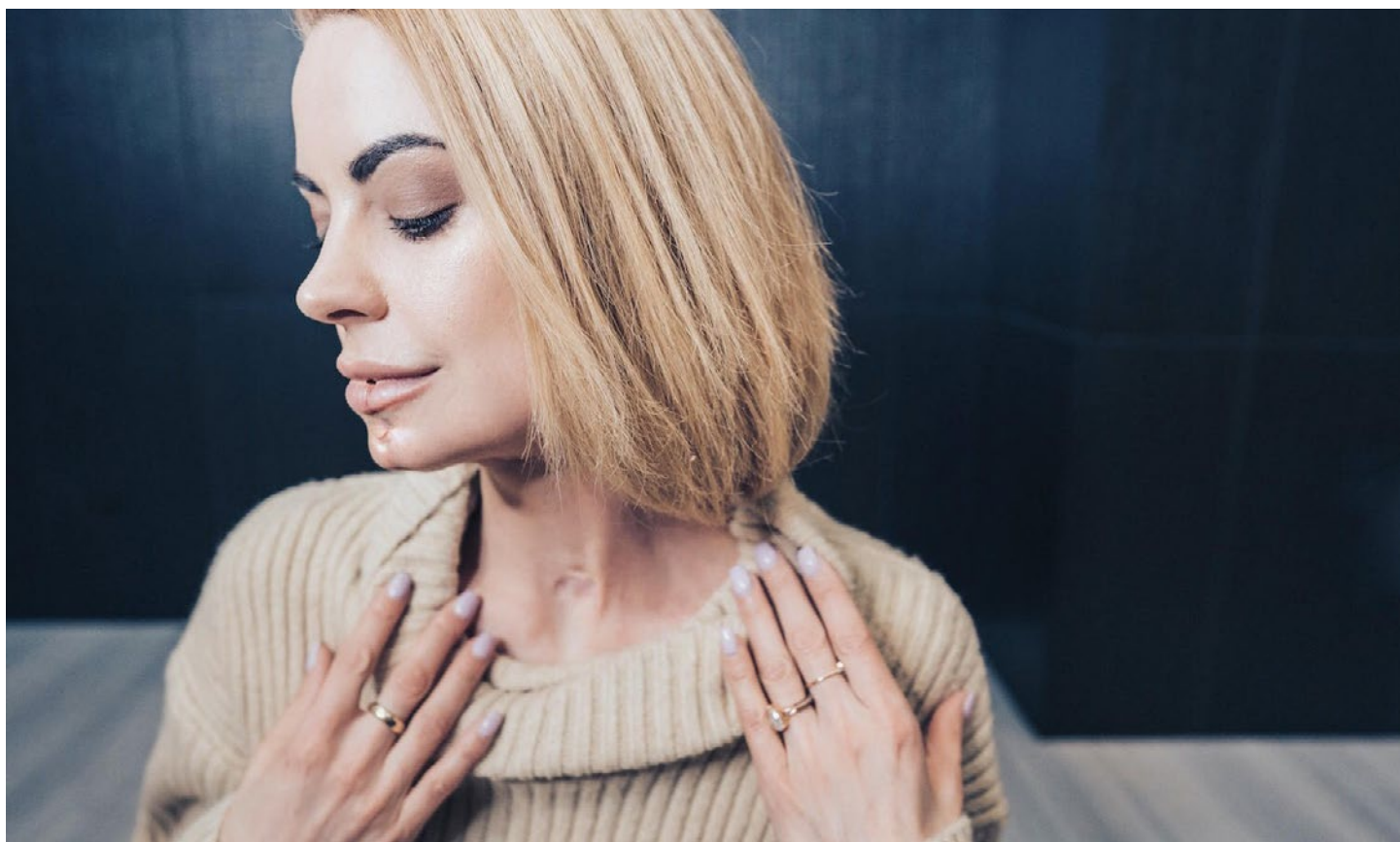
If you want to have a successful day, then it's important to improve your day in positive ways. Having a morning routine will ensure that your days are organized for success and you feel motivated from the start.



**“It is not as much about who
you used to be, as it is about
who you choose to be.”**

Sanhita Baruah





CANCER REVEALED MY TRUE BEAUTY

BY ELLY BROWN



Have you ever felt like your identity was on trial? Or your self-image or self-esteem?

When my family boarded a cruise ship this week for vacation, we turned on the safety channel as soon as we got to our stateroom. Everyone wanted to know if they were still playing the video which I'd made with Norwegian Cruise Lines back in 2012—an instructional video meant to teach the passengers what to do in the unlikely event of an emergency. I looked straight into the camera

and taught the cruisers how to have the safest experience possible.

We switched on the set and turned the channel to four. And there I was! There I was on the TV! Well, it was the 'old me'... before cancer, before my facial scarring, body scarring, and speech impediment. I haven't worked as a host or a model since a tumor on the back of my tongue took my career and threatened my life.

My voice rang out of the TV clear as a bell. My face was perfectly symmetrical,

gorgeous even. I had beautiful diction and elocution. I walked with a confident gait from the pool to the fire screen doors, pointing out every possible hazard in a serious-but-adorable way.

I grinned, everyone smiled, and they patted me on the back for a job well done.

But inside, I missed my beautiful, perfect face and voice. Modeling, acting, hosting, voiceover work, and musicals came to a screeching halt when the doctors removed the tumor, along with half of

my tongue. When I awoke from surgery, I was no longer the 'me' I'd known for so many years. Doctors harvested skin, muscle and bone from my leg to rebuild my jaw and tongue.

Long, wide scarring marred my calf and my thigh. I had a feeding tube put into my belly and lost the teeth on the lower left side of my mouth. A tracheotomy kept me breathing for the nine-day stay in the hospital, putting a large hole in the center of my neck. A long, thick guilotine scar ran from the center of my lip down my neck and around to my left ear. The swelling took about a year to go down, giving me a puffed out, marshmallow face for months.

Just about every body part that had given me beauty and talent had been somehow marred by cancer. Chemo and radiation further affected my jaw and my vocal folds—burning the voice that had given me a career for years. Much of my impressive vocal stamina disappeared, and my jaw shrunk—preventing my mouth from opening wide. My salivary glands got microwaved, so normal activities like chewing, eating, and singing became monumental obstacles.

My self-image was put on trial, and I was the defendant, the prosecutor, the defense attorney, and the judge.

Who was this person? Everything I knew about her was changing, and whether she was a Nobody or a Somebody was yet to be determined.

What will I do without my hard-earned toolkit of perfect looks and perfect voice? That person I was took 40 years to develop. I was the team player on set; the one-take wonder in the studio. But who would I be now? Even if this wasn't my fault, was I worthy of love?

I had every reason to feel terrible about me.

But I didn't. In fact, I grew to absolutely love myself! How was it possible?

There was a whisper in my ear. Was it the Universe? Was it the Holy Spirit? Whatever it was, it met every discouraging, disparaging thought with *Stop. Wait. Just wait and see. I know today seems bad, but just wait until you see! Life is going to be bigger. It's going to be better. It's going to be more beautiful than you've ever imagined.*

When outward identity is stripped away, it's like a brush fire that consumes a forest... a monumental loss, but everything that burns down nourishes the ground for growth. Then we have the right type of soil to plant something absolutely magnificent.

All of us have the voice of the Universe in our ears trying to coach us into believing that we are beautiful exactly as we are, no matter what happens to us. It's a whisper saying, *what's going on right now is the best possible thing that could be.* That energy is a reflection of our true selves. It's a window to the important kind of beauty in our hearts. All of us hear it, but some of us are better at blocking it than others. It's easier to hear the clang of our ego telling us we aren't worthy.

Throughout my cancer treatment, I began to listen more carefully to the spiritual coach in my mind. My thoughts transformed. Every bullet to my beauty and talent was infused with meaning. I knew I was not a picture-perfect beauty. But I also knew I was still beautiful in a much more impactful and relatable way.

Some folks expected my speech impediment to disable me as a professional

speaker. But it has truly *enabled* me to reach more people than ever before, with millions of video views online. We all have the opportunity to use our unique experiences to make the world a better place!



ABOUT THE AUTHOR

Elly Brown is a freelance performer and writer living in Las Vegas. In May of 2018, she had a life-altering surgery for oral cancer that completely changed the direction of her career.

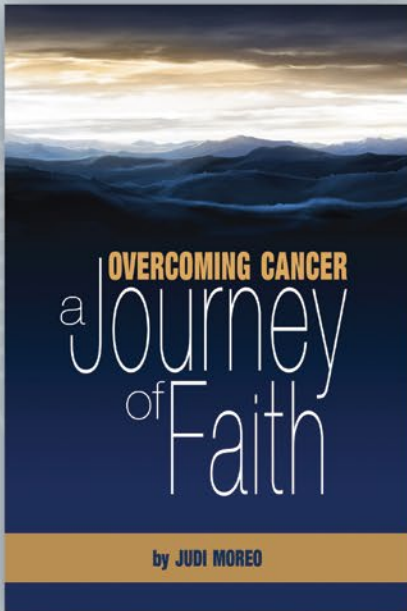
In spite of her changed face and voice, Elly is determined to continue following her dreams—and through her Facebook and YouTube videos, inspire thousands of others with physical challenges to do the same. Even in the face of a second diagnosis—breast cancer (the same week she lost her father to pancreatic cancer) she remains determined to turn her obstacles into her victories.

Elly is continuing to sing, act, and even deliver speeches, using what happened to her as a way to connect to all people who have faced obstacles.

Watch her in action at:
[Facebook.com/TheEllyBrownShow](https://www.facebook.com/TheEllyBrownShow)
 Watch her full videos on:
[YouTube.com/EllyBrown](https://www.youtube.com/EllyBrown)
[Instagram @RealEllyBrown](https://www.instagram.com/RealEllyBrown)

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

Overcoming Cancer: A Journey of Faith



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

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

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

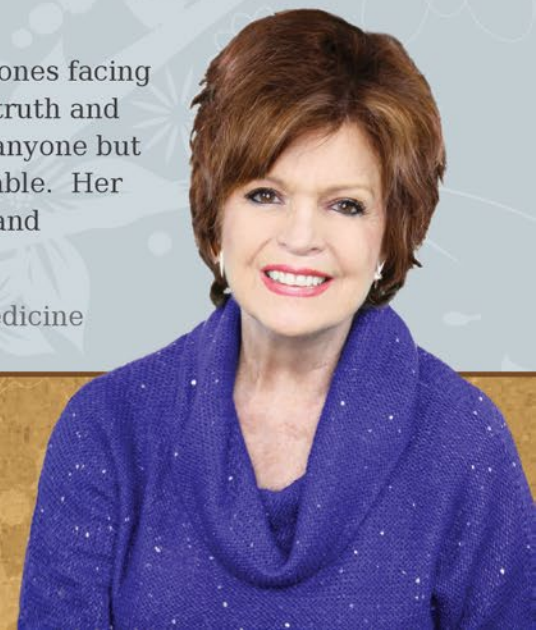
- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

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

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

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Do 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?

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What are Creativity Coaches?

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- 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.





FOCUS FOR SELF-IMPROVEMENT

BY JUDI MOREO

It's getting increasingly more difficult to focus these days. There are too many distractions available. From video games to social media, it makes you wonder how people can concentrate on tasks they should be doing. It's possible though. You just have to learn how to power up your focus muscles.

We tend to work better in spurts. Therefore, use that to figure out the optimal times for you. It's different for each person. Some people can work for a full hour while others will do better with 15-minute intervals. Try to work with a colleague to help each other determine the best times for each of you.

If you aren't getting enough sleep,

you need to correct that. All other techniques to help you focus will be useless if you don't. Your body needs the right amount of sleep. Lack of sleep will make your mind wander, and focusing won't happen. Try to go to bed and get up every day at the same time. Our bodies adjust easily to routines such as these. Again, people have different needs when it comes to sleep. You may only need six hours while others may need more or less. If you struggle to get sleep, consider seeking out professional help.

If you don't practice good eating habits, your foods won't give you the proper amount of energy. That will cause you to be sluggish which will affect your ability to focus. It's okay to eat the occasional sinful snack. But, this should not be a regular habit. While it's great to learn which foods boost your energy, you

need to balance your diet for optimal focusing.

To continue on the peak concentration path, make sure you add regular exercises to your routines and ones that include aerobics. It's a proven fact that regular exercise will boost your stamina. Your focus will benefit from this boost. You don't have to participate in extreme sports to get the benefits of exercise. Regular long walks will do wonders here. After you have all the routine items in place, consider adding meditation into the mix. Once you learn how to meditate and it starts to be effective (this takes time), you will have the tools to clear your head and help your body relax. Your focusing muscles will be primed for optimal use when you have all of these factors implemented and you will find that every day you are making strides in your overall improvement.

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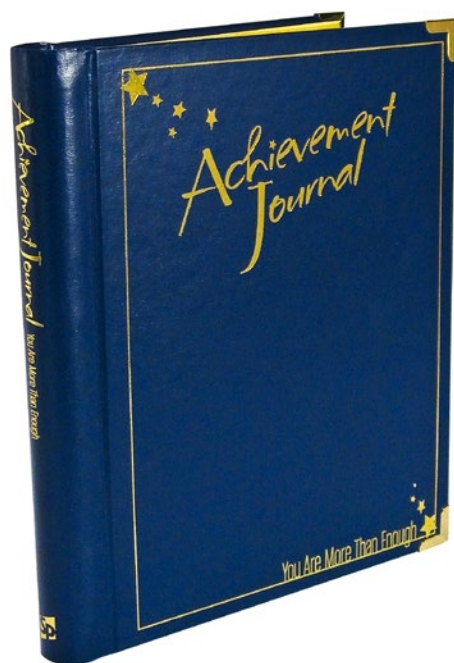
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WHAT IS AN ACHIEVEMENT JOURNAL AND WHY SHOULD YOU HAVE ONE?

BY JUDI MOREO



While digital organization tools are incredibly popular, there is still a place for a physical paper planner. However, many people decide that paper planners aren't suitable for them as they can't find one that is perfect and suits their needs. Off the shelf planners may have sections you don't need or miss things you feel are essential. If you're trying to use something that doesn't suit your needs, then it can be frustrating and discouraging.

An achievement journal could be the answer to your needs as it is a system that you utilize based on your needs. While it is called a journal and includes journaling elements and pages, primarily it is a planning and tracking system.

The Pros of Using an Achievement Journal

- Inexpensive
- Unique and designed for your success creation;
- Includes the pages and sections for all the stress areas of your life;
- Customizable- if you don't like the layout you've chosen for the week then do it differently the next;
- Combine your business and personal journal or create separate ones;
- It is portable, easy to carry with you.

Why Should You Have an Achievement Journal?

The answer is simple. It will help you create a success system that works for you and your life. You can plan and track a life of purpose, passion, and power. It includes sections on:

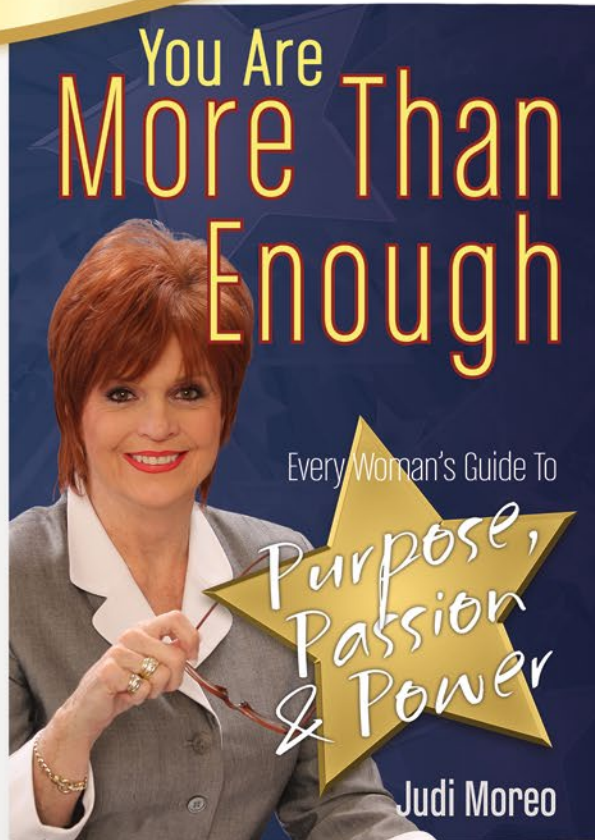
- What you have achieved so far
- How to make your life work

- Setting and Achieving Goals in the 8 primary stress areas of your life as well as a page for your vision board in each of these areas:
 - Health
 - Relationships
 - Career
 - Financial
 - Spiritual
 - Educational
 - Community
 - Recreation
 - Spiritual
- As there are no dates printed on the pages, you can set your own schedule
- There are 411 daily affirmations included in the journal
- A place is provided for you to write each day, the one thing you did that day to accomplish your goals.
- There is no limit to the uses for your journal. You can track your
 - Exercise
 - Diet
 - Social media postings
 - Events such as weddings and birthdays
 - To do lists
 - Important memories that you want to record and keep
 - Books you've read or want to read
 - Your bucket list
- There are even peel and stick gold stars for you to reward yourself as you accomplish your goals.

If you want to take control of your life, then creating an achievement journal is the ideal tool for you. Why not order one and get started today?

**Visit: judimoreo.com/shop/
or call: (702) 283-4567 to order!**

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SELF-CONFIDENCE



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- listen to your inner voice
- create self-empowering behaviors and stop criticizing yourself
- 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!

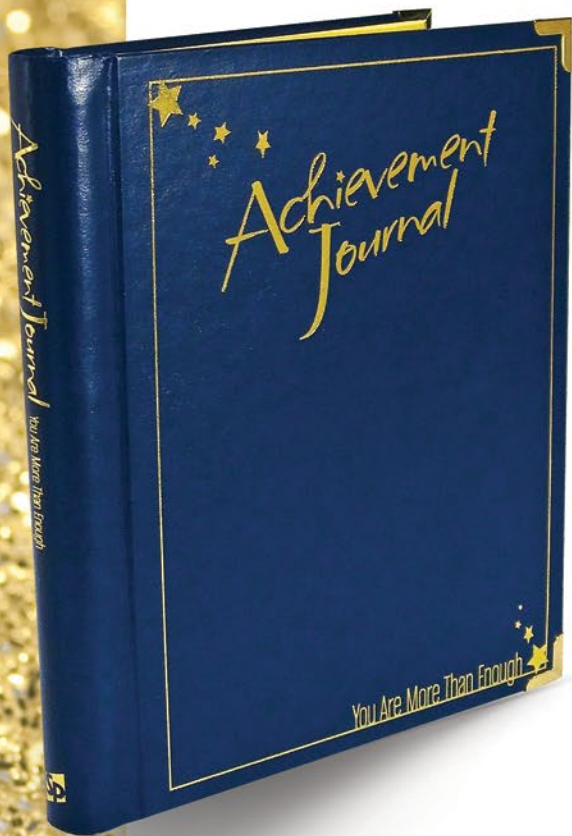
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EVERY WOMAN'S GUIDE TO
PURPOSE, PASSION & POWER

This heartwarming, myth-shattering book is filled with practical techniques and illustrated by real-life situations. Use the ideas, techniques and exercises and you will dramatically improve your life. If you take this information to heart and make it a personal development course, you will soon find yourself getting the things you want, associating with the people you would like to have in your life, achieving the success you desire and living the life of your dreams.

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ACHIEVEMENT JOURNAL

COMPANION TO: "YOU ARE MORE THAN ENOUGH: EVERY WOMAN'S GUIDE TO PURPOSE, PASSION & POWER"

If you have ever felt as though you were created for "something more," but just didn't know where to start, this is the journal for you. It's actually much more than a journal! It is a step-by-step process of achieving your goals and making your hopes, dreams and desires come true. It gives you ways to make your life work as well as a proven technique for setting and achieving goals in the eight major areas of your life:

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!

ORDER TODAY!

You Are More Than Enough - \$24.95

Achievement Journal - \$34.95

Bundle (You Are More Than Enough Book & Companion Achievement Journal) - \$50

"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."

- Montel Williams, TV Host
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.



OVERCOMING LIFE BLOCK

BY JUDI MOREO

Y

ou hear about it all the time. Writer's Block—that awful moment you find yourself staring at the blank page and realize you have no idea how to begin and a deadline fast approaching. Oh, you have ideas, wonderful flights of fancy that have you finishing your report ahead of time, writing a best-

selling novel or having your fabulous article published in the latest, greatest magazine. But the words just won't come. The ones that do show up somehow don't seem to fit together properly, so you delete and start over...and there's that blank page again. It flashes in all its intimidating bright, white glory, daring you to create something wonderful.

OK, so you're not a writer. Have you experienced "life block?" It's the same thing. Wonderful dreams and goals, a great vision for how things should be – and absolutely no idea where to start. Overwhelmed with just getting through the day, you find yourself wanting to run directly to the nearest cave and pull a large rock over the entrance behind you. Safe in the still, dark cave – away from the noise and demands of your job, your family and your everyday life, you finally have time to think, to dream, to plan – perhaps even to journal – and the only thing you can hear over the still raging noise in your head is, *"Why didn't I remember to bring chocolate?"*



ABOUT THE AUTHOR

Judi Moreo is an internationally recognized communication consultant, author and licensed hypnotherapist specializing in Life Lessons such as dealing with negativity, difficult people and difficult situations, and overcoming adversity.

Sign up for her free newsletter at www.judimoreo.com or contact Judi for speaking engagements and training programs through Turning Point International, (702) 283-4567

Our lives have become so filled with “be more, do more, get more” so that we can “be more, do more and get more,” that we spend most of our time simply running in circles...and then wonder why we are no further down the road than we were last year or the year before.

The year is almost over. When was the last time you stopped running long enough to check your road map? You remember- the goals you set with such inspiration, motivation and enthusiasm at the beginning of the year. Have you been working toward your goals or just hoping they will somehow happen while you go on with life as usual?

The best way to cure writer’s block is to quit beating yourself up about what you’re NOT doing, and then do something different – take a walk, go to a movie, treat yourself to your favorite ice cream – change your attitude, your thinking – get a fresh sheet of paper – one that’s anything but WHITE. Do something creative. Make paper airplanes using all those blank sheets. Laugh, have some fun. Then get back on track, set aside specific time for writing and specific goals for how much you can realistically write each session. Little by little, day by day, the story will finish itself.

Sound familiar? Of course, it is. It’s the

same for overcoming life block. Stop, change your thinking, and change your habits. Give yourself a break. Set specific goals and do something each day toward accomplishing them. Little-by-little, day-by-day you’ll find yourself willing to come back out of your cave and participate in the fullness and richness of your life story.



This table setting at the charming Hotel Dom Vasco in Sines is the perfect example of the Portuguese genius of mixing exuberant colors that never clash and are always tasteful, happy and inviting.



PORTUGUESE PERFECTION

BY S. L. GORE

I’m going to depart from the usual sharing of my favorite recipes and my own table settings to take you on a snap journey to Portugal, the wonderland of good food, people and wine. A great deal of the charm of this magical far corner of Europe is due to the genuineness of the people, unspoiled and sincerely welcoming.

Words poorly describe their impeccable taste both in food and décor, a kind of earthy perfection combining flavors and fresh ingredients with flamboyant colors that never clash in a measured symphony that always hits the right note. Artisan baking, farm-to-table freshness

and tasty fish, fowl and hoof are benchmarks of a cuisine that makes you feel each meal is made especially for you. And it most likely is.

Sardines are a national pastime. Served from the tin with fresh-baked loaves of

country bread or grilled whole and plated with boiled potatoes, they redefine any experience you’ve ever had with this fish of varying sizes, full of good oils and low in cholesterol. Shops abound with colorful tins with artistic wrappings. Sardines have become, in fact, an art form



The classic Portuguese couvert that starts the main meal comes in many shapes, sizes and flavors but must include bread, olives and some type of dip, sauce or spread.



Dinner in a tiny bistro in Braga with robust Douro Valley red wine, a small bowl of fish soup and a plate of tinned sardines dressed in olives and red peppers and served with slices of fresh baked country bread.



We pampered ourselves one morning and ordered up room service instead of grazing the breakfast buffet. Fresh fruit, cheeses, cold cuts, breads, cake and rich coffee served with steaming milk gives you just a small taste of the delights we would have savored at the spread in the dining room.



Do not despair if you are not a big fan of fish and seafood, Portugal's most famous specialties. You'll find an array of delicious poultry and meat dishes such as these ribs from Évora—the most tender and tasty you could ever imagine. And the sauce! A divine new definition of bar-b-que, sweet and spicy with an aroma of cinnamon that drifts in the velvety night air.

in themselves in a country that displays public art in every corner, on every wall and accenting each roundabout.

Dinner starts off with bread, olives and dips known as a *couvert* and tends to be served automatically and is automatically added to your bill. You can decline, but why would you? Prices in Portugal are very reasonable, both for food and drink. A glass of house wine—red, white or rosé—is usually priced at 3 Euros (\$3.30) at any restaurant or café. Gin and tonics are marvelously served in big wine goblets. The Portuguese make a delicious gin as well as their own brandy called *aguardente*. And then there is port, that unique Portuguese fortified wine created centuries ago by combining brandy and wine to prevent spoilage in shipment to England. Port comes not only in several reds, from ruby to tawny, but also white, served slightly chilled, and rosé.

Portuguese food is renowned as among the best in the world. Believe it. I'd say to dine in Portugal, in the city, by the coast, in the mountains, anywhere at all is as close to perfection as you will find.

ABOUT THE AUTHOR

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

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QUIET YOUR MIND

BY ANTHONY BURNSIDE

We have all read articles about self-improvement. Forget about what you have read and quiet your mind. We are constantly getting bombarded with information on how to act, what to say and what to do to achieve self-improvement.

Everyone is different. In my last article, I wrote about how negative thoughts are pervasive in us and how to stop them. We must fix our minds first, then we can proceed to self-improvement. Just like we can't listen to a multitude of people at the same time, the old adage of we can all sing together but we can't all talk together at the same time also applies here.

A few weeks ago, I was on a trip to a village located on an island called Ocean Beach, off the coast of Long Island, New York. I sat on the beach at 3 am looking at the Atlantic Ocean and attempting to think clearly and slow things down a bit in my life. I quieted my mind as the waves came in and crashed at my feet. As I sat there thinking about my goals, I was wondering what's next for me? I ruminated on some things I would like to accomplish.

When I think, I often think of football analogies. Woody Hayes (football coach at Ohio State) was not a big fan of the forward pass. So, he said "three yards

and a cloud of dust on every play". What he meant was "stay steady, stay on point and you will achieve your goals." It is a very aggressive move. I have another football analogy (I like football)... if I am a quarterback, I either choose to pass or run the ball, but either way, I still intend to get a touchdown. See my point?

In other words, we are in a constant state of personal evolution. Sometimes in life, it seems we are not getting anywhere. It may seem we are staying in place, existing in space, and not living or moving forward. It's okay if we feel this way as long as we keep our long-term goals in mind and focus forward. Make sure you keep evolving in some way.

"There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self."

Ernest Hemingway

On your journey, be sure to value your experiences. You may have to play safe or secure for the time being, but be sure on that same journey, you find some way to acquire knowledge that informs your outlook and what you need to go forward, because your chance is out there. We are all ordinary people doing (or will be doing) extraordinary things. PLEASE KEEP THIS IN MIND!!! We need to savor and remember our experiences because they will come into play later with our goals.

Included in Navy Seal training is a bootcamp called BUDS (Basic Underwater Demolition Seals). In BUDS, the word evolution is used a lot for each



exercise phase. The idea is to train your mind to keep changing or evolving. Repetition is the mother of all skill. We have to do this in our everyday lives as well. So, we must take stock of where we are and push through or evolve. Sometimes we are “accidentally” on a path that ends up helping us to achieve our goals...why is this? We go through life possessing an internally driven behavior (Reticular Activation System) in which we inevitably invite opportunity, which brings about our transformation. I’ve lived this.

When we are aligned to our talents and skills and motivated by passion, there’s an energy we emit and steps we take to

either consciously or unconsciously get in line with the right opportunity. BAM! It comes!

So, as you live your life, focus on your experiences and the challenge of believing in yourself. Read your affirmations and make a vision board, properly talk to yourself in the most positive way possible and show people your love and respect by listening to them. I mean really listening before responding!

Take a deep breath, clear and quiet your mind... and then give them a cloud of dust and three yards on every play.



ABOUT THE AUTHOR

Anthony Burnside is the CEO of Ronin Group Consulting firm and a highly sought-after security expert/investigator for television programs and news interviews. He is also part of an elite group of close protection operatives tasked with protecting VIP’s all over the world.

He has conducted protective operations at locations such as 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.

In addition, he has helped provide protection at worldwide televised events such as the Golden Globes, the Grammy Awards, and the American Music Awards. He is also an actor, voiceover artist, author, and speaker.

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anthonywavex@hotmail.com
InstaGram: AnthonyBurnsideOfficial



CHOICES MAGAZINE
AUTUMN ISSUE 2019

A FINAL NOTE FROM JUDI MOREO

It is up to us to open our minds to what “can be” and then make the choice to pursue it passionately. Many people are doing what they do because they think they have to do it. All too often, choices are made based on what we believe is the “right” thing to do rather than on what will make us happy.

Each of us has within us a wellspring of energy, creativity, and inspiration. It is always there, even when we are not aware of it...even when we are tired, burnt out and just doing our best to get through each day. This energy inside of us has its own voice. When we are quiet long enough, we can hear it calling us out of our ruts and into a life of possibility. When we listen to that voice, we are inspired. We become

more positive. We become more creative. We become passionate.

Passion is thought turned into performance...it's the energy that propels you to your destination. It is one of our most important traits. Like confidence, passion is something you create for yourself.

First, you must have a goal that you want to achieve. Passion implies you believe in yourself enough to go after your goal. Passion tells the world you have a dream, you have courage, and you see success in your future. When you are passionate, you are willing to improve daily and adjust your priorities to achieve your desires.

Go after what you want with passion. Success is as competitive as any sport. Don't sit back and wait for someone to discover you. Get out there and do something. You have as much ability as anyone else.

Every day you are either getting better or worse. You do not stay the same. Life is a succession of choices. You have the ability to choose. It's up to you. Choose to be 1% better every day and before long, you will meet with the incredible success you desire.

Judi