

# CHOICES

WINTER 2021

## NEW PERSPECTIVES ISSUE!

AN INTERVIEW WITH  
MARIA ORTIZ



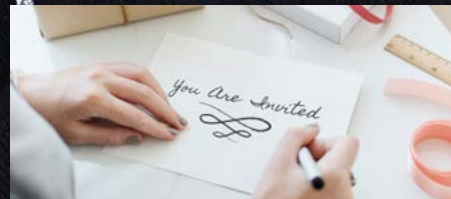
### DEVELOPING NEW PERSPECTIVES

QUESTION YOURSELF AND  
OPEN THE DOOR TO NEW  
KNOWLEDGE



### CHOOSE TO NOT HAVE FEAR

SAY NO TO FEAR AND MOVE  
IN THE DIRECTION OF YOUR  
DREAMS



### POST-PANDEMIC LIFE INVITATION

FILL THE COMING YEAR WITH  
POSSIBILITY AND DEFINE  
YOUR NEW DEFAULT MODE

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# FROM THE EDITOR

Needless to say, it's been a very strange year. We got through it. We're doing okay. You're probably doing okay as well. But can you do better? Of course, you can.

**P**erhaps you feel there's something stopping you from reaching your peak. But what is it? Could it be all the negativity that's going on in the world? You aren't quite sure. You're not where you want to be. But where do you want to be? Maybe, your success trajectory feels like it's stalled a little or even plateaued.

Have a good look at yourself and see if you're being held back by one or more of these four big things that are stopping people from reaching their peak.

## 1. Procrastination

We all do it. Putting off doing mundane or difficult tasks is all too human. But the longer you delay making that phone call or having that tricky conversation, the worse it's going to get. You know deep down that you should do it.

The other big area of procrastination is failing to act. How many good ideas have you had, but you haven't acted on, because you weren't ready, or you didn't have the right skills or enough money yet? Or, you don't know what's going to happen in the world? Or, it may not be the right time?

Face it, there will never be the perfect or right time to start a business, launch a project or pitch a new idea. The right time to act is now. And don't forget: acting on an idea doesn't mean you leap into the final product straightaway. Acting means doing your research, allocating budget, testing the market.

If you stop procrastinating and start planning, you'll be ready for success when it comes.

## 2. Fear of failure

Fear of failure stops you from taking risks and seizing opportunities. It can be paralyzing, but only if you let it. To free yourself from the fear of failure, you need to reframe what failure means for you. Failure does not mean disaster. It means you haven't found out what works yet. Edison famously failed to invent the working light bulb more than a thousand times before he hit on the right formula.

The converse of failure is persistence. And persistence will out-perform innate talent every time.

## 3. Distraction

Staying focused is the key to achieving success. It's easy to be distracted by

side issues and the demands of your email, phone, or other people, but staying productive requires attention and focus. Make it easier to produce high-quality, consistent work by keeping focused on the current priorities and sticking to your plan.

## 4. Self-doubt

Self-doubt can undermine all your efforts if you let it. The best thing you can do to build your confidence is to stop comparing yourself to others. Your success story is totally up to you. Look back, see all the stepping stones that brought you to where you are now. You have the skills, and you have the know-how to get where you want to go.

Choose not to let these four things or anything else hold you back. You can do this! Choose to make 2021 your best year ever. You are more than enough.

# CHOOSE TO NOT HAVE FEAR

BY JUDI MOREO



**I** choose to not have fear. I will not be its victim. This situation is certainly not ideal, but it could be worse. I know you are probably thinking, “How could it possibly be worse?”

Over most of this past year, we have been inundated with all manner of fear-generating headline stories. This horrible coronavirus, the world’s economy... in the tanker! If this one or that one becomes President, it’s the end of the world!! Add to that, the list of things that are happening in your personal and

professional worlds that rock your faith: children, spouse, job security, you name it. It seems we have a terminal case of anxiety about all of it.

Fear’s insidious reach seems to extend into every corner of our lives. The topic in one form or another seems to be on everyone’s mind and the focus of almost every conversation. It’s like a 12-armed octopus that wraps itself around our good sense, reaching in and paralyzing us with its tentacles. It’s like being in one of those B-rated foreign films where the 20-foot monster lumbers forward wiping out everything in its path, while

paralyzed humans stand staring and screaming.

“We have nothing to fear but fear itself.” So, what is a rational, creative, intelligent human being to do in the face of fear and anxiety?

1) Decide what is worthy of fear, and what is fictitious nonsense masquerading as the boogie man. Real fear is caused when a particular threat presents itself. Fictitious fear is: “What if this or that happens? What if I lose my job or all my customers desert me?” The list of negative projections can go on ad nauseum. But whether real or fictitious, we have a choice in the face of fear: To be immobilized or determine a course of action and get moving. The next several suggestions may help:

2) Take stock. Make a list of all your assets and strengths. Consult with your personal team of experts. Get a true picture of what is going on in your life and business. This could involve a thorough financial check-up. If you’re in business, take a look at your business plan, your marketing plan, your results. If it’s a health matter, find out what is really going on with a complete round of tests. If it’s fixable, fix it. If you’re

obsessing over something you have no control over, consider it a distraction and go to step three.

3) Create a plan based on the vision of where you see yourself in two to five years. Make it detailed. Write it down. This single step can help you shift from overwhelm to clarity and focus almost magically. There are ample studies to validate this truth: Those who have written goals and plans consistently succeed. For those who have no goals, or who carry them around in their heads, the likelihood of making them happen is much slimmer. Be sure to schedule time to review your vision and plan regularly.

4) Plan activities that take you toward your vision every day. Don't confuse a small action with no action. Even if it's a nano-step, it's still a step. A mentor of mine long ago reminded me that "action cancels fear." So, take one courageous step a day, regardless of its size toward your dreams and goals. Take responsibility for nurturing your goals, for providing the proper environment for them to grow, and above all, for acting upon them. The old adage, "inch by inch it's a cinch; yard by yard it's hard," applies here.

5) Surround yourself with positive, optimistic people. Right now we need to be around people who are reminding us that great things are still happening in

our world. I want to have conversations with people who are hopeful about the present and the future. I want to be around people who bring with them an attitude of gratitude. As the famous motivational speaker, Jim Rohn, reminds us, "Where you will be in five years will largely be determined by the people you surround yourself with and the information you take in through reading or other channels." At the very least, limit your exposure to negaholics, toxic people and energy vampires. If you don't know any positive, optimistic people, join my Facebook group, The AchieveMore Method. There are 800 positive people in this group and it's free to join.





6) Immerse yourself in books that both inform and inspire, remind you of your personal power and your capability to face and overcome challenges. There are several books I turn to again and again to keep me focused in the midst of chaos. That list includes the *Bible*, *The Science of Success*, *The Greatest Salesman on Earth*, *Gifts from Eykus*, *Think and Grow Rich*, and audio programs by inspiring speakers including Deepak Chopra, Wayne Dyer, Denis Waitley and others. These voices of wisdom have stood the test of time, have weathered the storms of economic and social chaos and downturns. You have 100% choice over the information you allow into your personal mental domain.

7) Develop the habit of inner stillness. Use whatever means reflects your personal orientation—from prayer to meditation to walks in nature. You don't have to prescribe to a particular spiritual tradition to find your path to inner stillness. More than 30 years ago, Dr. Herbert Benson of Harvard University School of Medicine wrote the best-selling book, "The Relaxation Response" in which he described both the benefits and the methods of cultivating the habit of inner stillness. This single habit alone could transform your mental and emotional state from chaos to clarity, from fearful to peaceful in a relatively short span of time. A recent coaching client said it beautifully: "Meditation is the medication to cure your agitation." Even five minutes a day is sufficient to begin altering your inner landscape. What do you have to lose except a lot of fear and phantom anxiety?

8) Remember the wise words of your mother, "This too shall pass." The less you resist what is happening in life, the more you embrace even the rocky

places on your path and acknowledge they may be bringing you some hidden blessing, the more quickly the difficult circumstances seem to move on. Interview someone who has been on the planet for 80+ years; they'll help you put things in perspective.

I am hopeful that whatever challenges you may be facing, whatever fear seems to be nipping at your heels or looming like that 20-foot monster in front of you, that at least one of the ideas I've shared here will lift you beyond fear's grip and place you back on the path where you can choose to see that anything is still possible.

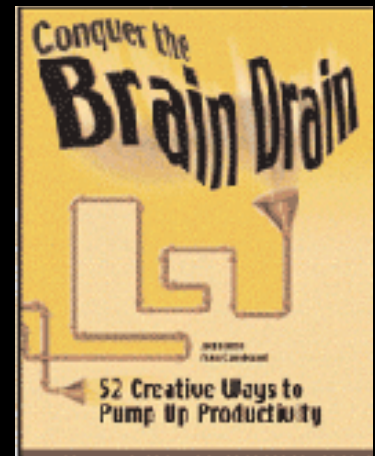
"We have nothing to fear but fear itself." Say "no" to fear and anxiety and get moving in the direction of your dreams.



### ABOUT THE AUTHOR

Judi Moreo is the Ultimate Achievement Coach. She can help you discover creative ways of overcoming obstacles and clear up faulty thinking patterns and damaging feelings so you can develop your personal power, establish healthier relationships, gain the respect you deserve and love yourself.

You can contact Judi Moreo at:  
01-702-283-4567  
judi@judimoreo.com



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

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

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**“To change ourselves  
effectively, we first had to  
change our perceptions.”**

---

**Stephen R. Covey**





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Judi Moreo's

# Ultimate Achievement Coaching Program

## About the program

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The Ultimate Achievement Coaching Program is an interactive 12-month program designed to help you understand and apply the principles of high achievement to create ultimate success. With the application of these principles, participants will discover their unlimited human potential and experience incredible results in all areas of their lives.

You will learn that you must take action on your thoughts, goals, and dreams for them to become reality. Judi Moreo will not only hold you accountable for that action, she will empower you to implement what you learn in order for you to attain what you truly want to have happen in your life. She'll be there with you every step of the way.

If you have ever set a goal and didn't follow through... If there is something you want to achieve but you keep putting it off...Or if your desire is to have different results than you've had in the past, this is the program for you.

Throughout this strategically designed program, Judi works with you personally helping you identify your goals, beliefs, and habits and educating you on how to make the changes necessary to achieve the results you really want....in every area of your life. This process works easier and faster than you ever thought possible.

Set the goals that you want to focus on, and Judi will coach you to their achievement. Give the program your best effort and you will transform your life. This is your opportunity to take action and create the life you have dreamed of. Judi Moreo is willing to commit to your success. Are you?

If so, contact Judi to learn the details of the program as well as the price options.

## Join the community

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In addition, you'll be invited to participate in the AchieveMore Method Facebook group where all of our past coaching clients come together in one powerful, positive community. This is where you will meet others like you who are transforming their lives and achieving their ultimate success.

One very important part of the Ultimate Achievement Coaching program is your discovery of a more confident, unstoppable, successful you. You will change the way you see yourself, think about yourself, and you will demonstrate a new magnetic you who attracts the people and things you want to have in your life.

## Meet Judi

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Judi Moreo has been coaching people on self-improvement, professional development, and ultimate achievement since 1970 when she opened her first personal development business in Las Vegas, Nevada USA. Since that time, thousands of individuals around the globe have graduated from her programs with a high level of self-understanding, self-confidence, and self-motivation. These graduates have become ultimate high achievers accomplishing their goals, aspirations, and dreams.

## Learn more

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# ON THE COVER MARIA ORTIZ

JUDI MOREO OUTSTANDING ACHIEVEMENT AND SERVICE AWARD RECIPIENT

BY JUDI MOREO, PHOTOS BY EV36 PHOTOGRAPHY



ur cover girl this month is Maria Ortiz, recipient of the 2020 National Speakers Association Judi Moreo Outstanding Achievement and Service Award. This

award recognizes a person who, in the spirit of Judi Moreo, serves the membership without hesitation and always with good spirit. Maria is generous with her time, love, and concern for fellow members of the National Speakers Association, Las Vegas Chapter. She contributes more to everyone's positive experience than most will ever know. The winner of this award neither demanded, expected, nor desired to be praised publicly, drawing satisfaction and fulfillment from the experience of helping others have a great experience.

Maria Ortiz was born in Mexico and immigrated to the United States at the age of 21. Being always eager to learn, she quickly learned the English language and figured out the cultural differences. Maria believes that any additional language skill brings more opportunities to connect with others and to understand other cultures and beliefs.

Her first book, "I Love Men" was published in 2016. Due to the book not selling as well as Maria expected, she joined the National Speakers Association in April of 2017 to learn more about marketing and promotion. At about that same time, she became a member of Toastmasters International.



Needless to say, these two organizations presented her with many networking opportunities as well as opportunities for learning and growth. The variety of professional speakers with whom she networked exposed her to a world of personalities, a new way of looking at the world, and a new way of thinking. Maria believes these opportunities have caused her to pursue a purpose-driven life.

She currently serves as Area Director of Toastmasters International and is working toward her DTM (Distinguished Toastmaster) designation.

**What did you think when it was announced that you had won the Judi Moreo Outstanding Service and Achievement Award?**

More than a thought, it was a feeling of happiness. It was a total surprise. After seeing the previous members who had received the award in years past and their accomplishments afterward, I noticed they were more confident and more creative. Their personalities changed.

Along with the trophy, we received a one-year coaching program with Judi Moreo. I felt very excited to be coached by Judi, as I have seen her speak and listened to the success stories she shares, which make her speeches very interesting. She has so much wisdom.

**Where did your speaking career begin?**

I began speaking in public at my elementary school. I was the MC at our Monday gatherings honoring the flag with all of our students and teachers standing on the patio. Sometimes I would also have the opportunity to

present a poem to the audience. I worked very hard not to be nervous and apply the required emotion and emphasis, making sure not to forget the lyrics.

When the teacher was called out of the classroom, I was chosen to teach the class. When test dates came along, my fellow students would gather around my chair. They had a hard time understanding the teacher, especially when it related to math. My way of explaining the solutions and answers was simple, and they seemed to like that. They felt confident asking me because I wasn't judging them. I told everyone: "It's easy. You can do it."

**You've written a couple of books, tell us about them? Are these subjects you speak about?**

Yes, of course. "I Love Men" is a tribute to men and talks about the positive aspects of men. This is a book that I recommend if you have a hard time forgiving any male figure in your life. It talks about love.

"Healing Fat Beliefs" is a self-discovery journey of our beliefs about food, our bodies, ourselves, and our place in the universe. It is a book about self-love.

Love is an area that can be explored. I am passionate about the purest energy that only love can bring.

**You seem to have adjusted well to this pandemic as you are doing on-line training and interviews? Who have you interviewed that you felt was the most interesting and why?**

I love doing on-camera work. I currently manage 12 Social Media pages and keep





on promoting others and myself.

I was very happy when I had the opportunity to interview Guy Burns, the current President of the NSA Las Vegas chapter. I felt he was the hardest to convince. He's a big personality. His sense of humor and abundance of content made the interview very enjoyable. At the same time, I felt the need to be very careful about what to ask and to be respectful and honest.

**What scares you the most about embarking on a speaking career?**

That people may be judging me: my background, cultural upbringing, and ways of expressing my feelings and emotions. I can cry easily... mostly when happy.

**What inspires you?**

Love, people, spirituality

**What's the best advice you've ever been given?**

"You are More than Enough," by Judi Moreo.

**Who inspires you?**

Judi Moreo is more than a coach to me. She is more like a loving mother, a very wise woman. Many areas of my life that are still dreams, she has already achieved. I look up to Judi for knowledge, ideas, and ways to create any possible new opportunity. Every time I talk with or listen to her, new ways of being are born within me.

**What is the biggest challenge you've ever faced?**



Separating from my family and beginning a life in a foreign country.

**What do you think allowed you to overcome it?**

The love for my children.

**Where do you see yourself over the next decade?**

Traveling around the world... speaking.

**What else should people know about you?**

I love horses, teddy bears, hearts, babies, and happiness. I love being in love, with love.

**Thank you for sharing a part of your journey with our readers. You are a true inspiration to others. From getting to know you over the last couple of years, I do not doubt that you will achieve your dream. You are an incredible woman. Congratulations on your award! You deserve it.**



# DO YOU WANT THIS YEAR TO BE YOUR BEST YEAR EVER?

If so, let Judi Moreo be your coach and mentor. Judi will provide the tools and techniques you need to achieve your desired results and she will hold your hand through the process. She will work with you to design a program specifically for you to take you from where you are to where you want to be.

Not only will you receive guidance and feedback, you will benefit from Judi's extensive background in leadership, management, image, presentation skills and service. Her insights and guidance will help you become who you want to be and present yourself as you want to be seen.

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.



# RESILIENCE

BY CIE MARCHI

Every day has opportunity for change.

Every year has an opportunity for reflection.

Each of us is experiencing both.

We have been given the time to better understand what is important.

We have been witnesses to the unknown.

As we come together, to share our changes, to speak of our reflections, we become witnesses to knowing ourselves better. We have joined together to fulfill what is important to our communities, families and Self.

Whichever way your experience has taken you, remember: the sun will rise, the moon will set, inner peace will return, and we shall stand in our new elements of change. That's who we are; human evolution cannot exist without change.

Therefore, change, reflection and fulfilling what is important will always be innate.

Once again, it's time to rise above, reach for comfort when needed, extend our hands to others, and mostly, be kind to Self.

May the world see the light of love as a path to heal. May we follow the stars with courage. May life as we know it today rest on the arm of trust while we sleep peacefully through the unknown.





# POST-PANDEMIC LIFE INVITATION

BY HOLLY DUCKWORTH

**I**t was day five of a five-day Chaos to Calm Challenge when Cindi piped up and said, “I’m so glad I participated in this challenge because it showed me my default mode.” Let me be clear... nowhere in the 5-day mini-course had I even said the word default mode. In less than 20 seconds, Cindi shined the light on what the course meant for her. In the challenge, Cindi saw the default mode of life personally and professionally. How she lived pre-pandemic. She felt her numbness and was waking up to new possibilities.

While I knew instinctively what default mode was, I had to Google it. Default mode network is a group of brain

regions that seem to show lower levels of activity when we are engaged in a particular task like paying attention, but higher levels of activity when we are awake and not involved in any specific mental exercise. Mental numbness. Or as I refer to it... life pre-pandemic.

The pandemic of 2020 threw all of us off our default mode in every way. No person, place, or thing was left untouched by the pandemic. Therefore, none of us are left untouched by its possibilities.

As we curl up for the long winter’s nap of 2020/2021, I invite you to decide on your new default mode. Will you accept this Universe’s invitation to change, write a new default mode?

This is your invitation to a new life. How will you fill out the invitation?

At your party/event/experience, what will you eat?

What will you do?

Who will you invite?

Will you make your post-pandemic life easier, or harder?

When will you begin?

This winter is the slow and steady acceptance that our world will not be going back to “normal”. Can someone tell me what normal is anyway? Human’s post-pandemic will be different. Now is the time to choose that different. Create your new party/event/life or default experience.



Are you the person who got the invitation and you have not yet RSVP'd? Are you one of those people waiting around saying we are going back to normal? When are we going to get it? There is NO GOING Back. Life is now. Life will be post-pandemic. Let's plan for the post-pandemic life.

Yes, I get it. Many of us, Cindi included, are a little bruised from being thrown off the default roller coaster of life and being stuck at home for most of 2020. Here are a few considerations for your post-pandemic life event.

Think small. If a microscopic germ called COVID-19 can throw the world into a tailspin, what can you do if you think small in your own life. Cindi got so much

out of 25 minutes a day of mindful practices.

Think opportunity. It's easy to get thrown into the media, social, or otherwise negative spiral energy. Use this as a trigger to think opportunity. If a large portion of our world can now be unemployed, under-employed, or in a food line, see this and think opportunity. Reset what you do for work, how you do it, who you do it with, and what you consume.

Think compassion. Now is a great time to remember that there is no one way to navigate a pandemic and no one way to come out of one. Some will be ready to party, others ready to go to church, others may be ready for small gatherings only. When we emerge and moments

of unknown awkward show up, maybe just maybe smile, open a door and be compassionate.

There may be lots of choices ahead of us, and it starts with one. Choose acceptance of the fact that we cannot go back to the "old normal". There is a vast exciting new beginning ahead of us as individuals and communities when we define a new default mode and write a new invitation to live.

Let the 2021 possibility begin. I'm ready with compassion for your post-pandemic life RSVP.



## ABOUT THE AUTHOR

Holly Duckworth is CEO of Leadership Solutions International where she unleashes human potential through mindfulness techniques. As a teacher, author, and Certified Workplace Mindfulness Facilitator, Holly's work transforms business culture, customer experiences and offers personal success. Holly is a New York Times contributor, host/producer of [www.EverydayMindfulnessShow.com](http://www.EverydayMindfulnessShow.com). Holly lives in Denver with her fiancé, Eric, where they hope to send wedding invitations in 2021 post-pandemic.

For more information on the monthly Chaos to Calm Challenge visit [www.LeadershipSolutionsInternational.com](http://www.LeadershipSolutionsInternational.com)



Your Fast Track Guide to

# Writing & Launching Your Book

By Judi Moreo

## LEARN HOW TO PLAN & LAUNCH YOUR BOOK

IF YOU ARE READY TO START WRITING YOUR BOOK AND GET IT PUBLISHED, THIS COURSE IS FOR YOU!

### DON'T BE LEFT UNPREPARED!

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.



## YOU'LL LEARN

### PLANNING

How to make a plan for writing and launching your book

### GOAL SETTING

Ways to break down the writing process into achievable tasks

### DISCOVERY

Evaluate the many publishing options for your new book

### PROMOTION & MARKETING

Effective promotional tactics to market your book and gain the exposure it deserves

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**“If the doors of perception  
were cleansed, everything  
would appear to man as it is —  
infinite.”**

---

**William Blake**





# ARE FOUR WOMEN FATED TO MAKE A DIFFERENCE?

*Can fate really change someone's life? Tiffany Darling has her doubts when she's picked up off the street and asked to become one of the Angels Out of the Dark. She and the other angels have to bond together to help other women escape their circumstances of working on the streets. Can they do it?*

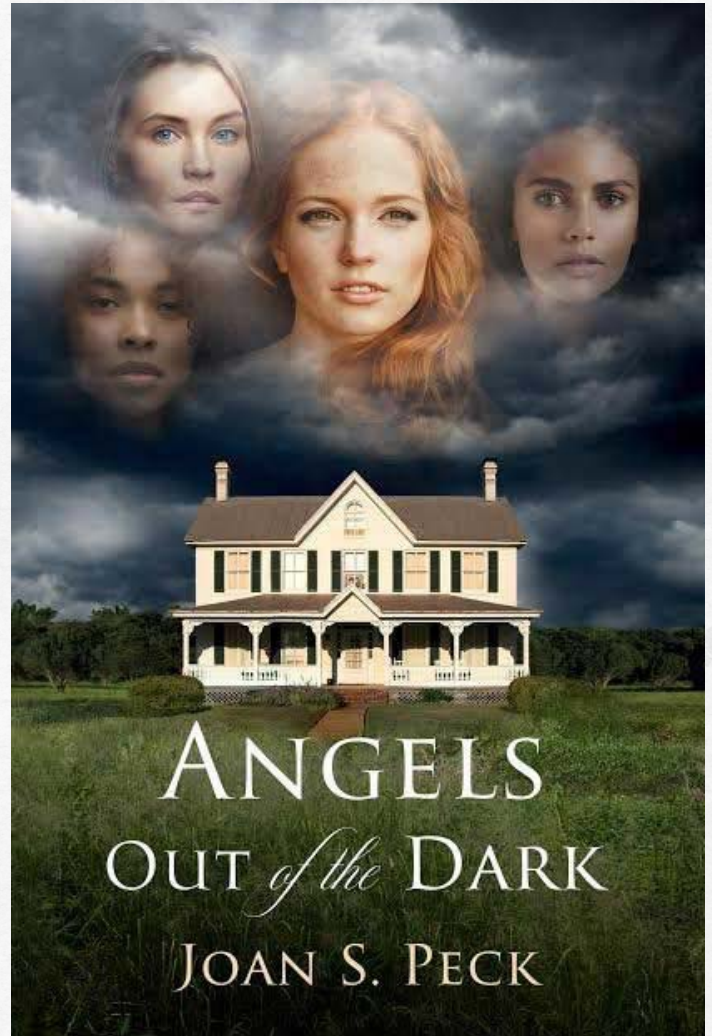
*This is an empowering story for every woman who has come to a fork in the road of her life where even a simple choice becomes crucial. You will see yourself in all the angels and rejoice in knowing you are one of them.*

---

Are you aware that four to five people go missing EACH day here in Las Vegas? Do you know that only 60% of murders country-wide ever get solved? Have you thought about the fact that at this time sexual abuse and human trafficking has reached the proportions of another pandemic? Do you know the signs of sexual abuse among children? How can you help?

Angels Out of the Dark is a haunting story about four women who have survived their abusive backgrounds and asked to help others out of their trapped way of living. It is about them pulling together with the aid of their Samaritan benefactors to learn that they have the power to change their lives. It is a story about redemption, hope, and the goodness of healthy love. It is a story everyone should read to become kinder toward others less fortunate.

This book is dedicated to Lena Walther of the Awareness is Prevention (AIP) non-profit and all the other non-profits and people who are doing what they can to make us more aware of human sex trafficking. They demand our attention to insist on better laws to end sex trafficking and to learn the signs of sexual abuse so that we may stop a person from being taken or wooed to become a part of the human sex trafficking schemes so prevalent today. We honor and thank you for your efforts to make a safer, better world for us all ... especially for those who are defenseless.



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## SEEKING THE POSITIVE DURING COVID-19

BY JOAN S. PECK

**M**

any of us are sitting with ourselves, trying to figure out the best way to fill our time now that any normal routine seems to be out of the question. We live in such turmoil and with impossible situations today that are beyond our control, for the most part!

During COVID-19, some doctors and nurses have been called upon to choose between patients to receive needed care. First responders, not often recog-

nized, include all those who offer everyday services, such as food clerks, post office personnel, garage disposal workers, Uber and bus drivers, and so many more—all at risk.

We are asked not to socialize with others or to do so with restrictions. That alone isn't easy since socialization is a huge necessity for most human beings' mental health. We are asked not to be personally affronted when another person refuses to wear a mask. Those people selfishly call it their personal free-

dom not to wear them, while others, like me, take it as an offensive sign that they don't care whether they spread the disease to me or anyone else.

And I won't even get into the divided politics—the accusations, the lies, loss of civility, and more!

So, where does that leave us? With the self-isolation required to keep safe and COVID free, we're forced to consider where we are in life. Our economy is taking such a hit, and the majority of us

are scrambling to keep a roof over our heads and food on our tables, requiring us to look at things differently.

If lack of money seems so inevitable for most of us, what will we come to value? Will community and friendship become more critical? Will we concentrate more on taking care of Mother Earth so that our grandchildren can enjoy clear air? Will we look for ways to help others, or will we not care about anyone but ourselves? Will we be strong enough to withstand the negativity of living today?

We will be facing many choices ahead, and the idea of that causes *stress* for many of us. So, what can we do to keep grounded and not lose ourselves in the muck? Certainly, one of the easiest things for us to do is to take the time to meditate. Doing so allows us to *let things be!*

There are times when we are the most

powerful by doing nothing—meaning not trying to control everyone and everything in our lives. Clearing our minds allows us to let go of judgment of ourselves and others and begin to look at the possibilities open to us during this period.

I certainly don't want to proclaim that this is a beautiful period in our lives, but I want to talk about one of the positive things from our period of isolation. This is a great time to *do something different*—to do something we've always wanted to do, but didn't have the time or made other excuses not to do it.

I was buoyed up by listening to a woman on the radio the other day say that she inherited a piano from her family weeks ago. Although it had been in her home growing up, she'd never learned to play it. Now, with time on her hands, she was doing something she always wanted to do—take piano lessons.

I have a friend who used to paint portraits and still life. During her hibernation, she has moved away from painting that which already exists to paint what her eye sees and express it emotionally through abstract art. It has opened up a whole new world for her.

One of my neighbors is a schoolteacher, and she is taking the time to finally sit down and write poetry, which she has wanted to do for a long time. This pandemic has opened the space for her to fulfill her dream of becoming a poet, and she is now submitting her poems to be published.

So, the possibilities of fulfilling a wish or hidden desire are there for the asking. It is a time to express ourselves in other ways ... it is a time to be grateful to be alive.

**“Turn your obstacles into opportunities and your problems into possibilities.”**

---

**Roy T. Bennett,  
*The Light in the Heart***





### ABOUT THE AUTHOR

Joan S. Peck is an editor, author of short stories, spiritual books, novels, and has a mystery book series called The Death Card Series. She has a stand-alone novel, *Angels Out of the Dark*. Her book, *Prime Threat – Shattering the Power of Addiction*, has helped many looking to understand addiction in a whole new way.

Joan is also a contributing writer for Choices magazine and serves as the Editor in Chief for Chic Compass magazine, produced in Las Vegas and available world-wide.

She lives in Las Vegas, Nevada, with her dog, Sweet Pea, one of the characters in her mystery book series.

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[joanspeck.com](http://joanspeck.com)

**“It’s the possibility that keeps me going, not the guarantee.”**

---

**Nicholas Sparks,  
*The Notebook***





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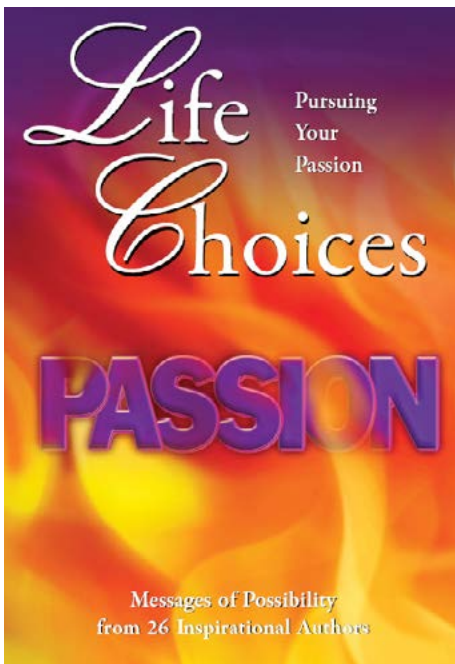
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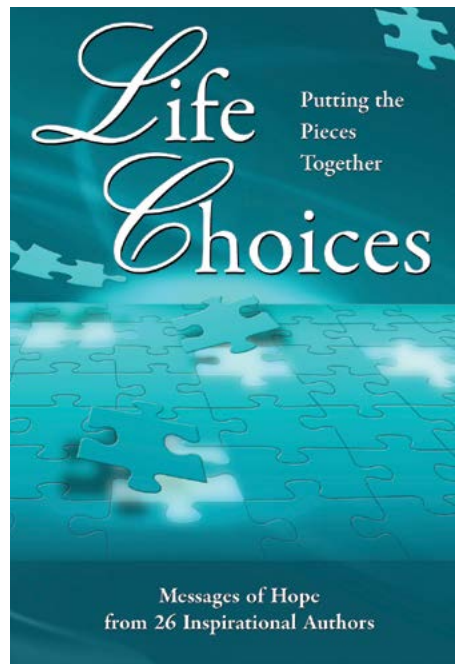
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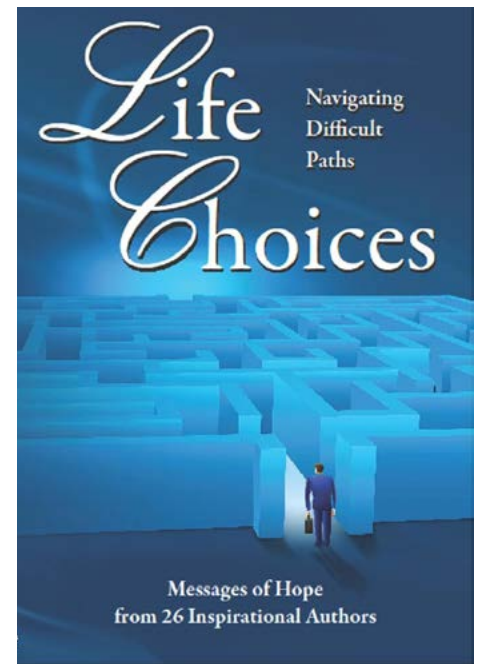




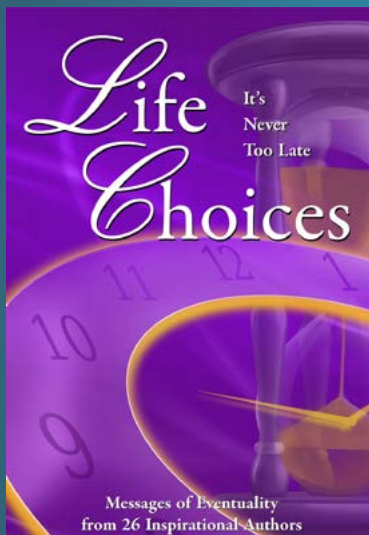
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible - READ THIS BOOK. Twenty-six authors share with you how they pursued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



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



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



## LIFE CHOICES SERIES

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

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



# BE THE DREAMER

BY SOPHIA FALKE

**T**o which school of thought do you belong? Do you believe your life is somehow preordained, determined by outer circumstances, and that nothing you say or do will change it? Or do you believe you have the power to create the life you would love – no matter what is going on around you, regardless of whether you were born into privilege or poverty, no matter what other people tell you to think, say or do?

The first school is Victim High. The paint in the narrow grey hallways is peeling, the roof leaks, and students shuffle from class to class with downcast heads and slumped shoulders. The second is Victory Academy. There are no walls, no roof – only endless possibilities. The students skip joyously from class to class with uplifted faces beaming with light. They are the dreamers. If you would like to join the dreamers at Victory Academy, there is a simple, foundational step to get there.

It is your dream – a big dream, a dream that touches your soul. Chinese philosopher Lao Tsu said, “Be careful what you water your dreams with. Water them with worry and fear and you will produce weeds that choke the life from your dream. Water them with optimism and solutions and you will cultivate success.” This isn’t goal setting. This is getting in touch with what makes your heart sing and answers the question, “What would you love?” To answer this question requires a Victory Academy mindset. If



*“Water your dreams  
with optimism and  
solutions and you will  
cultivate success”*

you have people around you who attend Victim High, you will need to distance yourself from their negativity, fear, and playing small. Instead, surround yourself with the energy and higher vibration of the students of Victory Academy.

Once you get in touch with what you would love, write it down as if it has already happened. Writing it down solidifies and grounds your dream in physical form. When your dream gets watered down by “worry and fear” – or by the naysayers at Victim High – you will have this written monument to your dream to which you can return so you can water your dreams with “optimism and solutions” toward success. Then write your “as if” future memory, write the full experience – how you feel physically,

spiritually, and emotionally; what things look like; who is in your life; and the sounds, smells, and feel of your new life.

You might be wondering, “Why write my dream as if it has already happened? It hasn’t, so aren’t I lying to myself?” Human beings are probably the only life form that has the capacity to visualize, plan, and self-direct thinking. You have a subconscious mind that takes in everything you experience and stores it away without judgment – including whether or not something has really happened. It is the conscious mind that directs the subconscious. That means when you write down your dream as if it has already happened, you begin to program your subconscious mind so that you begin to think, speak, and act as the person

who is already living the life you love.

Revisit your new memory every day and celebrate it as if it has already happened. Remember, you are the dreamer and visionary. You have the strength, stamina, passion, and patience to reach your dream. You are the dreamer. Make it a big dream – one that is worthy of you.



### ABOUT THE AUTHOR

Sophia Falke is known for her wit, wisdom, and unwavering support of others in achieving their dreams, embracing their greatness, and moving from pain to passion. She is a life mastery coach, business consultant, speaker, and best-selling author. Sophia supports you with practical, spiritually based principles to help you live your best life. Her program, *5 Keys to Relief, Renewal and Resilience*, will help you thrive in 2021. Schedule an appointment to learn more or sign up at [www.EmbracingGreatness.com](http://www.EmbracingGreatness.com).



**“If you believe it will work out, you’ll see opportunities. If you believe it won’t, you will see obstacles.”**

---

**Wayne Dyer**







# DEVELOPING NEW PERSPECTIVES

BY HENRY G. NOËL

**N**ew perspectives are not foreign to us. We have all experienced the need to create new perspectives. Usually, a traumatic event is the catalyst for us to question our old perspectives leading us to analyze the event from a different point of view, through self-reflection, thereby developing new perspectives: i.e., a mid-life crisis, an injury or illness, voluntary or forced professional change, and making New Year's resolutions.

Perspective is the way one looks at something including ourselves. Since our perspectives are our reality, it is hard for us to acknowledge we learned our perspectives from those who influenced our upbringing and created our belief systems. We can argue that experience plays a major role in our perspectives, but our interpretation of our experiences are also predicated by our upbringing and belief systems.

If we were to strip away the biases

taught us by others; how would that affect our perspectives? Would the color of our skin truly matter? Would nationality matter? Would one's political party affiliation matter? Would one's sex matter? Would one's religion matter?

The very dynamic separating humanity today into its many convoluted compartments is the result of these same perspectives. It has been said humans are inherently social creatures. Yet, the only socialization we do is based on

social categorization and judgments. The social groups with which we associate ourselves are rooted in commonalities: i.e., co-workers or our profession, our memberships, our religious beliefs, and our political beliefs. Each of these social groups justify themselves not by the good each does, but by the perspectives we place on the other groups viewing them as inferior to us. This is the same concept behind the development of gangs. Comparatives, judgments, and discrimination are all created by the perspectives we incorporate and create the fear and hate we all experience.

New perspectives can only occur when we identify old perspectives we wish to eliminate or change. Identifying these old perspectives comes from accepting the acquisition of new knowledge about ourselves, others, and the world, and realizing that holding on to these old perspectives limits our growth and development.

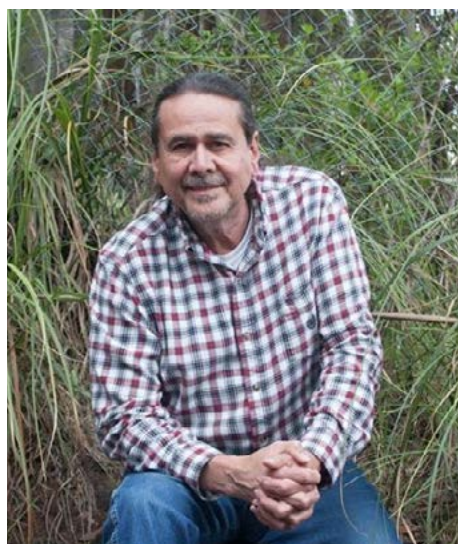
So, how do we develop new perspectives? We start by questioning ourselves and opening the door to new knowledge where we begin to look at ourselves through untainted eyes, free of the persuasions taught to us by others. Questions like: When did I learn to fear? Where did I learn to hate? Why did I learn to discriminate? Each of these takes us far outside our comfort zone because we wish to believe we are in control of ourselves, and admitting our manipulation is a bitter pill to take. This manipulation may not have been for some evil reason, it was simply what we were taught, and we use these teachings to interpret our experiences. This has led us to the us we know. If we can educate ourselves about how we have come to be, we can reduce the fear we all live with. If we can reduce the fear, we reduce hate. By reducing the hate,



we reduce discrimination. If we can reduce the discrimination, we change the old perspectives we use to interpret the world around us, ending this vicious cycle.

New perspectives can only come from new knowledge, but it's the acceptance

of the need for this new knowledge that exposes our old perspectives as flawed. Understanding this need allows us to accept the knowledge; thereby, creating new perspectives, a new us, and a new world.

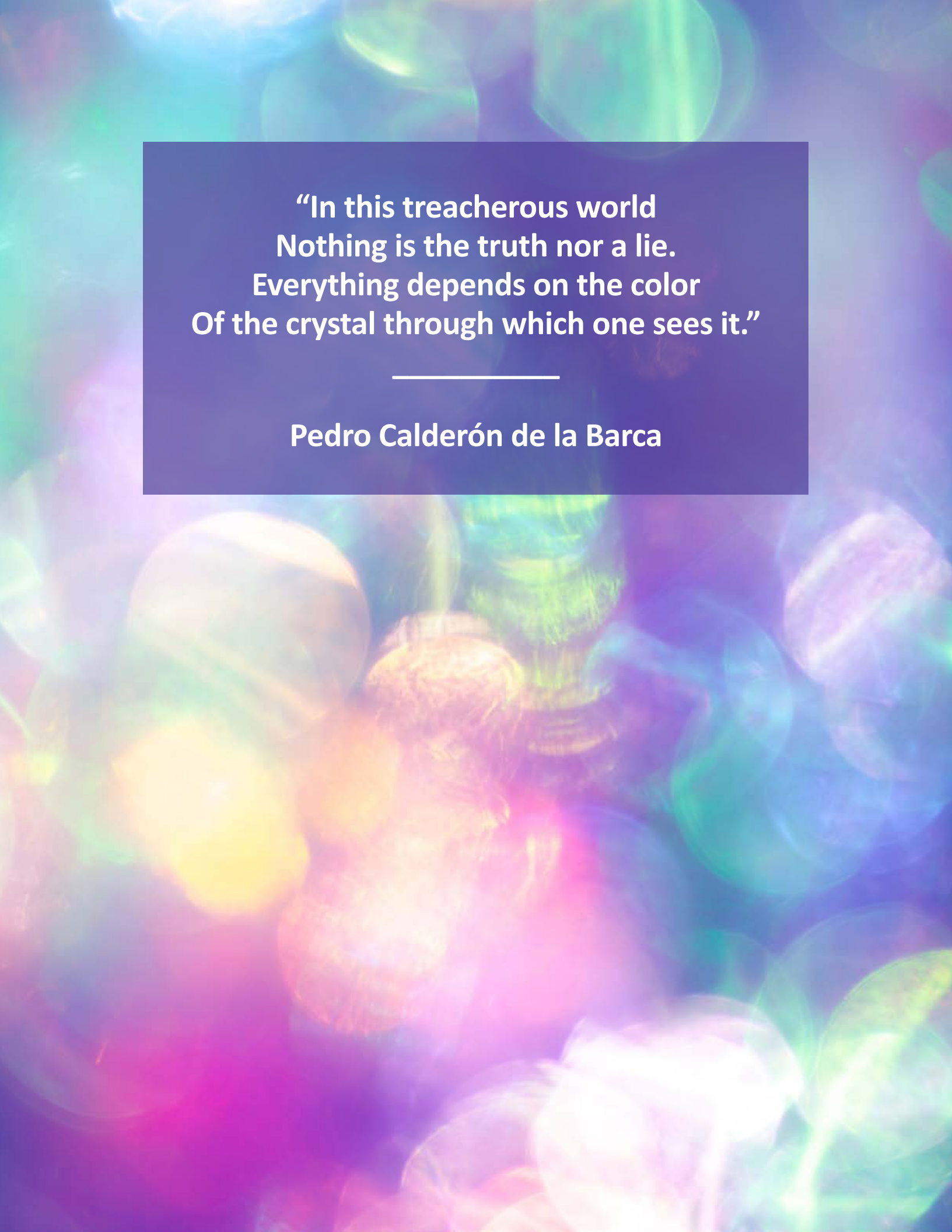


## ABOUT THE AUTHOR

Author, radio personality, inspirational speaker, spiritual teacher and healer. Henry's philosophies about who we are and our purpose here are challenging and in-the-face of traditional philosophies. "If you seek fulfillment in your life, listen to your inner voice. Fulfillment isn't the material stuff you have, it's the untapped wisdom inside of you. Our answers are not out there, they lie within and must be uncovered."

Contact Henry:  
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www.henrynoel.com





**“In this treacherous world  
Nothing is the truth nor a lie.  
Everything depends on the color  
Of the crystal through which one sees it.”**

---

**Pedro Calderón de la Barca**



# 4

## KEYS TO POSITIVELY ADDRESSING FINANCIAL WORRIES AND CONCERNS

BY MARIA ORTIZ

# H

ave you ever had trouble sleeping because you were worried about your finances? Have you ever avoided

checking your bank account balance because you're afraid to look? You're not alone. In their latest Stress in America survey, the American Psychological Association found that 72 percent of Americans reported feeling stressed about money during the previous month.

Adding to our normal money worries is the economic fallout of a global pan-

demic. Jobs have been lost. Businesses have shut down. And many Americans are left wondering how to cope with the resulting financial worries and concerns.

### How NOT to Cope

Most people cope with financial worries by avoiding them altogether. Although this might seem like the easiest way to deal with the situation, it's unhealthy for your mind and your wallet. Not addressing your financial concerns, can lead to increased debt and worse anxiety than you had before.

Here are some of the negative results of dealing with our anxiety the **WRONG** way:

- Relationship issues
- Insomnia
- Weight gain
- Withdrawing socially
- Coping in unhealthy ways (like over-eating, drinking too much, and even drug abuse)

Tackling your financial problems may seem overwhelming, but it's well worth the effort! Here are four simple things you can do to get started today.



### Talk it out

Most people don't like talking about money. But talking openly to a supportive friend can lessen your stress and help you gain perspective. They might even have some helpful ideas. Talking to a financial planner can boost those benefits even more. And a quick Google search can show you some of the organizations in your area that offer free help from professional financial advisors.

### Make a Plan

Creating a realistic budget is not something most of us are taught in high school. And confusing financial terms like equity, escrow, depreciation, and bonds can make us feel out of our depth. But making a financial plan doesn't have to be complicated. All you need is a piece of paper and a calculator. Here's how to get started.

- What are my financial goals? (Are you planning for retirement? Are you just trying to make ends meet? Or, are you trying to pay off some debt?)
- How much money is coming in and how much money is going out? List all of your income and expenses.
- Match your goals to your spending. If your income is less than your expenses, try to reduce the amount of money you spend on things that are less important to you.

### Tackle Debt

Tackling your debt can seem overwhelming, especially if you owe on multiple accounts. But here's a 3-step plan that can help!

1. Pay the minimum payment on all of your accounts so they remain in

good standing.

2. Use any extra money you have to pay off the account with the highest interest rate first.
3. After the first debt is paid off, focus on the plan with the next highest interest rate. Keep doing this until all your accounts are paid off.

If it still seems like too much for you to handle on your own, don't despair. Free financial planning services can be what you need to get a plan in place to tackle your debt.

### Stay Positive and Realistic

It's easy to spiral into negative thinking, worried that your debt is insurmountable, or that you can never pay it off. But that kind of thinking will only make it harder to take the right steps towards financial freedom. It might be challenging, but it's not impossible. Imagine how you'll feel each time you see your debt shrinking due to your hard work! Your financial anxiety will lessen with each small victory. You can do this!

That said, don't be too hard on yourself if you slip up once in a while. Make sure your goals are reasonable and not too extreme for your circumstances. This will keep you balanced if you have any setbacks.

Even in the wake of a global pandemic, there's a number of healthy ways to address financial worries and concerns. You can lessen your financial stress by talking it out, making a plan, tackling your debt, and having a positive and realistic viewpoint. So, if you're stressed about your finances, manage your money the RIGHT way. You'll be happier, healthier, and your wallet will thank you.

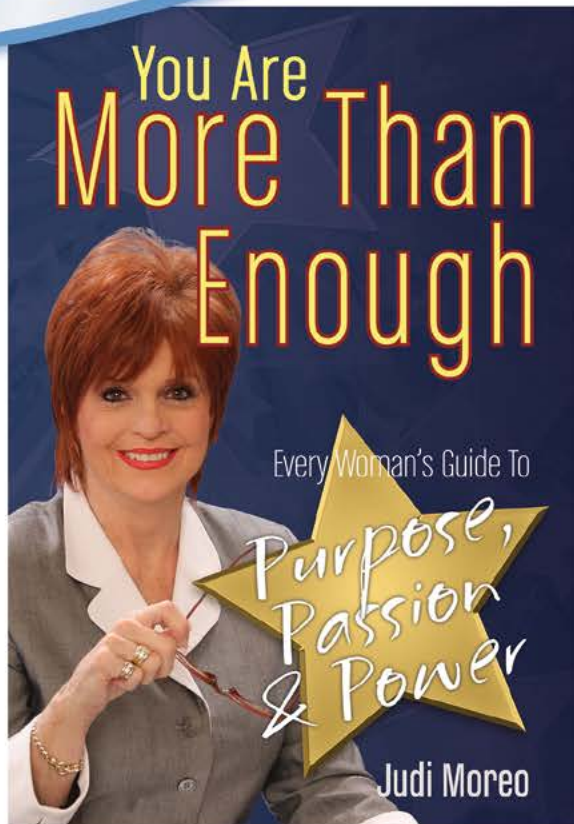


### ABOUT THE AUTHOR

Maria Ortiz is a professional speaker and a member of the National Speakers Association, Las Vegas chapter. She is the author of two books, "I Love Men" and "Healing Fat Beliefs: Overcoming the Limits of Your Mind and Body."

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marmortiz7@aol.com

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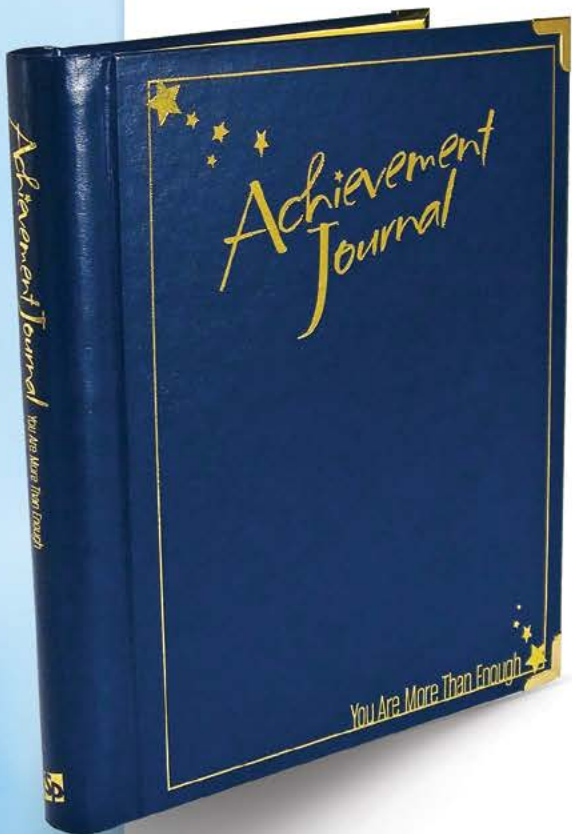
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Career, Relationships, Finances, Health, Spirituality, Education, Community Involvement and Recreation.

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

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The Montel Williams Show

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



# WHY YOU SHOULD BE OPTIMISTIC FOR 2021

BY VITAL GERMAINE

**H**ow many expletives can you conjure up to describe 2020? Most of you have a bucket load to portray your experiences, emotions and expectations. If you are reading this magazine article, congratulate yourself for surviving despite the setbacks, the losses, the hurt, the fear and outright frustration. It is, nonetheless, possible that this coming year will

simply be more of the same, and that's ok. Why?

There are 3 key elements that you already have in your back pocket to help you. I'm going to save the best one for last. Let's count them down.

The first, is the element of resilience. Even if you lost much and have your back against the wall, you learned and

you grew. The growing pains were potentially unbearable. Nelson Mandela once said, "We either win, or we learn." You discovered so much about yourself through introspection and having more time than usual to look in the mirror. You discovered plenty about other people: ouch in some cases. Resilience is a muscle that needs a workout, nurturing and training. The more aware we become of our resilience, the easier we adapt, the stronger we become, leaving us armed and equipped to battle any forces: internal and external. Your resilience will help you overcome almost everything, and that is reason to be optimistic regardless of what 2021 brings. You've got this.

Coming in at number two is creativity. I don't mean the kind that leads to delivering a work of art. I mean the kind that enables us to adapt, envision something different and new: the kind that provides us with answers and solutions. The superpower of creativity is within you, waiting for you to access and leverage it. You may have already noticed that you became a little more creative during 2020. The beautiful byproduct of creativity is expression. Expression releases frustration and pain, allowing us to heal and refuel. Let 2021 be the year where you come out of your shell, own your story, own who you are and have the courage to share it with the world. The world is waiting to see the real you and this year is your moment to launch that person. I find that exciting (and scary as hell). The reward will by far outweigh the fear.

Last and definitely not least, the element of hope. How powerful is hope? You have no idea. It's the game-changer. In 1784, Benjamin Franklin said, "Hope is an essential constituent of human life."



This is what really blew my mind about the power of hope.

A regrettably sad, if not gruesome experiment was conducted in 1950 by Curt Richter, a biologist, psycho-biologist and geneticist. He took twelve domesticated rats and placed them in a jar filled with water. They swam for a couple of minutes before sinking to the bottom as he watched them drown and die. He did the same experiment with more aggressive wild rats, expecting

them to last longer. They too drowned and died within minutes. This is where the horrible experiment revealed something remarkable. This time, when the domesticated rats sank to the bottom, he picked them out for a few minutes. When he placed them back into the water, they did something amazing. They kept swimming for hours. Why?

The first scenario was one of hopelessness: no point in fighting, knowing the inevitable outcome is death. Once

hopelessness was removed from the equation, everything changed. The gloves came on and time and despair were drowned by optimism and reason to live, reason to be.

Let resilience, creativity and hope be your reason to keep swimming in 2021 and beyond.

**“Your reality is as you perceive it to be. So, it is true, that by altering this perception we can alter our reality.”**

**William Constantine**



#### ||| ABOUT THE AUTHOR

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

**“The optimist sees the donut,  
the pessimist sees the hole.”**

---

**Oscar Wilde**







# THREE DROPS OF WISDOM

BY GINA GELDBACH-HALL

**I**f you could take only three drops of wisdom from your past into your future leaving the rest behind, what would you select? I was asked to consider this question recently and this is what I'd take with me...

*First, I would take perspective.* Sometimes what shows up at my doorstep isn't what I had ordered, at least that is what I tell myself. However, it usually

ends up working out to be the perfect home delivery. With perspective, I realize that all that shows up at my doorstep is a manifestation of my thoughts and feelings. Whether I am consciously, or unconsciously, manifesting them, they are in my energy field. Therefore, the good, the bad, and the ugly are an ultimate reflection of my innermost thoughts and feelings. This is a big step, to realize I am the master of my universe and the creator of all that shows up at

my door. With this realization alone, I can change my perspective and how I deal with it; I am at choice. With choice, I can consciously start choosing my reality and my perspective. With this one small drop, I change my life.

*Second, I would choose purpose.* You can't reach your destination without knowing where you are going. While it may serve me to be directionless at times, it doesn't serve me to be that way all the time. Purpose allows me to organize my life in a meaningful way and gives me a platform to achieve in my life. Without this platform, I am susceptible to depression and feelings of being lost and confused. There is a saying that if you don't believe in something, you will fall for anything. I choose to believe in something. Direction and purpose keep me in line and useful. The trick is to be

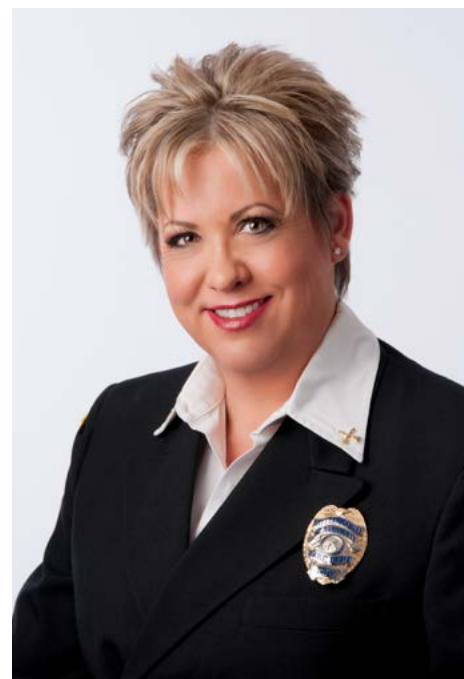
flexible and change, if the need arises.

*Third, I would choose passion.* Sometimes I need to be my own cheerleader! When I have passion, I'm excited about my life and the journey seems easier and less burdensome. My outlook is improved and my relationships are more fulfilling. No one wants to be around someone who isn't even interested in

his own life. To be passionate, I need to be out in the world, exploring, reaching, discovering... even if it's found in a good book, documentary or better yet, lunch with an intriguing friend. I want to be a person who people find interesting and following my passion allows that for me.

What drops do you want to take into your new year? What changes do you

want to see in your life, outlook, and/or relationships? Are you playing a big enough game? In 2021, we are positioned to come out of months of hibernation and we all have an opportunity to create something new. The decisions you make in these next few months will have a tremendous impact on where you go from here. It's time to start a new you! Make this year one that counts, starting with three little drops...



### ABOUT THE AUTHOR

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

She continues to inspire leadership and service helping others to ignite the flame of empowerment within their lives through her writing and artwork. She is available for coaching and speaking engagements. Visit her website at [FiregalWisdom.com](http://FiregalWisdom.com) for more information.



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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?

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

### What are Creativity Coaches?

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

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

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**Resilient Survivor  
Available On  
Amazon.com &  
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# Resilient Survivor

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

**BY MARLENE LIVINGSTON CURRY**

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

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

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

—Mary Monaghan, author, *Remember Me?*

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

—Kathie Slaughter, Retired teacher

**WWW.MARLENECURRY.COM**

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

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[marlene@marlenecurry.com](mailto:marlene@marlenecurry.com)



# BREAK THE MOLD

BY RIDGELY GOLDSBOROUGH

**T**he trumpet player  
threw down his  
instrument in disgust.

In another town, not  
too far away, the dancer hung up her  
shoes.

The little leaguer chucked his glove into  
the drawer, informed his Mom that he  
no longer stood to bat.

On a job site, a frustrated worker  
punched out before time.

A college sophomore dropped out  
before final exams.

A disgruntled spouse took a suitcase,  
a pile of clothes and drove off into the  
sunset.

In the third week of a three month  
program, two friends blew off their diet  
and headed for the ice cream shop.

New Year's resolutions would more  
accurately be labeled New Day's  
resolutions.

Easy start, easy stop.

We suffer from a lack of grit.

At the first sign of tension or trouble,  
we look for the quick fix, seek the  
magic bullet, the perfect pill, the lotto  
ticket.

How will we ever feel the true elation  
of victory, the profound satisfaction of  
a valiant struggle, regardless of the final  
result?

How did we fall so off track?

Who led us here?

Did we do this to ourselves?

Often, we see tendencies in our  
personal history.

Did a parent teach us broad  
entitlement, a false sense of  
expectation, that we somehow  
deserved more than others, even  
without effort?

Can't we look past the shallow media  
exhortations, manipulative insinuations  
that the latest, greatest will somehow  
improve our lot without additional  
contributions from us?

I live in fear that somehow my own





children will miss this lesson.

I stress my brain to find ways of showing discipline and its rewards, perseverance and its ultimate power, stick-to-it-iveness and the value of not giving up.

How can I lead by example, go the extra mile in every venture or endeavor, help them even to find challenging circumstances that will test their mettle in the supportive embrace of Daddy's stalwart faith?

How can we learn to tell the truth to those who ask what it takes, to act as real friends, the kind that never hesitate to confront difficult questions with honest answers—no, nothing worthwhile will flow your way by accident.

I can only express my complaint by the steps I take to create a solution, not a perpetuation of an all too pervasive problem.

I have to walk the walk.

If asked, I have to talk the talk.

If not asked, I keep my mouth closed and my feet moving.

What about you?

Will you drink from the grail or settle for the flavor of the day?

Will you gaze from the summit, give up before you reach the top or never even bother to tread upward?

What legacy will you leave those that follow?

I'll take my walking shoes off when the trail wears thin from the legions that make the decision to step out.

Dust yours off.

Nice day for a hike...

Find your Mind Type by going to [www.MindTypes.com](http://www.MindTypes.com) for a FREE and fun quiz that will give you a new perspective!

Ridgely



## ABOUT THE AUTHOR

Author and International Speaker, Ridgely Goldsborough, started his first business at the age of 16. After graduating from Law School, he earned his first million at the age of 29 and in the last three decades, started 43 companies. For one of those businesses, he founded Domain Street Magazine, the very first internet based magazine about the domain name industry.

Ridgely and his team have over 400 active websites in multiple business verticals and he speaks around the world, in both English and Spanish, as one of the foremost experts in internet marketing, with a specific emphasis on video-based follow up sequences, the secret sauce to online campaigns. He has written 11 books, hosted his own television show and created dozens of audio and video programs on success and prosperity, and conducted dozens of online marketing campaigns resulting in millions of dollars in sales.

In addition, Ridgely is the co-founder of the WHY Marketing Formula, the revolutionary marketing program used by professionals world wide to attract ideal clients. He is a frequent speaker at the top internet marketing conferences on the use of the internet to build marketing networks based on the WHY of the company founder.

When not traveling, Ridgely lives in Florida on the water, with his wife, Kathy. They have four children and share a passion for travel, fine wine and building businesses.



*Make life a festival of lights. Share your pictures. So many people tell me how this photo gave them hope.*





## A RECIPE FOR SANITY

BY S. L. GORE

**I***f ever there was a time when we needed a daily commitment to count our blessings and a stalwart determination to make the best of things, it is now.*

For our family, it is about finding the balance in this time of COVID. How can we be safe, knowing that the minute we walk out the door, we incur risk? How much risk is acceptable? How can we mitigate the risk? How can we still enjoy life?

My solution is a rather simple recipe for living that works any time and really has no secret ingredient other than a determination that life is too short to be anything but happy. Sometimes, and especially in time of COVID, that daily act of dedicating yourself to happiness is especially challenging.

Add to that determination, a generous helping of gratitude. I remind myself often of all those who are suffering – not only the ravages of the disease – or the loneliness of quarantine – but also the loss of a job, or trying to do your job confined to an apartment with small children or school-age children pretending to learn on the computer. I am so grateful not to face those challenges. What have I got to complain about?

Mix in exercise. I found a zoom yoga class which acts as an anchor for my day. It's not as much fun as a class, I freely admit, but it sure is convenient to roll out my mat in my own living room, and I've rediscovered muscles in my thighs and strength in my arms.

Find every occasion to celebrate. Set the table as if for guests. Make a meal as if for guests. Decorate as if for a party. Take pictures with your phone and post on your social media. When friends respond to your meals, it feels almost like they are there. Sharing is everything.

If you are lucky enough to have a yard or a driveway and the weather permits, make a gathering of neighbors. Set chairs 10 feet apart. Everyone must bring their own glasses and drink. If you



September 2020. My Mom's 95th birthday when careful gatherings still seemed safe. Each household in our family had their own table, all distanced. Food was served with separate platters at each table. It all happened outdoors. We asked that everyone wear a mask unless eating, but in reality, after the 2nd glass of wine, caution flew to the wind.

serve anything to eat (which isn't necessary at all), make up individual plates for each couple or household. Neighbors are the safest guests because they can go home to use their own bathrooms.

Do a Zoom party. Gather your friends for an hour of conversation, each in their own space, each with their own choice of cheer. Dress up. Make it festive.

The hard and fast rule for our household is no gathering ever inside. Not with

masks. Not with social distancing. After the second glass of wine, it all breaks down.

Get out in nature as much as you can. Stop what you're doing and watch the sunset. Bring nature into your home with cut flowers, flowering plants and fresh veggies. Take pictures and share. We are so blessed to have the internet to keep relationships alive.

Most of all, think of all those who struggle. Have sympathy and empathy. Donate to a food bank. Every time you make a nice meal, you'll have a warm feeling in your heart that you helped feed a family who hungers.

Be smart. Stay safe. Wear a mask. Use your common sense. Keep your humanity. May the Gods bless us in this New Year. May our hearts be filled with love.



Just being January 2021 is enough for me to decorate my mantel. Bring beauty to the world. And it will come back to you.



Christmas Eve 2020. Our neighbors came with their own bottle and glasses and we had a good laugh about how our life had devolved to four people constituting a party. But it will be an evening we'll never forget and I am so grateful for their company.

## ABOUT THE AUTHOR

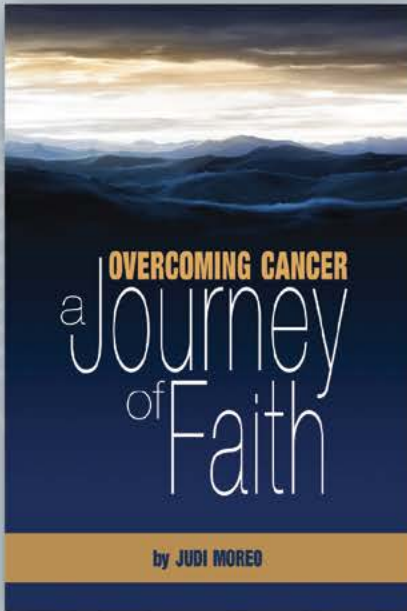
Born with wanderlust, forever living in a fantasy world, S.L. Gore escaped the prairies of Kansas and followed the yellow brick road on an odyssey that took her around the world. Love of history, languages, mysticism, food, shopping and romance helped create her romantic time travel thrillers of the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

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

## Overcoming Cancer: A Journey of Faith



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

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

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

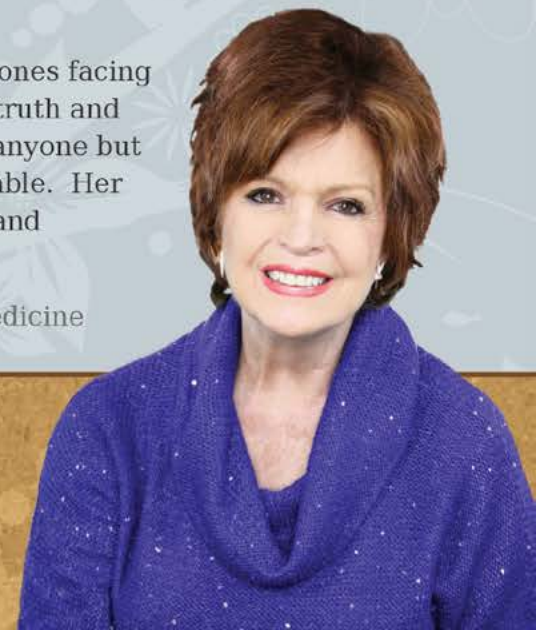
- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

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

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

This Book and Others Now Available Online!

[www.JudiMoreo.com](http://www.JudiMoreo.com)





## CHOICES MAGAZINE WINTER ISSUE 2021

# A FINAL NOTE FROM JUDI MOREO

It is a known fact that our minds, more specifically our subconscious minds, control our lives. We are what we think or believe. Research has shown that there is a mind-body connection and the mind can help us overcome health problems, life challenges, and fears.

There are many ways to reprogram our minds: NLP, hypnosis, visualization, affirmations, and coaching. The method you choose will depend on your mind-set and budget. You can find a ton of information online or by going to your local library. If you need help then there are coaches, hypnotherapists, and NLP practitioners who can be hired to work with you.

Whichever route you choose, one element that is crucial is that you choose a positive attitude. For any method to be successful in creating change in the subconscious, you have to want the change and to believe totally in its success. You can't succeed without this belief.

While every method is different, there are three steps that each uses to reprogram your mind.

**Relax.** Take your brain to Alpha level by practicing relaxation techniques. This is the level where you 'speak' directly to the subconscious. Alpha level brainwaves are experienced first thing in the morning as you first awaken and last thing at night just before you go to sleep. In Alpha level, you are awake (conscious) and aware of your surroundings, your subconscious is fully alert and you are most responsive to learning and accepting new ideas.

**Visualize.** Picture your goal as an image or movie with you 'in the moment.' It must be in the present tense. Use all your senses to make it as real as possible. Tell a story and if you can add some humor even better. Your subconscious loves stories and it loves humor. By fully engaging your senses, it becomes more real. Make the scenes bright and colorful. Hear the sounds. Feel the emotions. Touch and taste things.

**Affirm.** While visualizing yourself living your goal, it is also important to affirm this. You can either say your affirmations out loud or think them. To make them even more powerful and effective, write them down and display them wherever you will see them regularly throughout your day. You can also record yourself saying them out loud and listen to them first thing in the morning and last thing at night. Affirmations must be in the present tense, said with positive conviction and include emotion.

Knowing these three simple steps can help you successfully reprogram your mind for positive change and gain a new perspective.

You can do this. You are more than enough,

