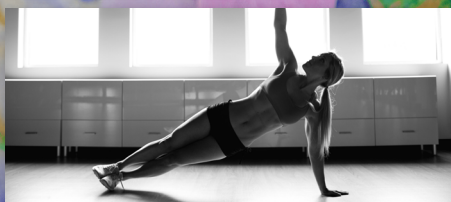


CHOICES

SPRING 2021

ALL ABOUT ENCOURAGEMENT

AN INTERVIEW WITH
TEMMA KEATAN HAMMOND



IMPROVING YOUR HEALTH

EIGHT HEALTHY CHOICES
THAT WILL HELP YOU FEEL
YOUR BEST



FIND YOUR PASSION

LIVE A LIFE WHERE EVERY
DAY IS FULL OF PURPOSE,
ENERGY, AND HAPPINESS



YOU ARE MORE THAN THAT

LET YOUR LIGHT SHINE AND
SAY "YES!" TO YOUR GOOD,
STRENGTH, AND RESILIENCE

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FROM THE EDITOR

Do you need some encouragement?
I believe we all do.

what's right about your spouse, your children, your parents, your siblings and tell them. So often, we are quick to find what's wrong and point it out to them.

It's hard to UNbelieve negative things you have been told over and over. But I've found by speaking encouraging words to them, they live up to those words.

We know what it is to feel discouraged. My coaching clients, my art students, and my friends often tell me that they are battling with loneliness, despair, hopelessness, even suicidal tendencies. Mostly because they don't feel like they are good enough.

Art students feel they have no talent and their paintings aren't as good as others. Family members feel like they aren't living up to expectations. Writers feel like their message isn't important enough. Everyone needs the gift of encouragement.

It's an easy gift to give. All it takes is a bit of thoughtfulness and a moment or two of time.

Think about the people you know. Start with your own family. Each family member needs you to be his or her cheerleader. Make your home a safe place to be...emotionally. Find

Try saying one positive thing to everyone you encounter. It's not that hard. They look nice, or they have a beautiful smile. They do kind things or have a talent or skill. Simply comment on it. If you think something positive about someone, say it to them. Your words can breathe new courage and strength into people who are struggling or overwhelmed.

My art students are amazing. Their paintings are exceptional. Not because I'm the best art teacher in the world, but because I am a great confidence builder. I help them find their uniqueness and get them to quit comparing themselves to others. Most of them start out telling me how some teacher threw their picture away or didn't hang it on the wall along with all the other drawings by kids in their same elementary grade. Or how their parents or grandparents told them they would never amount to anything or pointed out how clumsy they were.

We can encourage others by giving them a compliment in person or in a note. Send them cards, a flower or do something nice for them. Small gifts are always nice to receive, especially if you have made it for them.

And, remember to encourage yourself, as well. Cut out the negative self-talk and build on your strengths. See any limitation you think you have as an opportunity to improve. When you see any improvement, give yourself a gold star, a flower, or even say something nice to yourself. Say daily affirmations! You will be amazed at how good your days are when you are the catalyst for making others' days better.

You can do this! You are more than enough,

Judi

OUR TEAM

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CHOOSE HARMONIOUS & SUPPORTIVE RELATIONSHIPS

BY JUDI MOREO



Most of us have that one person we can always count on. You call him or her when you're nervous about a job interview, frustrated with a family member, or even grieving the loss of a loved one. They always seem to know the right thing to say to make you feel a little better about the situation, a little more confident in yourself, and a little less lost in your sadness.

We have been facing a global crisis unlike any we had ever seen before. When anxiety spikes, many respond by pulling away from friends and family. Now, more than ever, we need to keep the people we love close. Why?

Why Do We Need Human Support and Connection?

Whether they're connected to our work, our family, or our hobbies, our friends have a huge impact on our lives.

How does having good friends benefit you? According to the Mayo Clinic, a good friend

- Lessens your stress and makes you happier
- Makes you feel more confident
- Gives you a sense of belonging
- Helps you deal with the challenges you face
- Helps you quit or avoid unhealthy habits
- Reduces your risk of major health problems

Clearly, good friends are good medicine! Not only do they improve our mental health, but they can improve our physical health, as well. With the increased anxiety we're all experiencing, we need all the help we can get to stay happy and healthy. But where can we find good friends?

Choose Your Friends Carefully

You probably have more connections to potential friends than you think you do. At work, at play, when volunteering, or at community events, you can find

people who could become your good friends. There is a potential danger though. Forming friendships with toxic people can rob you of your joy and your health.

What does a good friend look like? What should you look for in a potential friend?

- They like you for who you are.
- They're genuinely interested in your thoughts and feelings.
- They're comfortable opening up to you.
- They're supportive, respectful, and trustworthy.
- You feel safe, happy, and comfortable when you spend time with them.

With a network of friends who meet these standards, you can face almost any challenge, including a global pandemic. But how can you maintain these relationships while social distancing?

How To Maintain Friendships While Social Distancing

Although social distancing may seem like the enemy to making and maintaining solid friendships, there are ways to work around this challenge. Regular communication is vital in any relationship. Here are some creative ways to keep in touch while staying safe and healthy.

- Video chatting
- Phone calls
- Writing a letter or card
- Sending a thoughtful gift in the mail
- Playing online games with them

Many have been using video calling apps to take a coffee break together, cook together, and even take a gym class together. Modern technology allows us to do all this and more while maintaining a safe distance. Don't let social distancing be the reason you miss out on all the benefits of having good friends. With a little bit of effort, you can keep your friendships strong and even make some new ones.

How I Can Be a Good Friend to Others

Having good friends is vital to our health and happiness. But to make

good friends, we need to know how to be a good friend ourselves. Here are a few things we can do to be the kind of person that attracts good friends.

- Be a good listener! This is one of the most important parts of being a good friend. People can tell when you're giving them your full attention and listening compassionately. It will make them feel appreciated.
- Open up. It can be challenging to share our feelings with others. But opening up to your friends shows that you trust them and you want to connect with them.



- Make time for them. Good friendships take time and attention, but they're worth the effort. If you make time for your friends, they'll know that they're important to you. And they'll make time for you, too.

When your anxiety is overwhelming, a good friend can be like a shelter in a storm. The storm of challenges that you're facing might not go away, but good friends make it bearable. Their support will lessen the frustration and anxiety you are feeling and help you deal with your situation in a healthy way. Now is the time to lean on your good friends and let them lean on you.




ABOUT THE AUTHOR

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

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judi@judimoreo.com





**“Worry does not empty
tomorrow of its sorrow, it
empties today of its strength.”**

Corrie Boom



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Judi Moreo's

Ultimate Achievement Coaching Program

About the program

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 you 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

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

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

+01 702 283 4567 or judi@judimoreo.com

ON THE COVER TEMMA KEATAN HAMMOND

A WOMAN OF ENDLESS ACCOMPLISHMENTS

BY JUDI MOREO

What would it be like to be born in Hollywood to famous parents and spend your entire childhood playing in the movie studio your parents owned? Would you be fascinated? Would you think it was unusual? Would you imagine yourself growing up and creating a fascinating lifestyle?

Temma Keatan Hammond had just such a life. She was an only child of Harry Keatan, a silent film star and personal stand-in for Charlie Chaplin, also a friend. The two famous men built studios in Hollywood across the street from each other on La Brea Blvd.

Her mother was a writer and director and also taught acting. For Temma, it was a constant education, which made her life a full-time adventure, and she loved it! Her life was always busy in filming or the business of running a studio. She attended Los Angeles



Harry Keatan

Community College for two years, but at seventeen, she quit to help her dad run his studio because of family medical challenges.

Temma's parents built studios in Hollywood (Geographic Films) for forty years, which produced documentaries such as *The Trails of Marco Polo* and B-movies—mostly westerns and 50s-style cops & robbers films. That is where she acquired her fascination with the behind-the-scenes world.

One way or another, Temma has been involved in the entertainment industry her entire life.

Never wanting to be in front of the camera, Temma learned all she could learn about movie-making. Even though her interest is not in technology, she is fascinated with the creativity that is possible because of it. She followed in her parents' footsteps, building studios, filming documentaries, and bringing projects to life. For over forty-five years, she has been involved in producing, directing, writing, company management, and production in film, network television, stage, and radio, as well as studio design and building.

Temma Hammond is now the CEO & Founder of the Golden Network TV, an internet streaming network conceived by her specifically for senior citizens. Temma felt that the needs and wants of seniors today range from such issues as health, travel, family, legal, recreation, and loneliness. No channel was



Owner, Harry Keatan, stands in front of Midwest Studio, circa 1920's.

addressing these needs. The Golden Network streams over 500 classic movies and television shows, including Groucho Marx, Betty White, Jack Benny, and Red Skelton. There are also documentaries, educational and "how-to" shows including cooking, art, and live interviews currently being produced. This global streaming network can be viewed through ROKU and the internet. You can watch the shows 24/7 on your cell phone, computer, or Smart TV.

And if that is not enough to keep her busy, Temma is the director of the professional acting troupe, *The Jesters*, and is a part-time instructor at UNLV on acting for camera and improvisation workshops, which she has taught for forty-five years in Hollywood, Las Vegas, and Reno.

As an ambitious young woman, she established Destiny Productions in Los Angeles with Vladimir Alenikov, an award-winning international

director, writer, and photographer from Russia. She produced the first Russian/American live musical stage show and produced and filmed *The Silver State*, a 90-minute documentary on Nevada. She created and developed a Drama Therapy Program for children and adolescents at Pine Grove Psychiatric Hospital in Woodland Hills, California. At Disney Studio in Burbank, California, Temma worked in the motion picture division in production and as the assistant to Vice-President Jeffery Katzenberg. She was Head of Research for KTTV's daytime talk show, *Hour Magazine*, starring Gary Collins.

Temma later owned and was the Conejo Valley Film Workshop director, establishing interactive groups combining all students in the Ventura County school system. She formed TAK Enterprises, a music production company that was the first to produce, market, and promote the stars of NBC's daytime soap opera, *Days of Our Lives*. She produced four record albums and brought daytime stars to nighttime programming. She founded the Greenhouse Production Company, producing and managing musical groups, establishing a touring dance company and a four-woman touring group, *Hollywood Freeway*.

When opportunity came knocking on her door in 1993, she moved to Las Vegas, Nevada, and established Silver Mirage Productions. She designed and built the first sound-proof studio in Las Vegas. Silver Mirage clients included: Martin Scorsese and Robert Di Nero with Universal Studio's film *Casino*; Whoopi Goldberg with Warner Bros., filming *Bogus*; Harry Blackstone Jr's magic show for Bally's; Jon Secada's production at the MGM and various corporate events. She directed and produced live stage performances at the Showboat Hotel, the Cashman Club, the Summerlin Performing



Interior shooting at Harry Keatan Studio, 1962.



From left: Girlfriend of McDonald Carey, McDonald Carey, star of Days of Our Lives, Temma, Ed Mallory, star of Days of Our Lives, Joyce Bulifant, Ed Mallory's wife.

Arts Center, and the Silverton Hotel. Also, she wrote, directed, and produced commercials for Nevada Chiropractic Center, Take Off Inches Salon, Our Fate music video, and E.A. Collins Mountain Falls Development. She directed and produced marketing packages for Collins Building Method and produced the half-hour television show *Football Insider*.

Due to a tremendous number of projects offered to her in Northern Nevada, Temma moved to Reno, Nevada, for a few years. There she produced employee training videos for the State of Nevada and received two national awards.

She also produced the sitcom pilot *Two for Tee*, as well as Anti-Meth & Anti-Heroin Public Service Announcements for the Washoe County Juvenile Probation Department hosted by four-time Emmy Award, Tony and Golden Globe winner, Bryan Cranston. She produced a short feature entitled *Smokin' Spurs*, a full exercise video for obese children, and a documentary, *Dayton Gold*, for the town of Dayton, Nevada. Her documentary on the 100-mile extreme runners in Tahoe was released on PBS station KNPB Reno and the television program, "*Herb Larson's Off Hand*," which featured Governor Kenny Guinn.

She developed film/video production workshops for Western Nevada College and Truckee Meadows Community College and began producing live events for Sunday Mentee's at The Knitting Factory in Reno. This was done in conjunction with a non-profit organization to help raise funds for their groups, such as Lacy J. Dalton for the Let'em Run Foundation. Temma produced commercials for The Reno Film Festival's *Funny Girl* at The Nugget Hotel/Casino, Project Compassion for disabled Veterans, *Saving the Wild Horses from Slaughter*, and directing an original musical production of *Finding Love* at Carson City Children's Museum.

Temma formed Silver Star Studios, Inc. and established the largest sound stage and entertainment center in Nevada, with clients such as Samuel L. Jackson, BB King, Andre Agassi, Jackie Chan, American Sweethearts, The Mexican, Mac 10, Little Bow Wow, George Clooney, General Motors and Pizza Hut. As Director of Studio Operations for Studio 702 in Las Vegas, she negotiated with all unions and production crews for clients. She formulated all contracts and agreements for the studio and worked with the Nevada Film Office to help promote Nevada's film and television industry. The radio show *Keep Talkin* was aired for several years,

starring teenagers from the area's high schools interviewing adults in the business community and politicians such as Senator Harry Reid and John Ensign, along with teachers, law enforcement officials, and other community leaders. It was a one-hour radio show that ran for ten consecutive years on "KWNK" and ABC & CBS stations and aired on CNN News.

She has now returned to Las Vegas, and I had the opportunity to ask her what advice she had for a young person aspiring to enter the world of entertainment today. Her answer, "Today's entertainment business is very different with all

"Work hard and have patience and perseverance"

the technology and the world of computers. Wanting a career in movies, television, and all forms of entertainment, you have to work hard and have patience and perseverance. It can bring much satisfaction. The world of artists is ever-changing and a very rewarding lifestyle."

Temma Keatan Hammond's childhood imaginings grew into a life of creativity and accomplishments. Did she surpass her wildest dreams? Or is there even more to come?



Harry Keatan Comedy Short, silent film 1917.



Temma Keatan Hammond



**“It is time for us all to stand and cheer
for the doer, the achiever – the one
who recognizes the challenges and does
something about it.”**

Vince Lombardi

THE PATH OF LEAST RESISTANCE

BY CIE MARCHI



W

hat are your life intentions? Your goals? What motivates you toward achieving these ideas?

Life presents steppingstones. Each of these sturdy pathways guide us toward realizing our life's path. Are you aligning with your intended goals whether a business opportunity, a love interest, an extravagant vacation or becoming a millionaire? Or are you exerting precious energy against yourself? Are there seemingly concrete walls causing anxiety or delays?

For four years, I tried everything to move to Arizona so I could manage my aging father. This goal was met with constant disappointment and frustration. I needed clarity, so I heaved back my forced efforts. I stopped fighting against myself. With my life at full stop, I quieted my mind. I allowed myself to listen. Immediately, I regained confidence in the Ask and All Is Yours philosophy. Like pebbles gathering to create a foundation, my intent quickly culminated into a meandering aggregate stone path. "Meandering" doesn't sound like a path of least resistance. In retrospect, the woven footprint was critical.

Components dropped from out of the ethers. My lap filled with guidance. I accepted an Arizona job. I quit a job that I loved. I listed my condominium, rented an apartment, then moved 1300-miles within fourteen days. Though, I knew deep down the new job was a catalyst for forward movement—I didn't even unpack. Two days into the new job, I was assigned to work from the apartment: no training, no computer, no WIFI and still ninety minutes away from my father.

Stressful as my surroundings were, I confidently supported my firm credence that change is always good and that all situations work out. With those

thoughts in mind, I asked myself, what is my participation in this belief?

Stand on the current steppingstone and wait. Listen. Relax into silent moments. Trust in intuitional signals as if they were doorbells. At any given moment I could choose to answer the door or ignore what was being effortlessly brought to me. Recalling the multiple times when supporting elements gathered then came to me, I returned to gently nurturing my focus.

Six weeks later, an unknown caller buzzed my cellphone. I answered the call. Airwaves delivered my next foothold. Without my knowledge, these pebbles had already catapulted into motion, leading me to a third job. A directive from the highest level, indeed.

I accepted a businesswoman's offer of employment. I quit the "catalyst" job. I paid the excruciating lease buy-out fee and two more months of rent. I moved in with my dad and worked from "home." The condominium and a newly purchased townhome--found one mile from my dad's house--closed simultaneously. I moved a third time within four months.

The consequences of my physical, mental, and financial strain were worth the consecutive stone-by-stone process. Each pebble had been necessary to build upon the preceding stone on which I now stand. I had answered the calls that were essential to complete one intended life purpose.

The irony of this path of least resistance story is that I'm now living near my father while working from my Arizona home for a company found in the city I left behind. Had I accepted the employment offer in 2019, I would not be aiding my father today.



Your path is controlled by your thoughts and actions. Allowing clues to trill into your lap is a key element of success. By stopping the tug-of-war with yourself, components align. Goal finales are effortlessly realized.

Ask yourself: Am I exerting useless energy, fighting against my innate knowing of what is to come? Is my vested participation allowing the sweet flow of life to freely present itself? Will I have the courage to answer the call? You do, and you will.

Your ambitions to seek freedom, to delight in joy and the inherent expansion of yourself are one...two...three...steppingstones away. Answer those calls!



ABOUT THE AUTHOR

C. Marchi has thirty years of experience in teaching philosophy, health and healing techniques, fitness, writing and technology which has reached many around the U.S.A. She has authored six books and several screenplays. She's drawn to helping elders move gently toward their next life realms. Living in Arizona, she enjoys caring for her father and riding her bicycle around the globe.

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THE LITTLE ENGINE THAT ALMOST COULDN'T!

BY JOAN S. PECK



Most of us have read or at the very least have heard of the famous children's story, "The Little Engine That Could," written by Watty Piper, published in 1930, and is now considered an American folktale. Its message, filled with wisdom, is hard to repudiate by anyone who picks up the book and reads it.

The storyline is simple:

A little railroad engine was employed

about a station yard for such work as it was built, pulling a few cars on and off the switches. One morning, it was waiting for the next call when a long train of freight cars asked a large engine in the roundhouse to take it over the hill. "I can't; that is too much of a pull for me," said the great engine built for hard work. Then, the train asked another engine, and another, only to hear excuses and be refused. In desperation, the train asked the little switch engine to draw it up the grade and down on the other side. "I think I can," puffed the lit-

tle locomotive and put itself in front of the great heavy train. As it went on, the little engine kept bravely puffing faster and faster, "I think I can, I think I can, I think can."

As it neared the top of the grade, which had so discouraged the larger engines, it went more slowly. However, it still kept saying, "I—think—I—can, I—think—I—can." It reached the top by drawing on bravery and then went on down the grade, congratulating itself by saying, "I thought I could, I thought I could."

The other day, when I came upon the children's book "The Little Engine That Could," I had two thoughts as I read through it.

- The difference between success and failure often depends upon being encouraged to do something, as the train had done by asking the little engine to help him. [If someone else believes we can do something, sometimes that's all it takes for us to push forward to accomplish it.]

- Yet, like the little engine, we have to be in the right mindset and believe in our success before it can be a reality.

I remember the first time I was asked to speak in front of a crowd. I was terrified! The only way I got through it was

knowing that I could return to my seat as soon as I finished. If left to my own devices, I would never have gotten up from my seat in the first place! So, what had happened for me to find myself in front of the room spilling my story? Simple. Someone had cheered me on with the usual "Atta, girl." "You can do it." etc. Sometimes, that's all it takes for anyone to do something they might not have thought they could do.

If we were willing to truthfully evaluate some of the significant events in our past life, it would become clear how much our life was shaped by others who had faith and the belief that we could do whatever was asked of us—various jobs and positions offered, physical and health challenges, and the courage to get up each morning and live the best we can each day. Merely having the

support of another is all it takes for us to move forward in life. It plants the belief within us that we can be like "the little engine that could"—and huff and puff our way beyond our challenges and become victorious in whatever we're trying to accomplish.

Have doubts? Why not make your new motto be: If the little engine could do it, so can I!



ABOUT THE AUTHOR

Joan S. Peck is an editor and author of short stories, spiritual books, and a contributing author in two of the books in the *Life Choices* book series. She serves as Editor-in-Chief for "Chic Compass" magazine, an international publication based in Las Vegas.

Her latest novel is *Angels Out of the Dark*, about human trafficking. She is the author of the *Death Card Mystery Series* of six books.

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**“Nine-tenths of education
is encouragement.”**

Anatole France



WHAT THE WORLD NEEDS NOW IS YOU

BY HOLLY DUCKWORTH

S

pring is here with determination and hope that it is time to move forward with as much safety and health as possible.

When we drive, we often gaze into the rear-view mirror and read the very small letters that say, "Objects in mirror may appear closer than they are." Then, we quickly focus forward again. The rear-view mirror is small, but the windshield is large. It's time to look out and move toward the larger view.

Many gifts are expanding in our world now. We must take the time to look from them. Read that again. I said, from them, not only for them. We are the good emerging and expanding our world now. We can only see in the world the things we are. When we see the beauty inside, we recognize the beauty outside. When we see the joy in us, we bring joy

into the world. At this transformational time, what does the world need more of that you can provide? Beauty? Joy? Peace?

This spring, we have the opportunity to emerge as new people post-pandemic. We have had time, for better or worse, at home. Like the caterpillar turns into the cocoon and comes out a butterfly; you, too, can come out as a new being.

As part of my own personal re-development, I have added more personal self-help and leadership offerings to my consulting business. I am now officiating online virtual memorials (funerals), elopements, and small weddings. Never, ever in a zillion years would I have told you in 2019 that I'd become this new version of myself. In this role, I listen, ask, stay present and be compassionate in deep ways with people at significant moments in their lives. I have come to know that in these moments of life,

people and places are closer than you think and mean so much more. The memories, moments, and characteristics of who you are as a person are what people cling to most.

Our world is not going back to the old way. Our world can only look forward, out the front window, to imagine something new. I ask you; what values and traits are you going to be in our new world now.

The following are traits re-counted to me about their beloveds by brides, grooms, and families planning weddings and virtual memorials. Which of these traits do you have? What traits are you becoming? If not for you, these traits cannot emerge.

- Joyful
- Kind
- Caring
- Warm-Hearted

- Safe
- Dedicated
- Generous
- Practical
- Fun
- Hard Working
- Honest
- Trustworthy
- Authentic

Look from the trait in you. Be what you want to see in the world. Turn down the negative, take a little quiet time this spring to watch the grass grow, a butterfly or birds fly overhead, or even a shooting star. The world needs the gift of your presence, energy, and power now.

Choose with mindfulness and care. I believe in you!



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. She is a New York Times contributor, host/producer of *The Everyday Mindfulness* show, who lives in Denver with her fiancé Eric.





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

THE TOP FIVE WAYS YOUR HABITS CAN MAKE OR BREAK YOU

How you act and what you choose to do in every situation has an immense influence on your overall happiness, well-being, and success in life. And when it comes to changing your life, the most effective way to do that is to focus on developing or eliminating habits that may be influencing your well-being. Nearly 40 percent of all the things you do in a day are the result of a habit, not a choice, so replacing these can significantly change your life.

Your habits form most often without much real thought from you. You do something, it works, so you do it again. These habit loops, though, are not always comprised of healthy ideas or choices. Here are some ways that habits could be helping or hurting you.

#1. Your cravings drive your habits. When you crave something, you are anticipating the reward at the end. Therefore, to develop healthier habits, you must learn to want the reward of an outcome that is more conducive to your well-being.



#2. Most of your daily activities related to keeping yourself alive, like eating, drinking, and seeking shelter or safety, are based on habits, not conscious choices.

#3. Your values about food and activity are formed incredibly early in life, and these are what form the basis for many of your habits later in life.

#4. While we may eat sweets to ease a craving for sweets, what we actually

desire is a break in the routine and some stimulation from something new.

#5. Forming new habits is like building strength in a new muscle, and it takes time, patience, and dedication.

Your habits play a significant role in your ability to reach your goals and to reach your potential, and through careful cultivation and refinement of your habits, you can gain greater control over your life and your success.

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?

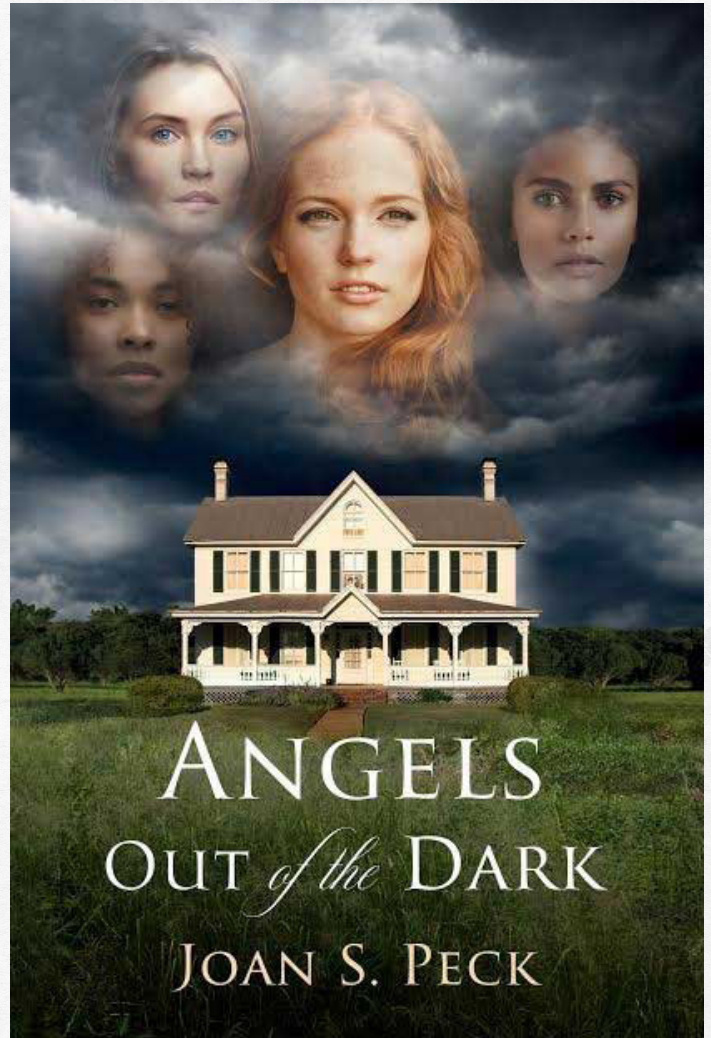
This is an empowering story for every woman who has come to a fork in the road of her life where even a simple choice becomes crucial. You will see yourself in all the angels and rejoice in knowing you are one of them.

—

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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& OTHER BOOK RETAILERS**

“Success is not final; failure is not fatal: it is the courage to continue that counts.”

Winston S. Churchill





EIGHT HEALTHY CHOICES IMPROVING YOUR HEALTH

BY LINDSEY MATHEWS

It's Spring 2021, a new season---a new year---a new decade! I LOVE a fresh start, be it a new day or a new week; and spring of a new year is the ultimate fresh start!

As a fitness and nutrition coach, it's really important to help my clients understand that NOW is always a good time to start new. Nothing is permanent, we can change anything about our lives. How empowering is that?

When clients begin working with me, I begin by stressing the importance of making simple changes that will make a big impact on their health.

Here are eight healthy choices you can make this year that will help you feel your best, without committing a ton of time or other resources to your already busy life:

Track Your Steps

Sure, daily exercise is an ideal part of your day. But, the impact that sim-

ply moving throughout the day has on maintaining or losing weight (and your general health), is highly underrated! So, get yourself a digital tracker, set a daily goal and go after it!

Invest in a Water Bottle You Love

DRINK MORE WATER. That's it! It helps with hydration, metabolism, and energy levels. When you get yourself a water bottle you love and works for you, you're more likely to keep it filled and drink from it consistently.

Wake Up 30 Minutes Earlier

If you have a hard time fitting in exercise during the day, my recommendation is to wake up a half hour earlier and start your day with a workout. You can accomplish a lot in that short time and your day will go better when you can check that off your list first thing!

Pack Your Own Lunch

It's easy to grab something quick when you're out, or go to lunch with co-workers, but you can save a lot of calories (and money!) AND make healthier food choices by preparing your own meals at home. A quick weekly prep of meals that includes healthy proteins, carbohydrates and fat will keep your nutrition in check!

Eat a Variety of Foods

When making food choices, variety is

important. As long as the foods you choose agree with your digestion, eat as many different proteins, carbohydrates, and fats as you like. You're guaranteed to get a better mix of nutrients from variety! Eating this way will also keep your meals interesting and tasty!

Get Enough Sleep

Sufficient sleep is critical to every area of our lives. When you get enough good sleep, you get sick less often, can more easily maintain a healthy weight, can manage stress better, and people like you more. Kidding! But you definitely have an improved mood which helps you get along with people better, right?!

Change Up Your Exercise

Exercise isn't a punishment and doesn't have to be boring! If you haven't found the way you like to exercise, go do it!

Pick up a new skill, try something different until you look forward to the 30 minutes or hour a day you get to move your body.

Make Healthy Swaps

You can save calories by swapping out your "regular" for a healthier option. Replace your daily soda with water, make homemade coffee instead of driving through Starbucks, or choose a lower calorie ice cream over regular ice cream. Most of us have a "habit" that, with a little creativity, could be a healthy habit!

Whether you make one or all of these choices this season, you WILL improve your health and be on your way to a better you!





ABOUT THE AUTHOR

Lindsey Mathews, aka Trainer Lindsey, has most recently been known as the head nutritionist and trainer over the Ideal Brands and the face of IdealFit. In addition to her 14 year old online coaching business, she has also trained clients one-on-one in a gym setting and owned the largest boot camp program in her county.

Her passion for health and fitness is the driving force behind the quality and success of the coaching and fitness challenges that so many people have come to love and trust. She has helped thousands of women build confidence and reach their fitness goals. Lindsey is a self-proclaimed homebody and, in her free time, she enjoys spending time with her husband and three kids, hanging out in her backyard.



\$45

**LIFE CHOICES: COMPLETE
SERIES PACKAGE SPECIAL**

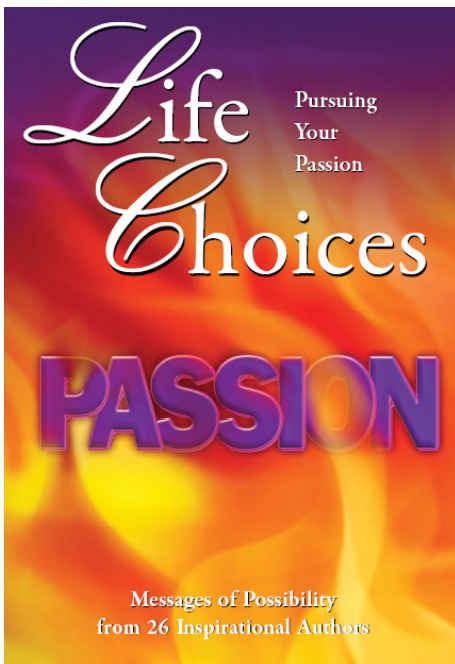
The Life Choices books are a series in which real people share their stories of overcoming obstacles, putting lives back together and following their passions to create successful, significant lives.

LIFE CHOICES SERIES

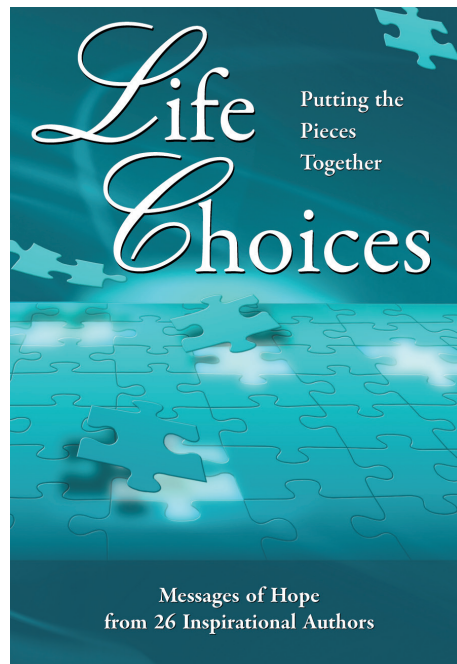
While the stories shared differ in context, they share a common thread of courage, hope and fulfilment. No matter what obstacles you encounter, or how many pieces your life is in, there is a way to find a new path, make a new choice, follow your passion and create a better life.

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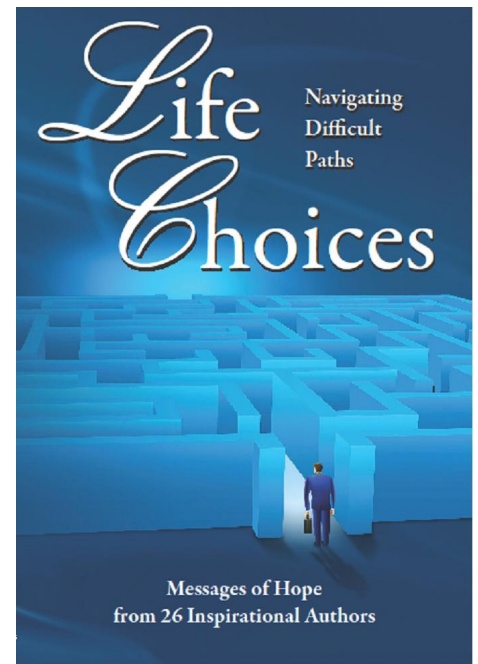
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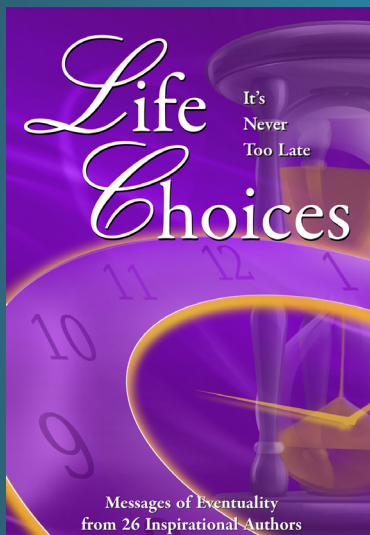
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible - READ THIS BOOK. Twenty-six authors share with you how they pursued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



YOU ARE MORE THAN THAT

BY SOPHIA FALKE

Have you ever tried to take out a bamboo grove? It's just about impossible. I had a hot tub behind my house in Phoenix. The previous owner had planted a cluster of bamboo plants as a privacy fence from the neighbors. The problem for me was those lovely bamboo plants shed their leaves into the hot tub and started popping up everywhere in the lawn. That

bamboo was the epitome of resilience — cut them down in one spot, and they'd show up in another. It reminds me of the human spirit. It can be resilient and thrive even when conditions seem to be against it.

2020 was a year when "conditions" seemed to be against us. It was labeled Covid19, and that tiny little virus seemed to bring the world to a halt.

Stay at home. Self-isolate. Wear a mask and stay six-feet apart. Leave your job because someone has to help your children with distance learning. How will you pay your rent/mortgage? ... And will this ever end?

This is where resilience comes in. When all seemed hopeless for many people, and where many felt helpless, we had an opportunity for a reset — to get off

the treadmill of doing what we've always done in the way we've always done it because "that's just the way it is."

Whether you're feeling helpless because of "outer forces" or you've reinvented yourself to step into a greater iteration of who you truly are, you are a hero, because you have the power. How amazing is that?!

Part of that power is acceptance of what's happening. You can fight it or accept it. Accepting what's happening is not the same as approving or consenting to it. Accepting is about acknowledging what's already happened – and making decisions as to what you will do with it.

You can also be open to allowing your good to flow to you. Remember when you were a child and your parents gave you an "allowance"? Did you reject your good? Of course not. You were open and receptive to receiving it.

Another powerful source is the practice of appreciation. Appreciation and allowance go hand-in-hand. You must first allow good into your life and then nurture, grow, and accelerate its presence through active appreciation and gratitude. There is a high vibration to appreciation that attracts and becomes a magnet to good.

Then there's authenticity. Authenticity is about being your true self. In Matthew 5:15, Jesus says, "no one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house." You and I are here to let our light shine – to be our authentic selves. Where might you be hiding your light and being less than your true authentic self?

And finally, there is abundance – abundance in every area of your life. That includes loving relationships, health, career, creative expression, and freedom of time and money. You have control of

your level of abundance. It's a decision. Do you want to wallow in the energy of lack and limitation or thrive in abundance?

Remember, you are amazing! You have an inner strength and power that can't be diminished or destroyed by outer conditions. You are stronger and more resilient than that bamboo in my back yard. You are more than outer conditions. Let your light shine and say "Yes!" to your good.



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.





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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.

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- Mack Jackson Jr.



CHOOSE TO FIND YOUR PASSION AND FOLLOW IT

BY JUDI MOREO

How do you feel about your life? Do you wake each morning looking forward to the day ahead or do you wish you could bury your head under the covers and stay there?

If life feels dull, uninspiring and leaves you with little energy and focus, then why not look for a cause, hobby or career that feels right and sparks joy within you? You'll be amazed at the difference

it will make to you, your relationships, and probably even, your finances. Your outlook will depend on many things but one of the most important factors that can change your day-to-day life is passion.

What is Passion?

Passion is an extreme and positive emotion. A strong and compelling desire for someone or something that inspires you and creates happiness. While it can be

an emotion felt towards another person, here we are looking at passion for your day-to-day life.

Why Do You Need Passion?

Without passion in your life, you will probably find that your days often feel dull and tiresome. There may be a sense of something missing or lacking. You might also feel tired and depressed. This can be the result of the negative energy surrounding you due to the lack

of passion and the positive energy it brings.

Finding your passion for life can create enormous change. You will find that you look forward to the day ahead and want to get out of bed in the morning. You will have more energy and focus. Additionally, you'll feel more creative and inspired to follow your dreams and create goals.

Your passion for life will also help you create better relationships with others including family, friends and colleagues. They will respond to your positive energy and enthusiasm.

If you want to live your best life, then you need to find your passion and follow it. Sounds easy, doesn't it? Truth is, it isn't that hard. That's why it's surprising that so many people don't do it and seem content to exist rather than living a life of happiness and success.

To change your life for the better and create a future to which you can look forward, then follow the five steps below.

Step 1: Dream Big

Most people have big dreams. What have you done with yours? Do you think about them, act on them or hide them away?

If you want to find your purpose and passion, then it's time to dream big. List all of those big dreams you've had throughout your life. No matter how wild or funny, write them all down.

Which of those dreams resonates most with you? Which makes your heart sing and inspires you the most? Is it realistic and achievable? If you've set your sights



on being the first full-time resident of Mars, then you'll probably need to take another look at your list and find something that is more realistic and achievable but almost as exciting to you!

Your big dream doesn't have to be outrageous or huge. It just needs to be big enough to push you out of your comfort

zone and willing to commit to making changes in your life so that you can achieve it. You need to want it. It needs to spark desire and passion in you.

Step 2: Set Goals

Once you've decided what your dream is, then you need to set goals. Your

end goal is what you want to achieve. There will be smaller goals you will need to achieve along the way in order to achieve the big one. You need to note these down as well.

Step 3: Plan Your Way

Now that you know what you want and need to achieve, it's time to plan what you will do to get there. Think about what action you need to take, resources you will need and anything or anyone that can provide help and support.

Step 4: Take Action

Once you know what you want, how you can achieve it and the steps to take, it's time to take action. Remember, you are looking for a passionate life that fills you with excitement, joy and success.

Step 5: Live Your Best Life

Once you've started taking action on your goals and plans, you will find that your life starts to improve. Instead of dreading each day, you'll look forward to it with excitement and anticipation. Your best life is the one that gives you happiness, success and achievement through living your purpose and passion.

If you want to find and live your passion, then follow the five steps above. You can do it on your own or you can give yourself a helpful boost by using a coach or mentor. Finding passion for something can create an enormous shift in your life and emotions. It can help you live a life where every day is full of purpose, energy, and happiness.



ABOUT THE AUTHOR

Judi Moreo is one of the most recognized personal growth trainers and coaches in the world. She is the author of 11 books including 2 international bestsellers, "You Are More Than Enough" and "Ignite the Spark." Judi has informed, inspired, challenged, motivated and entertained audiences in twenty-nine countries around the globe. Judi has received many awards including the Woman of Achievement, Entrepreneur; the Nevada Business Person of the Year; has been inducted into the Business Hall of Fame; and in 2020, received a HerStory Award from the Women's Federation for World Peace.

To contact Judi Moreo:
judi@judimoreo.com
 702-283-4567

PSYCHOLOGICAL FULFILLMENT: THE NEED TO DREAM



A

s a child, you likely spent more time talking about your life dreams than you do now. And that's probably because someone in your life told you that dreams aren't an important part of life and they don't matter in the grand scheme of things. But this isn't true, at all. We need to have big dreams, as it is a critical part of feeling psychological fulfillment.

It Allows Us To Prepare For The Future

Not only is daydreaming fun, as you imagine all the things which could

happen in your life, but according to National Geographic, daydreaming plays a critical part in preparing you for the future. Even if your dreams are somewhat crazy, or perhaps completely unattainable, having them helps you analyze possible obstacles which may pop up and helps you mentally prepare the solutions.

Thinking about our dreams helps to view a problem in a wider scope, broadening our chances of finding a solution. If a solution doesn't come to mind while you are thinking about your dream, this doesn't mean the thought is gone from

your mind forever. In fact, studies have shown dreams stay on our mind for a long time, and we think about and reference them in a way which is healthy for our mental well-being.

They Help Us Reflect On The Present

Besides preparing you for the future, your dreams help you reflect and analyze the past AND the present. This is critical because it helps you learn from your mistakes and keeps you from making the same ones over and over again.

Dreams also help you process things which may have happened in your past

and determine which of these memories need to become a part of your psyche and which need to be forgotten. When connections are made between people and events during a dream, it helps us understand the motives and body language of others.

It Stimulates Your Brain

Besides helping us learn and create solutions to problems, dreams stimulate a neural network in a part of your brain that isn't usually used while you complete an assigned task. Scientists aren't quite sure what these parts of your brain do, but one study found that people who activate these portions of

their neural network tended to report a greater level of satisfaction with their lives as a whole.

Additionally, University of British Columbia researcher, Melissa Ellamil, found that people who daydream typically generate more creative thoughts when it comes to problem solution. They even found that learning to control your daydreams and keep them "close" to the topic you are studying can help you learn the subject more effectively.

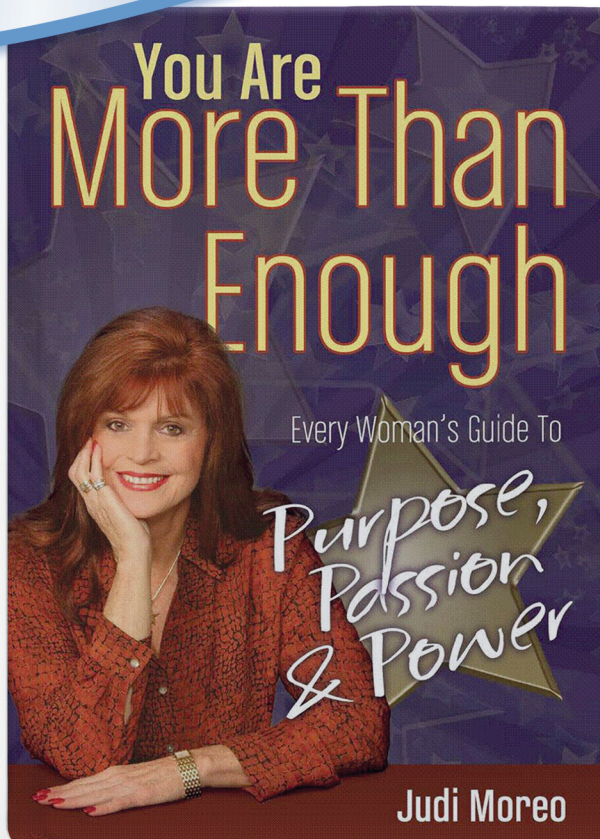
This control factor is important, as those in the study who were told to let their minds wander completely away from

their tasks, found they had little recollection of the tasks when they were asked to reign in their mental wanderings and focus on them once more.

Next time you find your mind drifting to a dream, let it, because it will help you visualize a possible future. It will also help you process the present and it may even help stimulate your brain. Make sure you don't let your mind wander during an important discussion, however, or you may find that even in your wildest dreams, you can't remember what was said!



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- 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!

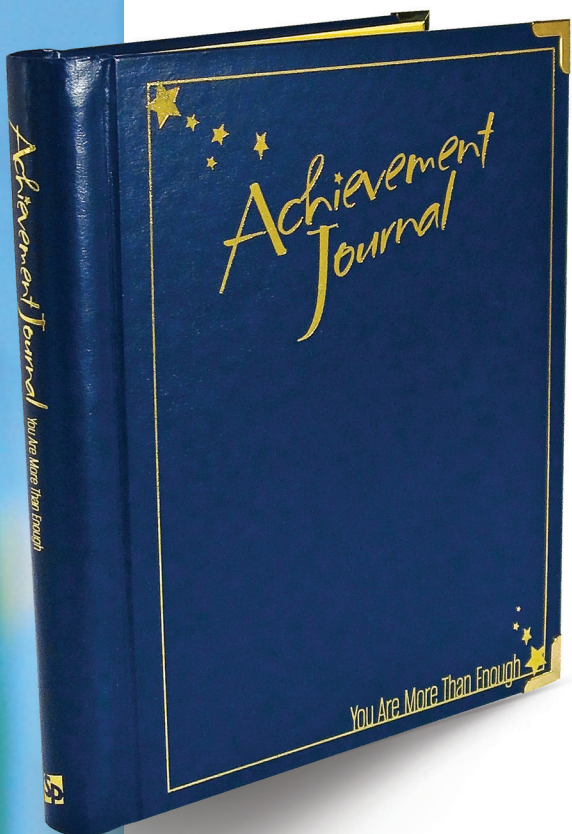
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Career, Relationships, Finances, Health, Spirituality, Education, Community Involvement and Recreation.

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

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

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"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.

MANAGE TODAY'S UNCERTAINTY BY STAYING IN THE PRESENT



This awareness can be critical in quickly identifying the root of any uncertainty you might be feeling so you can address it promptly before it mounts into anything more substantial. When you can figure out what situations or circumstances might lead you down a path of uncertainty and fear, you are better equipped to handle them as they arise.

Less Overthinking

Remaining in the present stops overthinking in its tracks. When faced with uncertainty, we often spend a lot of time trying to figure out what comes next. In trying to figure out how to solve the issue or come out with more answers, we spend a significant amount of time thinking, sometimes to the point of obsessing. Being present is a great release from this pattern. Being in the present can allow you to stop worrying about what may happen and instead, take some time to enjoy what is happening.

Being Grounded

A focus on the present is a strong way to combat uncertainty because it acts as an anchor. Living in the present means staying in a place of focus on what is within one's immediate realm of control and influence. This establishes or re-establishes an element of control that can help people feel grounded and calm, even in scenarios where there is uncertainty. This state of being grounded ensures stability and evenness that helps people make level-headed decisions even when things are going on that they don't understand.

We all face seasons of life filled with uncertainty. It's a feeling of being unsure or having doubt regarding a specific situation or set of circumstances. While not inherently bad, when times of uncertainty are prolonged and go unmanaged, they can send us into a downward spiral very quickly. Thus, it is important to find ways to manage uncertainty and a great way to go about

that process is by making a conscious choice to stay in the present.

Enhanced Awareness

One thing uncertainty does is cause us to focus on the unknown. We begin to develop fears and it can even lead to paranoia, if we allow it to go on for a prolonged period of time. One benefit of staying in the present is enhanced awareness.

Manage Stress

Living in the present also provides a sense of inner calm and centeredness. By focusing on what is happening right now, all the stress of what might or could happen begins to fade away. This in turn reduces any stress one might be feeling. This, then, becomes a cycle of wellness, as the reduced stress helps one cope with uncertainty in a more calm and reasonable fashion.

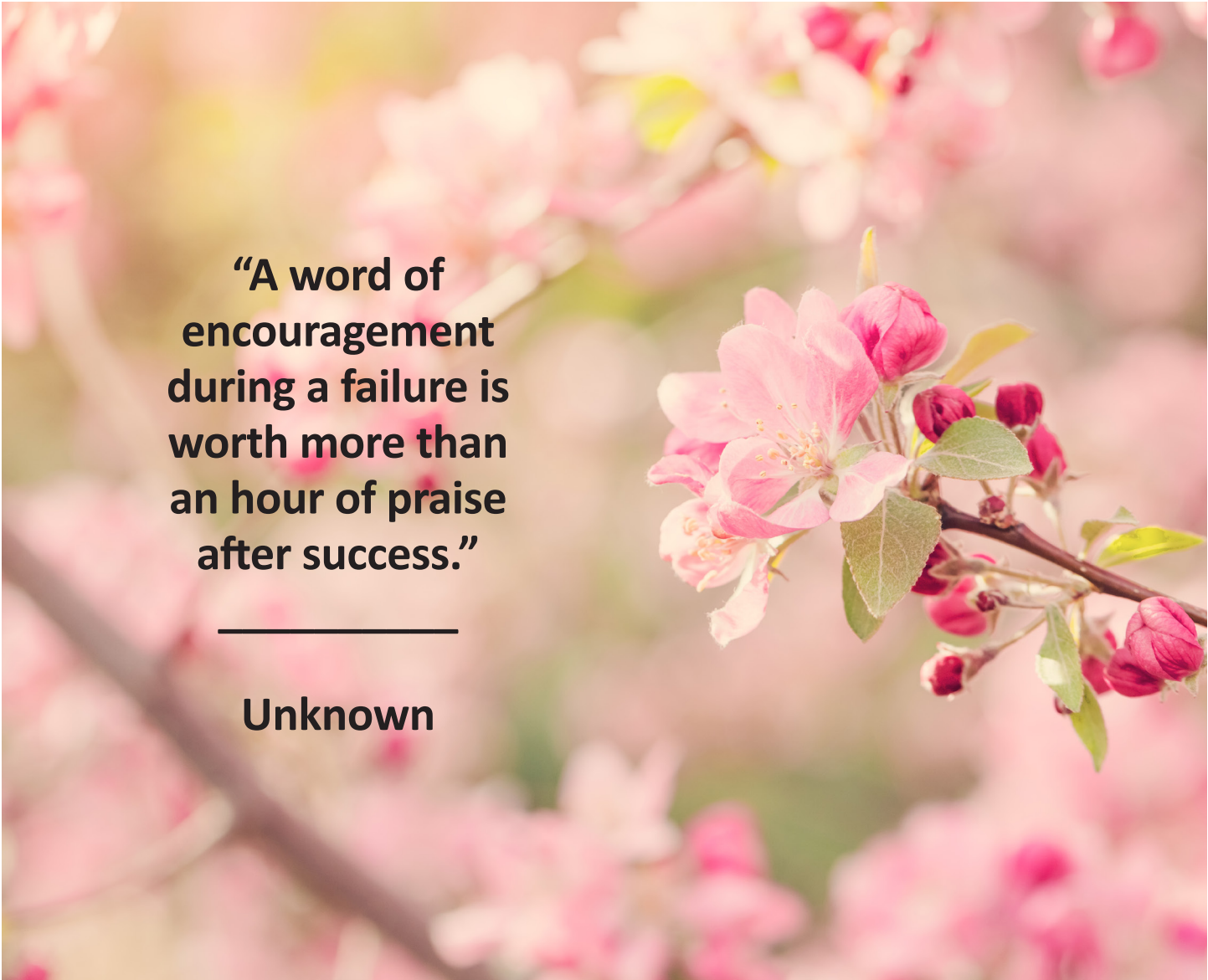
Gratitude

A focus on the present can also enhance feelings of thankfulness. Uncertainty can often make you think about many things that are far out of reach, whereas, a focus on the present reminds you of those things that exist in the here and now.

That focus can help you reflect on the many blessings and positives that presently exist. You begin to notice more of the beauty and goodness of the world

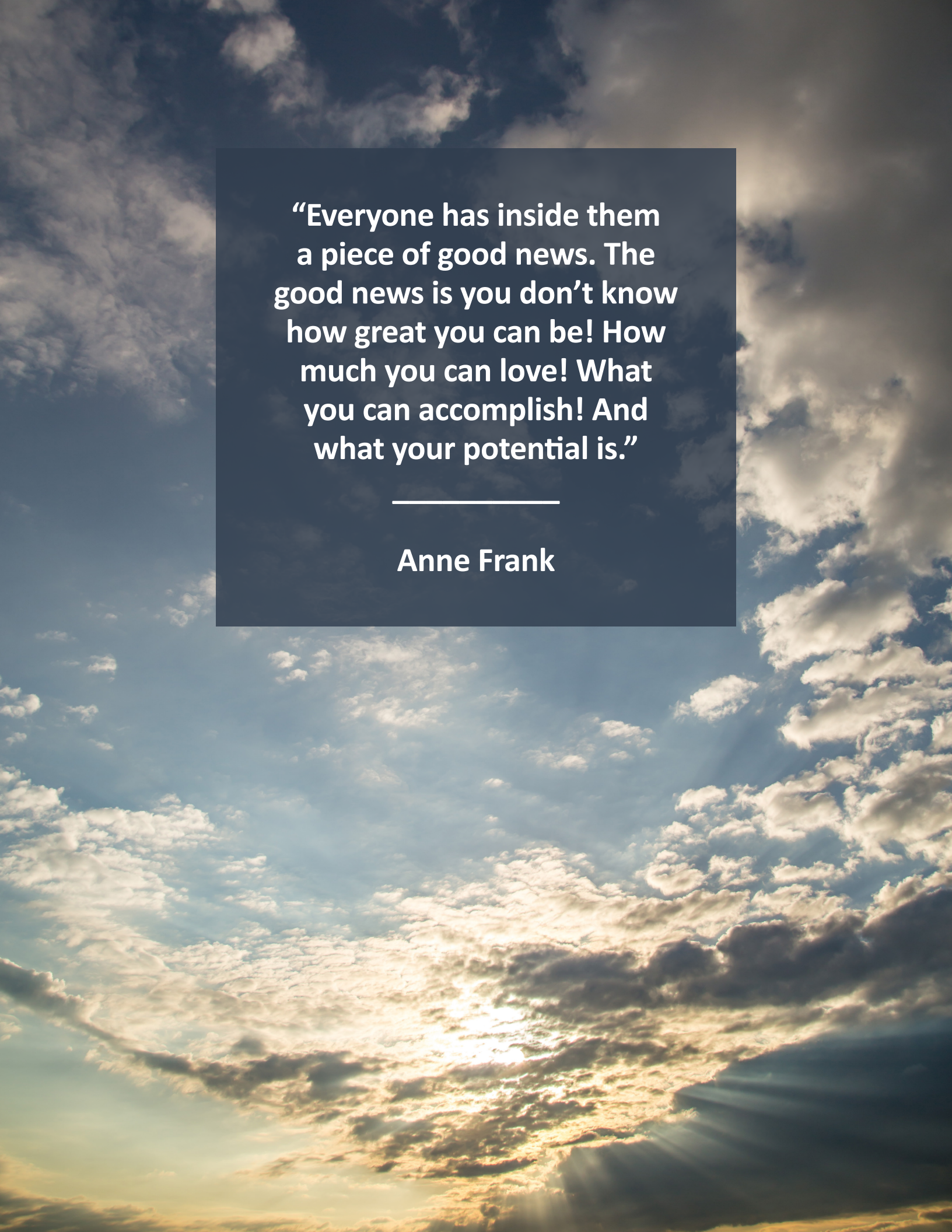
which enhances your feelings of thankfulness. Thus, gratitude is elevated and, as an indirect result of that gratitude, stress levels are reduced.

Ultimately, choosing to live in the present can be a huge benefit when dealing with uncertainty. It helps bring us to a place of calm by increasing our awareness, reducing our stress, decreasing our tendency to overthink while also enhancing our gratitude.



**“A word of
encouragement
during a failure is
worth more than
an hour of praise
after success.”**

Unknown



**“Everyone has inside them
a piece of good news. The
good news is you don’t know
how great you can be! How
much you can love! What
you can accomplish! And
what your potential is.”**

Anne Frank

If you've ever thought about creating a vision board but didn't. Or, if you think vision boards are stupid and a waste of time, you're not alone. In general, most people simply don't understand the use of a vision board. But if done properly, a vision board truly can help you achieve your goals.

Vision Boards Set Intentions

Vision boards can be instrumental in helping you solidify your goals. This is because people often struggle with visualizing their goals. Once you create your vision board, your goal will become more visual and seem more within reach. Not only that, but according to manifestation expert Pazit Perez, making a vision board can also help you manifest your dreams into the world.

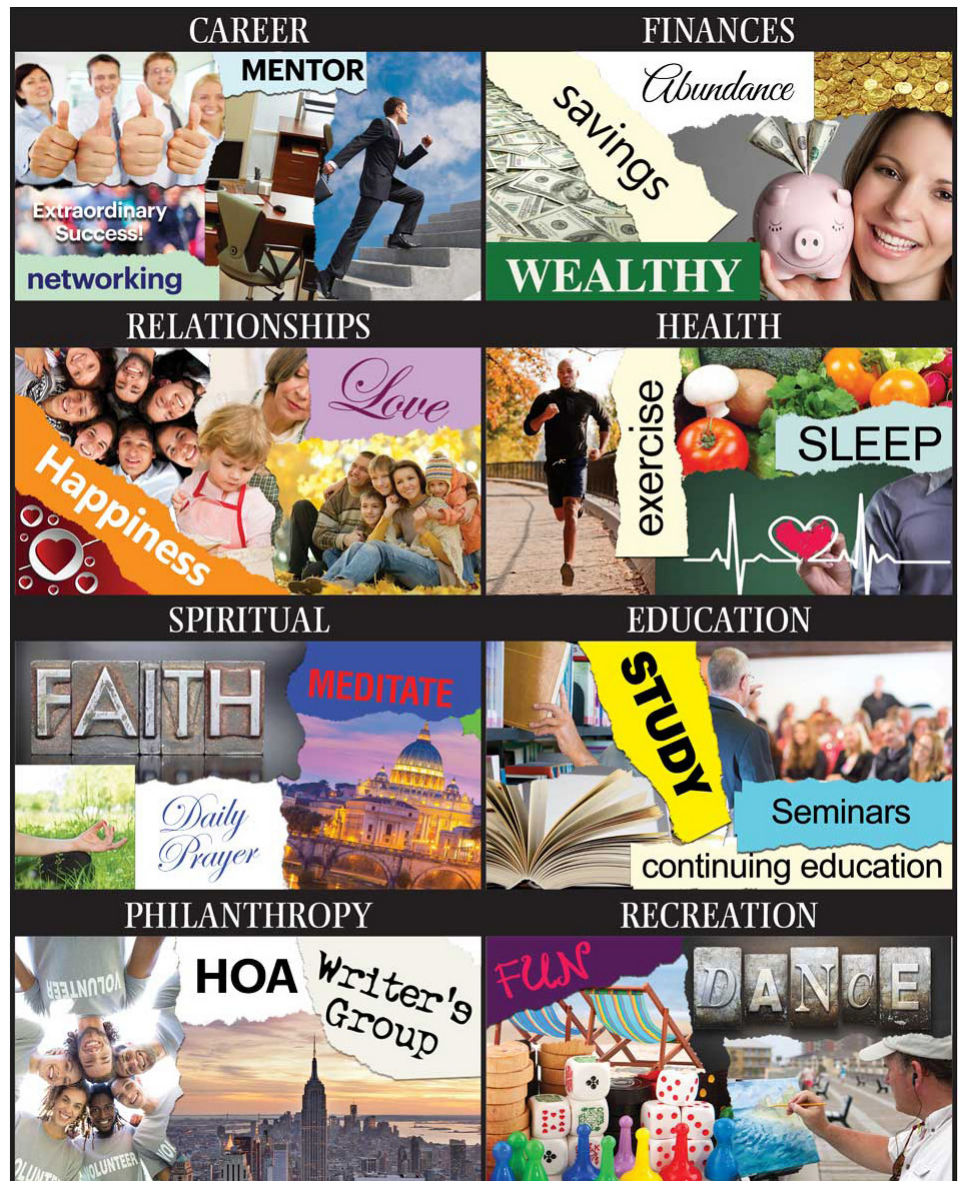
A vision board helps you keep the bigger picture in mind. So even if you do suffer a minor setback, you'll be able to reference your vision board and remember why you are doing the things that you are doing. So, if you're on the fence about taking the time to make a vision board, don't be. No matter how big or far-fetched the goal, looking at your vision board daily will help you on the path to the achievement of that goal.

Use One Vision Board For A Combination Of Goals

Sometimes when creating a vision board, you may get caught up in thinking that it is for one goal and one goal only. And it can be. But it can also be used for several goals...one in each area of your life ie. Relationships, Education, Health, Finances, Career, Travel.

Yes, a vision board should focus on a main goal, but it should also include a number of side goals which you can

USE A VISION BOARD TO HELP ACHIEVE YOUR GOALS



work towards achieving on the way to your big goal. This way you won't feel like you aren't accomplishing anything on your vision board, especially if the goal you are working towards is really

big. It will help you feel as if your dream is always within your reach. And if you feel like your goal is within your reach, you're much more likely to achieve it.

Placement Is Important

Besides making the board, where you place it is also critical to its success in your life. If you make a vision board, and then bury it in your closet where you can't see it, or if you put it in a room you rarely walk into, chances are you will forget about it and everything you did will be for nothing.

So, after you have made your vision board, you place it somewhere you will see it every day, such as in the kitchen, on the bathroom mirror, or even in your garage so when you pull your car in, that

board is right in front of you. This way it can be a daily inspiration and keep you focused, even when the day may not have gone your way.

Also remember that vision boards don't have to be physical, especially in this day and age, an online tool for creating a vision board might be especially helpful if you work on your computer on a daily basis. Just make sure you don't bury your digital vision board in a myriad of internet tabs, and that you refer back to it often. The best placement is to make it your screen saver.

Besides helping you achieve your goals, creating a vision board can be a fun experience. So even if you doubt their power, it's time to set that aside and take a chance on something new.

Channel your crafty side, incorporate lots of different colors, words, and pictures. Date it. Put it where you will see it frequently. You will probably be surprised by how quickly your visions become reality.



BRANDING & MARKETING TIPS TO TURN YOUR ART INTO CASH

Can you actually make money with your art? Yes, if you know how to market.

Yet, the majority of artists don't have a clue as to how to brand and market their art or themselves. Many artists have bought into the theory that it takes years to become known and there is no real money in being an artist. That doesn't have to be true for you. Nor do you need to follow in the footsteps of many of the well-known artists of the past who didn't sell any paintings during their lifetime, but now years after their passing, their paintings are worth a fortune.

You don't have to remain unknown. This easy to read handbook gives artists new insights into branding, sales principles, marketing strategies and tactics. It also delves into creating a website that sells, driving traffic to the website with social media, developing a fan base, and making it easy for people to buy so that new and emerging artists can skip that "starving artist syndrome" and go right to making sales and making a living doing what artists should be doing....creating.

TURN YOUR ART INTO

CASH

BRANDING & MARKETING
YOUR CREATIVE PRODUCT



Judi Moreo

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4 WAYS TO USE DREAMS TO PROMOTE YOUR SUCCESS

BY MARIA ORTIZ

Everyone in the world has dreams of some sort, but very few turn these dreams into successes. This isn't because it's impossible to make your dreams a reality, but rather, they simply just don't know how to use their dreams for their benefit.

Although there is no guarantee that you can turn your dreams into successes, you can follow these steps to put you in the right direction to using your dreams to promote your success.

1. Make Your Dreams Concrete

The first step to making your dreams part of your success is to make them more concrete. Often when you have dreams, they are in very vague terms as in "I want to be rich." Start by transforming a dream such as this one from something basic to something specific, such as "I want to be rich by starting my own business." Once your dreams start to become a bit more solid, you'll be surprised by how attainable they may seem. This will also help your mind be-

gin thinking of the dreams on a more critical level.

2. Turn These Concrete Dreams Into Steps

Once you have a more concrete dream in front of you, consider breaking the dream into smaller steps (a bit like breaking down a goal). When the dream is broken down, it will likely seem more achievable than it did before, and by this point, it is well on its way to becoming an attainable goal which will eventually lead to success.

This will also help your mind feel a sense of accomplishment when you achieve a small part of one of your bigger dreams. And this small taste of accomplishment will keep you on your path to success.

3. Make a Dream Board

Another way to make your dreams seem more realistic is by making a physical representation of them, such as in a dream board. This can be something physical, like a cork board, or even something digital like a Pinterest board. But either way, taking the time to make your dreams into something tangible will bring your dreams to the front of your mind and get your brain flowing on all the ways to make it the reality. Not only that, but you'll also have a representation of your dreams to look back

on to keep your dreams present on a daily basis.

4. Don't Stop Visualizing

And the most important part of making your dreams work towards your success is to not stop dreaming. When you dream about doing something or becoming someone, you are effectively visualizing yourself in that role. Research carried out by the universities of Cambridge and Oxford actually found that those who visualize their future selves on a regular basis are more likely to achieve success than those who don't. So, don't be afraid to dream, and even spend a portion of your day engaging in it, either via meditation, or some quiet time to yourself. You'll likely find that this visualization time keeps you happy,

and on the path to making your dreams a success.

Although dreams are generally precursors to goals, this doesn't mean they can't ultimately lead to success. After all, most goals start as dreams. If you truly want your dreams to begin to work towards your success, start making them more concrete, breaking them down, and creating a physical representation of them.

You'll likely be surprised at how much easier it is to go towards these dreams now that you have a clearer picture of what they are. And above all, the best way to make your dreams part of your success is by continuing to dream!



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



Do you wish you were more CREATIVE?

- Are you feeling stuck, trapped, or overwhelmed?
- Do you have a desire to be more creative?
- Do you want to overcome your doubts and fears about your creative abilities?
- Do you want to write a book, paint pictures, or begin a new creative project of some kind?
- Do you want to start a new business venture? Or, take your current business to a new level?

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

What are Creativity Coaches?

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

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

Not only will you receive feedback on your application of the information you are receiving, you will also receive the benefit of Judi's extensive background in leadership, management, image, communication, presentation skills, and service. Her insights and guidance will help you become who you want to be and realize your ambitions and aspirations.

Call **(702) 283-4567** or email **judi@judimoreo.com** today for your complimentary "Strategy Session". Together you will evaluate your current situation and set a strategy for achieving your goals within a realistic, workable time frame. Judi will work with you in-person, by phone, or by e-mail.





INVEST IN YOURSELF

FIND A MENTOR

M

entors can be an incredible means of investing in yourself. Mentors are typically experts in their sphere

of influence, but, at the very least, they are people more knowledgeable and experienced than you in a particular area.

Having a mentor to consult as a means of helping you think and work through

challenges ultimately ensures you stay on the right track towards meeting your outlined goals and expanding your understanding.

Source of Knowledge

Mentors, being individuals who are more advanced in a particular area than you, are also more knowledgeable than you in that given area. Many mentors are highly advanced in their studies in

a given area, making them huge assets. This wealth of information can aid you in your quest to grow in your understanding and competence while saving you much of the time and effort of having to deep dive for the information you seek.

Enhanced Communication Skills

Mentors can also help you learn to communicate more effectively within your given field. Having been exposed and participatory in the field for longer than you, they are more aware of the inner workings and terminology. Also, being around someone wiser and more knowledgeable can help you improve your understanding and enhance your ability to communicate and convey information. This in turn, can boost confidence and make you more effective at conveying your points and ideas.

Source of Guidance

Mentors have often walked the path you are on now. Having gone down that path previously, there are mistakes made by your mentor from which you can learn and hopefully avoid in the future.

Additionally, there are successes they likely obtained that have taught them things to do and steps to take to achieve success. All of this can be shared with you and help lead you down a path that helps you better achieve your goals.

Networking Opportunities

Mentors are generally well-established and highly connected individuals in their given fields. This means they know people and have access to opportunities that you likely would be unable to reach on your own.

Simply knowing that by being linked to that mentor you can gain access to a new realm of opportunities which can elevate your personal and professional outcomes.

Professional Advancement

Along with networking and enhanced information are professional advancement opportunities. With the increase in knowledge and skill obtained from working with your mentor, you can find yourself in a better position to apply for and advocate for a better opportunity for yourself.

Additionally, having been exposed to more opportunities through your mentor and her educational or professional network, your chances of landing a more successful opportunity are increased.

Mentors are assets that everyone should seek to have in their lives. We don't know it all and can benefit from having a wiser and more experienced person guiding us along a similar path.

In doing so, we can avoid pitfalls and take a more informed route towards those things we desire to accomplish, bettering our chances of success.





**Resilient Survivor
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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*.

EMAIL MARLENE
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A man in a dark suit and glasses stands on a stone bridge, looking out over a city at sunset. He has his right arm raised in a fist, and a watch is visible on his wrist. The background shows a cityscape with a large bridge and a body of water. The sun is low on the horizon, creating a warm, golden glow.

“Why should you continue going after your dreams? Because seeing the look on the faces of the people who said you couldn’t... will be priceless.”

Kevin Ngo

HOW EMOTIONAL INTELLIGENCE HELPS YOU ACHIEVE GOALS

BY JUDI MOREO

E *motional intelligence, also known as EQ (emotional quotient) refers to one's ability to understand, utilize, and manage one's own emotions in healthy and positive ways as a means of effective communication, empathizing with others, alleviating stress, conquering challenges, and defusing conflict.*

Adequate development of emotional intelligence can aid in the development of other crucial skills that can be critical for the achievement of both personal and professional goals (Smith, Segal, Robinson, & Shubin, 2020). By learning and understanding the value of emotional intelligence, you develop a better plan to help you quickly and effectively reach and exceed your goals.

Mental Health

Poor mental health can critically impact your ability to make progress toward goals. When there are high levels of stress and poor management of emotions, your mental clarity can become clouded and make you susceptible to anxiety and depression.

These feelings, as well as others, such as loneliness, isolation, and fear can become your guiding force for decision-making and cloud your ability to properly assess and analyze situations and come to appropriate conclusions.

Strong emotional intelligence works

to help you manage your emotions in healthy ways and control impulsive feelings and actions. Additionally, strong emotional intelligence helps adjust to shifting circumstances and building resilience.

These skills help you make clear decisions and move forward in the face of obstacles.

Performance

High emotional intelligence is also linked to improved performance. When EQ is higher, you can lead and motivate other people as well as navigate the social complexities of your workspace.

This means a better ability to understand workplace dynamics, a better ability to break down and solve problems, and a better ability to relate to individuals with whom you may need to work. In the short and long-term, you perform better. The more you understand and the better you assess situations and scenarios you create, the better positioned you are to make good decisions that will move you forward.



Relationships

A strong sense of emotional intelligence means better and stronger relationships with others. When you understand your own emotions, you will be able to connect with other people in your environment in a more authentic and meaningful way.

Social intelligence aids in helping you distinguish between friends and enemies, adequately measuring another person's interest in you, balancing the nervous system via social communication, reducing stress, and promoting feelings of happiness and love. In turn, social intelligence leads to stronger relationships that can help you achieve

more success as you work towards your goals.

The stronger and more authentic a relationship, the better you will be able to work cooperatively with those individuals to achieve goals.

Self-Awareness

A final way emotional intelligence helps you achieve goals is by boosting self-awareness. Via self-awareness, you can recognize your emotions and the impact those emotions have on your thinking and actions. You will then be able to address those emotions leading to negative thoughts and behaviors causing poor choices.

This increased sense of self-awareness can improve your self-confidence and make you aware of your strengths and weaknesses. This can empower you to use your unique talents and strengths to your advantage, while also making you aware of areas where you can improve and make progress towards your goals in meaningful and valuable ways.

References:

Smith, Segal, Robinson, & Shubin. (2020, October). Improving emotional intelligence (EQ). <https://www.helpguide.org/articles/mental-health/emotional-intelligence-eq.htm>



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5 TIPS TO MAINTAINING YOUR GOALS ON A DAILY BASIS

Making goals is often extremely easy compared to keeping and achieving them over a long period of time.

The best way to maintain goals is by checking in with them, and yourself, on a daily basis. There are many ways to maintain your goals, and it is best to employ a combination of a number of different methods in order to have the best results.

1. Make A Plan

Besides making your overall plan for your goal, make a daily plan. On Sunday, you can make your plans for each day of the week, or you could make the plan each morning when you wake up, whichever method works better for you. Making your daily plans will not only keep you focused on your goal, but it will help you know each day exactly what steps to take towards completing it.

2. Mark Milestones

This goes hand-in-hand with making a plan. Each day, start with a list of tasks for that day and mark them off as you complete them. Whenever you hit a larger milestone, such as a certain weight if your goal is to get in shape, mark it down in a special way, such as with a progress picture, or other positive affirmation. This will remind you what you are working toward and give you a boost when you may be getting distracted from your goal.

3. Just Say 'No'

The number one reason people often leave their goals behind, or never end up completing them, is they don't know how to say no. If you're on a diet, and your friend asks you out for dinner, learn to politely decline. Suggest an alternative which is part of your goal, such as, would your friend want to come over and eat a healthy meal instead?

4. Involve Someone Else

Studies have shown that we are more likely to stick with a goal when someone else is involved, even if that other person doesn't stick to the goal. This could be because when you involve someone else, it brings a sense of competition, as well as giving you the feeling that you don't want to let them down. Either way, no matter what your goal may be, find someone who has a similar goal and resolve to check in with each other regularly.

5. Check In With Yourself

You will never be able to accomplish anything if you don't check in with yourself frequently. This means asking yourself, daily, why you are doing something and what it means to accomplish it.

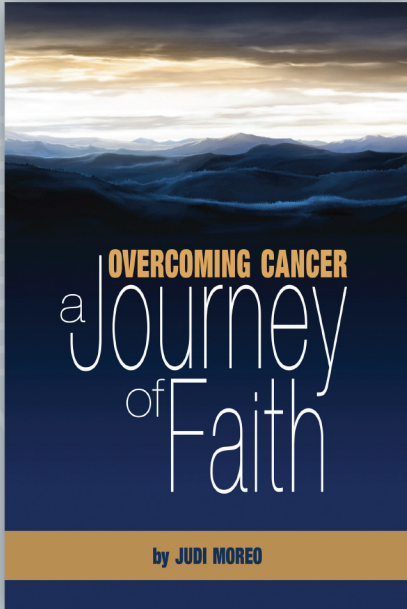
This can be done in a different ways, but most experts recommend you use either meditation, or daily journaling, as either of these methods will give you time to confer with your own thoughts without outside interference.

No matter how you look at it, maintaining goals is tough, especially if your goal is one which spans a longer period of time, such as a year. In order to maintain these long-term goals, it's best you make a daily plan, mark off your success as you go along, and learn to say no when people tempt you away from your goal.

It's also crucial that you spend time reminding yourself why you set the goal and visualizing what the outcome will be. You are the only one who can keep yourself on track and achieve your dreams.

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."

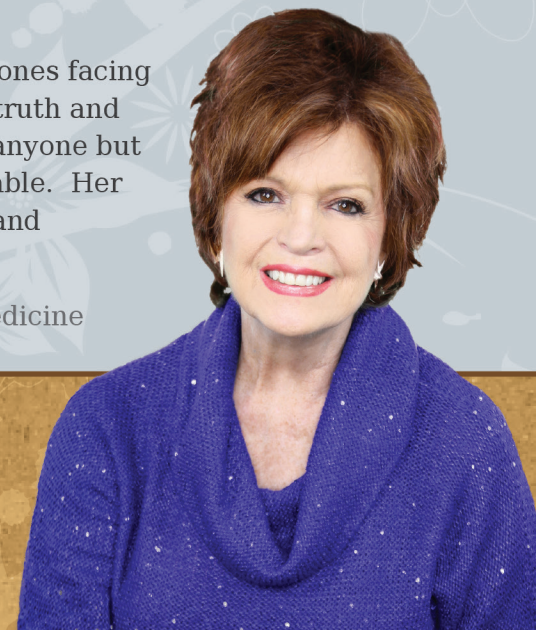
- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

"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!

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CHOICES MAGAZINE
SPRING ISSUE 2021

A FINAL NOTE FROM JUDI MOREO

Who told you life was going to be easy? There are lots of troubles, irritations, and pains in life. Things happen. Things go wrong. People don't always do what we want them to. Don't depend on other people for your happiness. Depend on yourself. Be who you are. Do the things you want to do. Get for yourself the things you want to have. Don't wait for someone else to be it, do it, or get it for you. The only places you will find knights in shining armor on white horses are in shows on the Las Vegas Strip and old black-and-white movies. No one is going to ride up and save you. Take care of your own needs. It is not selfish to take care of yourself.

The Bible says, "to love thy neighbor as thyself." It doesn't say "instead of thyself." This is called self-reliance. Learn the difference between wishing, hoping, and desiring. Desire is a motivating force. When you desire something enough and back it up with hard work, you will make it come alive in your life.

Successful people understand there is a price to pay for achieving success. Sometimes this involves making sacrifices in order to reach your goals. My dad used to remind me often, "People are successful because they do the things failures don't like and are not willing to do. Successful people take

full responsibility for finding their own path to achievement."

You will have more purpose, passion, and power when you decide to take total responsibility for who you are and the choices you make. Your success is waiting for you. Claim it!

You are more than enough,

Judi