

CHOICES

SUMMER 2021

CONSCIOUS CONNECTIONS

AN INTERVIEW WITH TRACEY STARR



WHO'S IN CHARGE OF YOUR LIFE?

TAKE CONTROL OF YOUR
LIFE, AND LIVE IT IN A MORE
FULFILLING WAY



CONSIDER THE POWER OF ONE

MAKE A DIFFERENCE IN THE
LIFE OF ANOTHER THROUGH
SIMPLE CONNECTIONS



MAKE YOUR DREAM A REALITY

SURROUND YOURSELF WITH
PEOPLE WHO CAN HELP YOU
ATTAIN YOUR DREAMS

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FROM THE EDITOR

you need, they'll help. Remember, others don't know what to do for you unless you tell them what you need. If someone asks you what they can do for you, perhaps all you need to say is, "Be here with me." Or "Hold my hand through this." Or simply, "Believe in me."

negative and telling you what you should do, could do, or what they would do.

You are the only one who should be in control of your life and your well-being. Take charge of your relationships, be conscious of who you allow in your inner circle. Learn to say "No" to anything or anyone who doesn't support you in creating your best life ever.

This issue, our writers have given you some tips and techniques for making positive connections and creating supportive relationships. Make it a habit to be conscious of what's going on. You have the right to determine if any relationship contributes to your well-being and happiness. If it doesn't, you have the responsibility to yourself to step back or walk away. The most important relationship you have is the one you have with yourself.

Remember, you are more than enough,

D

ear Readers,

Relationships are a vital part of our lives. We are constantly

interacting with other people. Whether or not we are getting along with the important people in our lives determines, to a large extent, the quality of our lives. Make it a point to be conscious when you are making new connections and building relationships. Associate with positive, supportive people. Invest time in relationships which are nourishing. Build a strong, positive support team.

Be brave enough to ask for and accept the help of others. It's a human and courageous thing to do. Gather your friends, family, and co-workers to support you in your quest for success. You need to know that others care and if you tell them what

Seek out others who have been through what you are going through or who are headed in the same direction as you. Their support can be invaluable. People who have been through the circumstances you are dealing with can provide support and guidance--- and are proof that you, too, will survive.

This past year and a half has helped many of us sort out what is really important to us and we have learned how to be a bit kinder to ourselves. Sometimes, we need to sift through our feelings about situations, people, and happenings in our lives in order to figure out what means the most to us.

Sometimes, it's difficult to keep a positive attitude, especially when you have people around you who are

OUR TEAM

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THE CHOICE IS YOURS: A REASON, A SEASON, OR A LIFETIME

BY JUDI MOREO



longer there, they move on, but our need has been met.

What about those people we meet for only a few minutes or hours who say or do something that you needed at that exact moment. I feel they are the ones we meet for a reason. I will never forget the man in the parking lot of the hospital who left a red rose on the windshield of my car while I was visiting my brother who had been horribly injured. I caught a glimpse of him as he walked away and smiled at me. He brought happiness and love to an otherwise very sad day.

When I was growing up and things sometimes didn't go the way I thought they should, my parents would remind me, "Everything happens for a reason."

I always wondered if that was true. What about people and relationships? Do we meet people because we are supposed to? Do people leave us so we can learn a lesson? What was that old

saying...something about people come into our lives for a reason, a season, or a lifetime?

And do we meet people by chance? It seems sometimes we do, but is it coincidence or synchronicity? Did your path cross because you had a specific need and the Universe sent this person to help you get through a difficulty or provide you with guidance or support either physically, emotionally, or spiritually. Then when the need is no

When they come into our lives for a season, it's probably because it's our turn to grow, learn, or share. Sometimes they bring joy and make us laugh, sometimes they bring pain and in time, we see the lesson in the experience. Sometimes they teach us new things or help us have new adventures. Sometimes they just shake things up making us look at things in a different way or do something differently than we've ever done before. My friend, Vimmie, really shook

up my life when he invited me to go to South Africa. Of course, I believe he never thought I'd actually go, but I did, and it changed my life radically. (But that's a story for another day.) It's possible that our seasonal people didn't intend on leaving us, perhaps they had to move, or they passed on. But, our lives were better for having known them.

When they come into our lives for a lifetime, we have built that relationship on a strong foundation of mutual trust. We accept each other for who we are and help each other become better people, cope with our disappointments, share our joys, understand who we are

and who we are supposed to be. We laugh together, cry together. We go through happy times, successful times, disappointing times, and sad times. We don't always have to talk. Sometimes, we can just be. These are the people who help us remember who we really are.

My friend, Paul, is one of these lifetime choices. We have known each other for 60 years. We went to school together, created the high school year book together, produced plays and musicals together, went to the 20 year reunion together. He visited me when I lived in Africa. I stayed at his home in Kansas. We've shared our ups and downs,

successes, and heartaches. We have a lot of differences as well. Yet, we always have respect for one another. When I am with him, I like me better!

Every person who comes into our lives has a lesson for us. There are those who teach us, those who hurt us, those who took us for granted, those who remind us, those who encourage us, and those who love us. You didn't meet any of them by chance. You met them for the lesson. It is up to you to choose whether you learn the lesson and use the knowledge you have gained to understand and appreciate the experience.



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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WHO'S IN CHARGE OF YOUR LIFE?

BY SOPHIA FALKE

Have you ever had a “knee-jerk” reaction to something and then wondered, “Where did that come from?” Or, “Why did I get so angry over nothing?” I used to ask myself those questions. But then I started to associate with people who didn’t have extreme reactions to small things – or even big ones. And I got curious.

Have you ever wondered why some people seem peaceful – even joyful

– most of the time, yet others are irksome curmudgeons who are disruptive and hurtful? I used to have a lot of them in my life. How about you? Do you know a few? Fortunately, I found people who were peaceful, loving, and joyful. After a while I began to see awareness they had that the more challenging people I encountered didn’t. They seemed to have discovered the “secret sauce,” that is, they were more “conscious” than others. What do I mean by “conscious”? Basically, they were more awake.

They understood that there is a subconscious mind that they need to have a conscious connection with. Various studies claim the subconscious mind takes in 11 million to 400 billion bits of information per second while the conscious mind can only process 50 to 2,000 bits. The studies data differ quite a bit. However, the point is that the subconscious mind takes in far more information than the conscious mind can process.

The “knee-jerk” (involuntary) reaction

I referred to above arises when you are not aware that you're making snap judgments based on information you're pulling from the subconscious mind. Many (most?) of us seem to receive more negative input into our subconscious mind – about ourselves, about others, and about the world. Many of us are programmed from an early age to be wary of the unknown, not to trust people outside our community, to be afraid of people who appear different than us, or that we're not good enough (or worthy, smart, attractive, or rich enough). And with negativity, sensationalism, and misinformation rampant on today's various social media platforms, is it any wonder that we often feel the need to defend ourselves or lash out at others?

The subconscious mind isn't good or bad. It passively accepts the external information it's fed and stores it away to become available to the conscious

mind. It doesn't know or judge what's true or false or what actually happened versus what didn't.

It's up to the conscious mind to decide how to interpret what is stored in the subconscious. It needs to make a conscious connection between the two and take control. But first you (your conscious mind) have to be aware that it's your job to take charge. When you do that, you will have a more conscious connection with the people and world around you.

How do you know if you're in control? One way is to ask yourself, "Is my life working? Am I happy? Do I feel fulfilled?" If your answer is "no," then your subconscious mind could be running your life. Then the question becomes, how do you take control, once you discover you aren't? That you're aware is the first step, followed by the decision to take charge.

This subject would fill volumes. But the shorthand answer is: hang out with people who are "awake," distance yourself from negative people, find a coach or counselor, listen to motivational speakers, read transformational books, and apply the principles you learn. You won't make the conscious connection overnight. However, when you work steadily toward the goal of being in control, you will succeed in living a more fulfilling life.



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, speaker, book strategist and concierge, and best-selling author. Sophia supports you with practical, spiritually based principles to help you live your best life. Reach her at Sophia@EmbracingGreatness.com, schedule an appointment at greatness.youcanbook.me or visit her website at EmbracingGreatness.com.





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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 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

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Throughout the process of being mentored, a life coach will help you explore your life to determine what you want, your why, your how, and what is blocking you. Your coach will help you find your path or purpose, as well as develop a fresh perspective and look at life from a different angle. It might seem small, but you can make dramatic determinations about your life with the help of a mentor or coach. Your coach can provide you with the techniques and tools to help you find the path to achieving what you want in life.

Many life coaches use personality tests that will give them a better idea of your strengths, alignments, and traits. There are a variety of different things they can help you with from your career, and personal problems, to identifying and reaching goals, and much more.

Your Goals, Your Direction, & Your Purpose

A coach will help you become more mindful about your beliefs and perspective, which will assist you in adopting new understanding about how to reach your goals. Coaches listen without judgment, which helps you see your issues in a new light. It's common for us to get so bogged down in assumptions that we stop recognizing deeper truths. Looking at life from another angle can bring relief.

The first step is determining where you are now and how you will get from point A to point B. Your coach will ask you deep questions that assist you in turning your visions and dreams into reality. A life coach will help you take

HOW COACHES HELP YOU IMPROVE YOUR LIFE AND WELLBEING

action in the areas of your life where you feel atrophied, whether it's due to uncertainty, fear or anxiety.

Your Accountability & Motivation

A coach is not the same as having a friend who is cheering on the sidelines. He or she is an advocate... someone who will absolutely support you and encourage you, but keep you going in the right direction. You're not going to hear a round of rapturous applause when you do what you are meant to do. They will keep pushing you and challenging you.

Sometimes, having someone hold you accountable is all that you need to push yourself forward. Your coach should be making sure you are moving forward and getting closer to your goals by ensuring you have a purpose, a direction, and that you are making progress.

Various approaches and techniques can be used, from visualization to hypnosis, affirmations to meditation, and even emotional freedom techniques. Everyone responds differently to the techniques used, so it may take a bit of experimenting to determine which approach is right for you. However, there is a lot to be said for uncovering your ultimate purpose and intention. It can provide you with clarity on which path you should be taking in life.

If you're enlisting the services of a professional life coach, you can expect your first meeting to last up to an hour as they learn as much about you as possible. So, be prepared to answer a lot of probing questions and take personality tests. True happiness is found in knowing yourself and finding your purpose and a life coach can help you uncover what yours is.

This is how you will meet your potential and improve your life.

HOW LIKE-MINDED PEOPLE CAN HELP MAKE YOUR DREAM A REALITY

BY JUDI MOREO

T

he book, *Friendfluence*, by author Carlin Flora, explores the importance of friendship to humans

and the many ways that our friends influence us.

Many pertinent points are made in the book which relate to how friends can make positive imprints on our lives and future dreams.

- Friends help develop important life skills
- Friends can help define your priorities
- Friends help you build your social circle
- Friends offer you support when you most need it
- Friends will give you a reality check when you need it
- Friends help you take on difficult tasks

A joint study between Kansas and Wellesley Universities saw psychology professors Angela Bahns and Chris Crandell debunk the concept that opposites attract. In this study, research suggested that in early interactions between strangers the level of



like-mindedness impacted how the relationship grew.

Those who had a lot in common tended to see growth in their relationship but those who were vastly different did not interact as deeply in later stages. This shows that we find a deeper connection with people who have a similar life outlook or background to ours. This may not be the most healthy instinct in terms of socializing because we tend to not socialize as widely as we could. It does, however, have its benefits.

Why Like-Minded People Help With Your Dreams

Sometimes when you tell people, especially parents, your dreams and goals in life, they may not necessarily be supportive. The truth is some dreams can seem a little crazy and unattainable and other people will pick apart the idea and try to advise something easier and safer. Just because others don't think a dream is solid and attainable, doesn't mean that you can't achieve your goals. This is where the importance of like-minded people comes into play.

Those who understand you and think in a very similar way may even have the same dreams. If you share similar goals, then you immediately have an ally with whom you can work together to achieve your dreams. A like-minded friend or colleague can help you succeed, keep you motivated and push you forward while others may be urging you to give up.

Positive and Negative Like-Minded Connections

There is, of course, a potential pitfall when you surround yourself with like-minded people and this is connected to possible flaws in yourself. When you are a positive and supportive person who is willing to help others then the like-minded people around you will be the same way and this is fantastic for your dreams.

If, however, you are a competitive kind of person who will do whatever it takes to whomever in order to succeed, you have a problem. If you attract like-minded people who are equally ruthless, then you are creating an atmosphere of potential toxicity. You need a level of self-awareness when it comes to interacting with like-minded individuals because as the old saying goes “There is no honor among thieves.”

This is why I encourage you to be a part of a Master Mind, a group of like-minded people who are pursuing similar goals and objectives. They may not think exactly the same as you, but they will definitely encourage and help you along the path to your goals. In moments of confusion or difficulty, master mind members can guide you, give you tips, suggestions, and



resources you might never find by yourself. And one of the best things about your master mind is that others hold you accountable to make sure you keep making forward progress.

Final Thoughts

When you have like-minded people around you and your own attitudes are positive and supportive, then you

have a solid support network. These relationships can help you grow, improve, and find deeper focus as you seek to attain your dreams. When you have people, who understand your dreams and you share the dreams within your inner circle, life becomes easier.

YOUR SUCCESS IS OUR BUSINESS



Join the weekly **You Are More Than Enough Master Mind** team!

Team with **Motivation**

With the You Are More Than Enough Master Mind, you'll find the support and encouragement that will assist you in becoming the person you desire to be... more successful, more prosperous and a great deal more confident.

When you plan your future, set your direction, and take off, you will pick up a wide variety of skills, as well as a deeper knowledge of yourself and the world in which you exist. You will be happier, healthier, and more successful.

You Are
**More Than
Enough**
Master Mind

Strive to be **Your Best!**

Decide what you want to achieve in order to accomplish that "something more" you know is your destiny.



PERSONAL DEVELOPMENT

Sit down to create ideas, sort, and sift through everything that flutters through your brain and make a plan for your own personal development.



EMPOWERMENT

Empower yourself! Recognize talents, weaknesses, and strengths, as well as highlight how you can appropriately channel them!



CONFIDENCE

When you have a good idea of where you're going and have an empowering team, you will discover a much more natural confidence.



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FINDING PROFESSIONAL HELP TO PROTECT YOUR MENTAL AND EMOTIONAL HEALTH



When we think of getting and being healthy, we typically think of physical aspects. We think of losing weight, gaining muscle, and looking athletic. What most of us fail to remember is that our mental health is as important as our physical health.

Mental health disorders are real and often treatable. Many individuals either have been or will be diagnosed with a mental health disorder. Some mental health issues may be minor and short-term. Others may be more severe and require help from a professional.

Today, while we are still dealing with a pandemic, political turmoil and civil turmoil, the mental health of millions of people is at risk.

According to Mental Health America, “as the number of cases of COVID-19 increases, so does the associated anxiety. For the general public, the mental health effects of COVID-19 are as essential to address as are the physical health effects. And for the one in five who already have mental health conditions – or the one in two who are at risk of developing them – we need to take personal, professional, and policy measures now to address them.”

If you are in need of a mental health professional here are some tips to follow.

Where to Find Help

One of the best places to start is your family physician who can refer you to a proper specialist. Which type of specialist you go for help will depend on the nature of the problem and/or symptoms. Your family physician can do an assessment and determine where to refer you. Your local health department, mental health facility, or a crisis center are also other available options.

Try getting a few contact names, so you can research more than one facility before choosing a provider. Also, if you have health insurance, they may be able to provide a list of mental health providers who are covered in your plan. Your local health department or community mental health center may provide free or low-cost care.

Support Groups

One supplemental program is peer support groups. They can serve as an important addition to the help you receive from professional mental health providers. Support groups can be a valuable resource. These groups are usually led by a layperson. They are designed to bring individuals together who have similar mental health or substance abuse illnesses. Other organized types of support groups are drop-in centers, warm lines, and training courses in mental health wellness and recovery.

Types of Mental Health Professionals

- Psychiatrist is a medical doctor trained in the diagnosis and treatment of mental and emotional illnesses. One distinction is that they can prescribe medication.
- Psychologist is a professional with a doctoral degree in psychology who is trained to diagnose and provide a variety of therapies. In some states, psychologists are also able to prescribe.
- Clinical Social Worker is a counselor with a degree in social work. They are trained to diagnose mental conditions and provide many types of counseling.
- Licensed Professional Counselor is a counselor with a master's degree in psychology and counseling. They



are trained to diagnose and provide counseling.

- Mental Health Counselor is a counselor with a master's degree and trained to diagnose and provide counseling.
- Pastoral Counselor is a member of the clergy with training in clinical pastoral education. They are also trained to diagnose and provide counseling.

How to choose a Mental Health Professional

Talk with the professional on the phone. Ask questions about their approach, philosophy, specialty, or concentration. Once you have selected and feel comfortable with a specific counselor or doctor, the next step is to schedule an office visit.

Your first visit will consist of talking with the therapist or doctor to allow

them to get to know you and your circumstances for the visit. They will ask you what you think is the problem. They will ask about your life, job, living arrangements, family, and friends. Even though you may feel this information is personal, it will help the professional to assess your situation and develop a treatment plan.

As you start working through your treatment plan, you should start to feel improvement. You must trust your therapist and feel better about whatever circumstances you are there to face.

You should start to be more comfortable in your relationship. Your treatment plan may be painful and uncomfortable at times. The more you actively participate in the treatments, the better you will be able to cope with your feelings.

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If you are like many speakers, you're very good at what you do, but your phone is not ringing off the hook with people offering to pay you to speak to their organization or company. There is a solution... And it doesn't have to be stressful if you approach it the right way. You need to know what to do, how to do it, and what the market is demanding at this time.

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Judi Moreo

Do you dream of speaking on big stages, but fail to reach out to meeting planners because you aren't sure how to sell yourself? This book gives you a quick, easy way to find some engagements and continue to do so on a regular basis. The goal is to ensure you don't feel any fear or hesitation when you are contacting potential clients.



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WHY YOU NEED AN EMOTIONAL CONNECTION TO YOUR DREAMS

Do you have big dreams, goals, and plans for your life? How do those dreams make you feel? Business leaders, psychologists, and researchers have found that to live your dreams, you need an emotional connection to them.

Emotions are powerful. They can motivate you to make changes, strive for something better, and reach your goals. Your success depends on the vital

connection of your dreams with these emotions:

- Gratitude
- Compassion
- Pride
- Eagerness and Excitement

Gratitude

Gratitude is being content with what you have. It involves recognizing when something good is happening in your life and being happy because of it.

Gratitude improves two critical skills needed to achieve your dreams: self-control and teamwork.

Psychologists have demonstrated how gratitude improves self-control by applying the marshmallow test. In these studies, one group was encouraged to think of something they were grateful for and the other group was not asked to do anything. Each group was then offered one marshmallow now or two if they would

wait until tomorrow. The group that focused on gratitude was more willing to wait to get more marshmallows.

Researchers believe that in causing a person to be happy and content, gratitude helps increase self-control because they don't feel they need everything right now. In other experiments, the gratitude group was also more willing to help others. Teamwork, through mentors and support networks, is also critical to success.

Empathy

In a study published in *The Journal of Marketing Research*, one group was shown computer-generated pictures of what they would look like when they were older. The other group was not shown aged pictures of themselves. When asked to make a retirement plan, the first group, which had seen the pictures, budgeted more money for their future retirement than the second group.

Researchers believe that seeing pictures of their future selves created empathy and compassion in the first group, helping them make difficult choices about spending less now and saving more for later.

Empathy also allows you to understand and work with others. Again, teamwork is critical to success. Empathy helps you connect with the support networks you need to achieve your dreams.

Pride

Psychologists specify authentic pride when discussing how important pride is to achieving your dreams. Too often, pride is seen as boastful and



at the expense of others. Authentic pride is the emotion of knowing you accomplished something and being recognized for it. Authentic pride builds self-esteem and motivates you to be committed to your dreams.

A study published in the *Journal of the Academy of Marketing Science* showed that authentic pride in an accomplishment produced the same type of future planning as gratitude. Pride in doing a good job helped the participants understand that dreams require hard work and made them more willing to put in the effort needed and build toward success. Even when faced with challenges, gratitude and pride help you commit to your dreams.

Because of challenges, mistakes, and failures, you need pride to reach your goals. Otherwise, setbacks will stop you from learning, growing, and trying again. The self-esteem built from authentic pride allows you to accept your limitations and learn from them.

Eagerness and Excitement

Studies conducted by the University of Miami and Carnegie Mellon University have explored approach motivation or the emotions that cause people to work towards a goal. These studies show that eagerness and excitement are also vital emotions for success. Approach motivation also relates to intrinsic motivation or wanting to do something because of what you believe and how it makes you feel.

You are more likely to commit to your dreams, work hard, and achieve success when you are eager and excited about the outcome. A positive mindset is necessary for eagerness and excitement, especially when you face challenges to your dreams.

Success requires strong emotional connections to your dreams. Choose your dreams and goals wisely. The more your emotions are connected to them, the greater your opportunity for success.



MINDFUL CONNECTIONS

BY JOAN S. PECK

W

hen you reach the end of the day, do you sit as I do and wonder where the time went? Are you honest when you ask yourself about what you accomplished during those hours? And even further, do you judge the day for its value beyond any financial gain or loss? Or do you expand your thinking beyond the obvious?

Living this past year during the COVID pandemic forced us to be more mindful

of whom we connected to, what situations we chose to be involved in, and how we wanted to live during our isolation. Our safety depended on the choices we made.

But what happened to me during that time of insolation surprised me. Instead of feeling fearful, I felt more powerful than ever before. Time and again, I was reminded that life is nothing more or less than a chain of choices, and I had the power to create each of my days. It was up to me to keep myself healthy.

Even more, walking about my housing community with my dog, I felt a greater awareness of everything around me. Perhaps it was due to the idea that with so many people getting sick and dying, I'd better pay attention to my surroundings as if it would be the last time I could observe it. But, no matter the reason, I began to appreciate my life more.

Instead of "road running," I stayed at home and spent my time working less and relaxing more, even taking

afternoon naps. As a result, I began to value my neighbors and friends more and was happy to know that they were safe and well. As time continued, I started to live in a cocoon within my housing development, and I was content.

When I went out to the grocery store, I wore my mask, of course, and seeing others wearing them, too, caused me to become keenly aware of our oneness as we moved about with our covered faces. I saw small children in masks and I wondered what they'd remember about this time during their formative years where they had missed seeing our individual faces now blocked by various face coverings. I thought it might be frightening for them, but that could be because I didn't like the facelessness myself. I prefer to speak to someone I can see and identify within

them some aspect of myself. Maybe they felt the same way.

Now that the pandemic is beginning to release its hold on us and we are on the road to recovery, I find that not much has changed from where we were before the pandemic. There is less camaraderie of us all being masked and dealing with the same circumstance of maintaining our health. We're back to being the same impatient society we were before, not demonstrating our good luck and blessings as we did during the pandemic. Yet, I know better. Once something as significant as the pandemic occurs, we can never go back to the exact way things were. So there is hope that we will become more mindful of our significant connection to each other and the importance of treating each other in a kindly way—and I am optimistic.



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.

"I write mystery books you can't put down." Her latest novel is *Angels Out of the Dark*, about human trafficking. She is the author of the *Death Card Mystery Series*, with books five and six releasing in 2021. "To me, the fun of reading mystery books is to become so intrigued with the story it becomes impossible to put the book down. The fun of writing them is to put you in that same situation."

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"Every experience, no matter how bad it seems, holds within it a blessing of some kind. The goal is to find it."

Buddha



SEARCHING FOR THE WILD CHILD

ARTICLE & PHOTOGRAPHY BY JAANA HATTON

I grew up playing in the Finnish woodlands since I was five or six years old. Scents of spring-fresh fir, summer-warmed moss and autumn-soaked leaves permeated my senses, my very being. I climbed to the tops of cliffs carved by ice age or snuggled in their crevices to find shelter from the breeze. Fallen branches became building material for little hide-aways. A wild child of the forest I was, free to

explore while learning to be self-reliant. And I always found my way home.

The adult years and marriage took me around the world. For twenty-five years, we lived in the major cities of various countries. Woodland adventures were far and few between. The scents I encountered were those of car exhaust, overflowing dumpsters, unrecognizable street food and hot asphalt. As much as I explored, I felt bewildered – and lost.

Now the big cities are but a memory, gladly left behind. I once more reside close to forests and natural areas, this time in North Central Washington. I am sixty-one years old, and again I roam in the open air, away from the suffocating limits of streets and buildings.

There are other suffocating circumstances which make me long for the woods. In adulthood, we are too busy and obligated to discover and have adventures. The everyday

demands keep us on tight schedules and afford us little time to play. Every now and again, it can become too much – a stressor, a menace, a burden. Every now again, we need an escape.

For me, the best get-away is always to a natural setting. A forest, a hilltop, a river's edge are all happy places. It need not be a week or even a day – just a few hours outdoors makes the world right for me.

I carry with me a “collecting bag” for any interesting thing that may await on my path. Rocks, sticks, pinecones and feathers. The child in me wants to play. My collection of stones is extensive and precious, each one hand selected. During our last move (I mean last, not latest, for this is it) the movers were chuckling that they had never transported boxes and boxes of rocks before. So be it. They did not know they were holding treasures.

When I am out there wandering and gathering, now in my mature age, I don't feel the sixty-one years on my shoulders. It's the six-year old, light-stepping, curious wild child that emerges from within me. She reminds me who I really am when I am free from the many roles I play in the everyday world. Here in the woods I am the child, the grown-up, the soul that I am. I cannot hide from myself nor do I need to hide from anyone. I can simply be.

I am far from my childhood home, an ocean and a continent away, but it is in nature when all is familiar again. The pine needles yield underfoot as they always did, the crusty spring snow holds my weight just so, the wild strawberries taste as sweet as they did decades ago. This is home, this wild open nature.





ABOUT THE AUTHOR

Jaana Hatton grew up in Finland, spending much of her time in the woodlands and other natural areas. The wild child never left her, even in her adult years mostly spent in big cities. Her husband's employment with the United States government took them on a 25-year tour of the world, from Moscow, Russia to Bangkok, Thailand. Along the way they raised their two sons. Jaana now lives in North Central Washington with her husband. She is still the wild child, often found roaming the foothills or the river's edge in the early hours of the day with a camera in hand.



CONSIDER THE POWER OF ONE

BY HOLLY DUCKWORTH

- 9,623** the number of my Twitter followers
- 8,869** the number of my LinkedIn followers
- 112** Insight Timer Audio Mindfulness Posts
- 4** the number of magazines I write columns for
- 1** person impacted in a positive way from my work



any social norms have changed in 2021, social media and how we value the connections found there is different now.

Maybe it is in your world also? I feel a little braggadocious even quoting to you these numbers. Some of you will read that and unconsciously think, that's all. Others will read that and go, who cares. This my friends, is life post-pandemic. We all have new understandings on pretty much everything. We speak so many different languages. By languages here I mean the double entendre of both languages as in English, French, Spanish

and language meaning technology language, Facebook, Twitter, Zoom, Teams. We believe different things on most every issue. You get the idea. Do the numbers really matter? If so, what numbers matter?

As I update in some cases and clear out my address book and social media accounts post pandemic, I recognize that some of my colleagues and partners no longer fit. They have changed, as have I. For some, we lost touch well before the pandemic, others have moved physical locations or changed jobs. We no longer connect. No need to judge as good, bad, right wrong, happy or sad. This just is.

No matter how big my social circle becomes I know the power of one. One phone call or Zoom call. I experience power of connection, both in giving and receiving a handwritten card. For the first 6 months of the pandemic, every day I posted a live video from my book, *Everyday Mindfulness: From Chaos to Calm In a Crazy World*. If just one person responded, my work was done for that day.

I love people, ideas, thoughts, conversations. I'll take impactful thought-provoking conversation any way I can safely make the connection work for both of us. While I only speak English, I speak via a lot of technology tools. Many of us are reviewing our circles of friends, family and co-workers and the circles are different. Maybe smaller or bigger, no need to judge. It is what it is.

What I know, for sure, is the power of one. One person thru a simple connection will make a difference in the life of another.

When I woke up today my inner voice whispered, "Text, Joe." A dear friend I went to ministerial school with. We had not talked the entire pandemic. In moments, he texted back "Hello, blast from the past." That became a vibrant positive exchange.

Do all these social media numbers matter? Maybe? I have a folder of client testimonials that say my post made them think, or breathe, or become something better. For this, I am thankful. These notes are one to one, personal. I text, email, even write this article so one person experiences what they are to experience from the connection.

This summer, no matter where we are, with the COVID pandemic, we are all individual human beings doing the best we can. Is there someone you feel like you want to reconnect with? Try. Is there someone you are ready to stop connecting with? Do. We have one life to live. As you re-new or create new connections for your own post pandemic circle of relationships, remember the power of one.

Here are ways to ripple out connections this summer:

- Invite one couple to social distance or follow current COVID protocols to have a meal with you.
- Make one phone call to someone you care about.
- Remove that one person from your address book or social media that no longer brings positivity into your world.

- Send one card or letter in the mail. It's fun to open the mailbox to something other than bills or junk mail.
- Host one Zoom happy hour with a friend that may live outside of driving distance.
- Call your grocery clerk by name.

We are all One. May you mindfully connect with safety, health, and joy this summer, wherever you are. Feel free to connect with me in the language you prefer, now that you know how to find my connection links.



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 strategies. Holly is a New York Times contributor, host/producer of The Everyday Mindfulness Show. Holly lives in Denver with her fiancé, Eric, where they hope to send wedding invitations in 2021 post-pandemic.

For more on her work and to sign up for the monthly Chaos to Calm Challenge visit 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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**LIFE CHOICES: COMPLETE
SERIES PACKAGE SPECIAL**

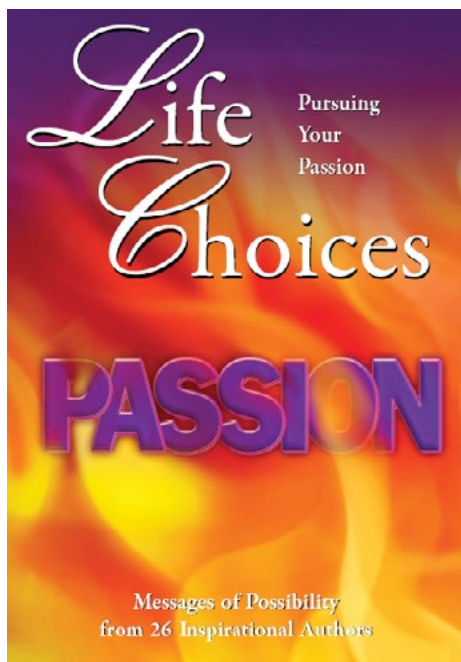
The Life Choices books are a series in which real people share their stories of overcoming obstacles, putting lives back together and following their passions to create successful, significant lives.

LIFE CHOICES SERIES

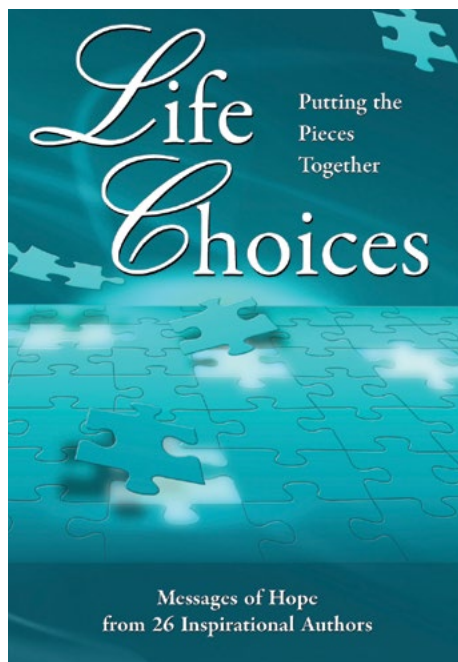
While the stories shared differ in context, they share a common thread of courage, hope and fulfilment. No matter what obstacles you encounter, or how many pieces your life is in, there is a way to find a new path, make a new choice, follow your passion and create a better life.

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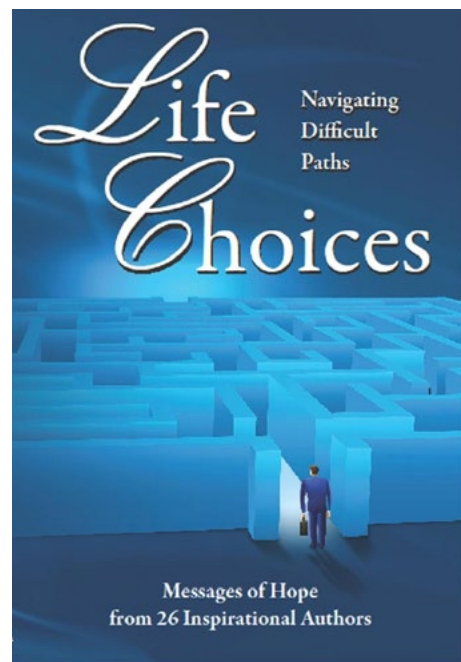
Life Choices: Complete Series - \$45



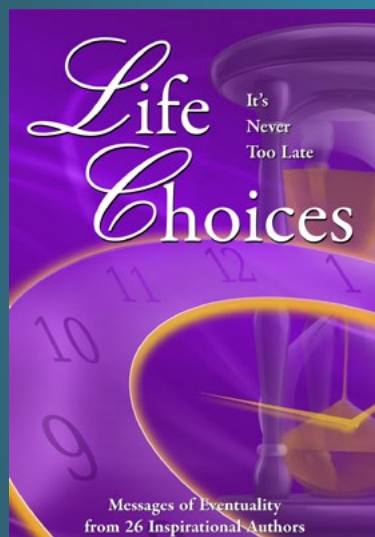
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible - READ THIS BOOK. Twenty-six authors share with you how they pursued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



SHARING YOUR DREAMS WITH OTHERS HELPS BUILD AN EMOTIONAL CONNECTION

W

hen we have a dream, it can be tempting to keep it to ourselves.

There might be some fear or hesitation

about sharing because we aren't sure how our dream will be perceived or whether others will understand our true motives and desires.

There can also be some concern that others with impure motives might work to discourage us, distract us, or straight up sabotage us in the pursuit of our dreams. However, sharing our dreams can be a valuable means of building

an emotional connection, and this can go a long way in helping us actually achieve the dreams we have.

Encouragement

A major way that sharing dreams with others aids in building an emotional connection is via the encouragement that can be offered by others. There is no doubt that the pursuit of any dream will come with many challenges and obstacles along the way. There will be times when circumstances tempt you to stop your pursuit but surrounding yourself with other people

with whom you've shared your dream can help reinvigorate your passion and commitment in those moments.

These individuals can remind you of the "why" behind your dreams and make you remember the value and significance of the overall goal. In doing so, you'll be able to stay on or get back on track.

Self-Confidence

Another form of emotional connection that can form by sharing your dreams with others is the development or

strengthening of self-confidence. When you run into challenges and obstacles, it is natural to begin to doubt your abilities and talents.

However, others can remind you of those gifts and help you see the value and intelligence you possess. This helps you become more confident in what you're able to do and will motivate you to keep moving forward and even to take new risks or pursue new opportunities.

Support

A vital way that sharing dreams adds value and builds an emotional connection is by creating a sense of support. No one should have to do anything alone, and when you have shared your dreams with a group of others, you have developed a group of people who can offer emotional, mental, and even physical support as you pursue your dreams.

This can be people who are present to listen to you when you're feeling overwhelmed, people who offer advice and suggestions when you find yourself struggling, or people who offer materials, information, and resources when you are experiencing a need.

Empathy

A final form of emotional connection that sharing your dreams with others can provide is that of empathy. Empathy is the ability to understand and share the feelings of others. As we practice sharing our dreams and also embracing the dreams of those around us, we activate empathy and begin to foster it at a deeper level.

One study found that the trait of

empathy is significantly correlated with the frequency of sharing dreams with others, and the frequency of listening to the dreams of others, as well as an overall positive attitude towards dreams themselves (Bulkely, 2019).

While not often considered, sharing our dreams with others can help us build emotional connections that add meaning and value to our lives while also pushing us even closer to our dreams in the end.



ON THE COVER

TRACEY STARR

ENTREPRENEUR, CONSULTANT, AUTHOR, AND SPEAKER



Tracey Starr (Samlow) is a fun-loving serial entrepreneur; business, marketing, public relations, and personal development consultant; multiple #1 Amazon best-selling author; inspirational speaker; promotor of

conscious expert entrepreneurs (*Miracle Messengers™*), products, and services; Body~Mind~Spirit Coach; and Heart 2 Heart Connector™.

She is also a respected leader known for her entrepreneurial spirit and philanthropic dedication. Tracey devotes her life to giving and making a positive impact in this world. She seeks spiritual partnerships where sharing and giving back are part of the mission. Tracey works with some of the most renowned transformational leaders around the globe assisting them in growing their communities, sharing their gifts, and spreading their messages to raise the consciousness of humanity to wake up and live their dreams.

Tracey is a conscious connector of people and information and is often the source of innovative collaborations in many fields of interest. With decades of experience as a business owner and independent consultant/coach, Tracey has offered a variety of services to her clients that span the range of total business and financial management; marketing and sales development; operations, organization, and systems implementation, maintenance; joint venture and affiliate relationship management; interview marketing and podcast show bookings; and heart-centered customer-focused service. Tracey now dedicates most of her time to working with experts in the personal development world, but she still plays in the hospitality, food service, health, and wellness industries.



Tracey's current passion projects:

- JV Insider Circle- JV and Community Director- connecting conscious A and B List experts for joint venture partnerships and affiliate support.
- StarrzPR.com- an interview marketing company connecting guest experts with targeted podcast show hosts to build credibility, grow audiences, and monetize messages.
- LusciousLivingLifestyle.com- a lifestyle and wellness company serving humanity with luscious experiences.
- Facebook/Group/#300WishList- an inspirational personal development group sharing the manifestation power of lists and other valuable tools for creating a life by design.
- Co-Host of TheBobDoyleShow.com with Bob Doyle from The Secret- an edutainment show with comedy, animation, silliness, and some virtual reality (VR) fun for almost all ages.

She also works with several *Miracle Messengers™* with business, marketing and public relation advice and connections.

When we first met, you were starting your PR company. Tell us a bit about your background and why you decided to start this new business?

I started Starrz PR as a natural next step in my life journey. One of my innate gifts is that I am a natural born networker and heart-centered connector of people and resources.

The idea for the business was sparked while connecting with Judi Moreo one afternoon for lunch. We were talking about all the wonderful people



we know and it suddenly became clear what we should do... create an opportunity to have a bigger voice for ourselves and our communities. It was Time to Shine!!!

I was already booking my entrepreneur clients on podcast shows as part of my consulting business, so why not make the interview marketing part it's own business!?! It was a fun service of connecting experts and show hosts, which I enjoyed. And with all our influencer connections, it had the potential to be a successful venture.

We talked about how we both had a special place in our hearts for stars... Judi's story is about her Dad giving her gold stars for achieving her goals. Mine is with my Grandparents and a homemade card with a gold "You're A Star!" on it that I was given as a gift of encouragement when I landed the lead in the 6th grade school musical. So with a business plan in place, Starrz PR was born!

From my background in theatre and acting, I ensure that we offer more than just booking guests on podcast shows. Starrz PR Members receive 1:1 interview and on-camera preparation coaching. I help them with showing up as the best version of themselves, auditing their brand, self-image, studio setup, interview skills, marketing funnels, and most importantly... mindset.

In addition, I consciously help connect them to quality resources, teams, and vendors, should they wish to scale their business. Based upon their goals, I give guidance to effectively monetize their message, and grow their business and community online with interview and JV/affiliate connections. And as needed, I'll make recommendations for connections that create win/win/win solutions to achieve their goals so they can positively impact more lives.

And, Judi is available for confidence and achievement coaching, if anyone needs an extra boost.



Why Starrz PR?

We are looking to not only help Starrz PR Members get booked with interviews and get their message out, but we help them monetize their message. It's important for them to create successful (profitable) businesses so they have the time and financial freedom they need to be leaders and achieve their goals, manifest their #300WishList, and live their dreams. This alone inspires others to do the same!

You see, for over 20 years I have had the great fortune to play the roles of Business Owner / Founder / Partner / President / C-Executive / General Manager / Consultant and Coach in over 20 successful businesses – online / brick-n-mortar and profit / non-profit. I LOVE business! It's not work for me. Well, maybe a little... but I am so passionate about helping others live their best lives that I dedicate most of my life working with other conscious entrepreneurs to collaborate on projects that uplift, inspire, motivate, and support humanity in waking up. We can live our dreams! And we can have a luscious life. :)

Fun Facts: I've worked in multiple "industries" including...

- Entertainment and media distribution
- Supply-chain, sustainable logistics, and recycled packaging
- Turnaround management, distressed business and

financial consulting working with troubled companies assisting them with bankruptcies, mergers and acquisitions

- Hospitality, restaurants, on and off-premise catering, cafeteria dining, large-scale special events (10k), venue management, and retail food store
- Theatre, arts and fundraising
- Holistic and integrative health, wellness, and fitness
- Personal development and spirituality
- Business development and leadership training
- Marketing (interview, online / digital, JV / Affiliate, social media) and public relations

Since 2012, I have primarily provided online business, marketing and PR consulting for entrepreneurs... mostly solopreneurs... speakers, authors, and coaches. The majority of my focus is working with experts in personal and business development, making JV/ affiliate and interview connections.

With gratitude I can say that I've successfully run multi-million dollar organizations and launched million dollar+ online businesses. I have the know-how, resources, and the relationships to help make a difference in our world. I am extremely appreciative for all the opportunities that have graced my life!

Who influenced you?

I have two amazing mentors that I wish to give a shout out to...

Debra Poneman, founder of *YesToSuccess.com*. She mentored Deepak Chopra, Marianne Williamson,

Marci Shimoff, Janet Attwood, and countless other transformational leaders... including me. Debra is my Angel. She became my dear friend years before asking me to work with her in launching her *Your Year of Miracles* online program with Marci Shimoff. Debra connected me to world renowned thought leaders and experts in personal development and *The Secret*, which led to my own personal and professional transformation. It was her conscious connections that moved me to Las Vegas and ultimately led me to living with my perfect partner, Bob Doyle. I am eternally grateful to Debra for helping me live my dreams and become the best version of me.

Judi Moreo, founder of *Turning Point International* (and *Choices Magazine*). Without Judi, there would be no Starrz PR. She motivated me to take action and move the needle to take my business to the next level. Judi is my dear friend... she's my advocate and accountability partner. With her inspiration, I started the #300WishList Facebook Group and have now helped almost 800 people write their Wish List of 300 items they wish to have, do, be or experience in their lives. We have members all over the world that claimed to have cured their fibromyalgia, turned their rags to riches, and otherwise manifested experiences they never dreamed possible. Judi helped me do this... she truly is a world class Achievement Coach!

What inspired you?

The book, *Rich Dad Poor Dad*, inspired me to become an entrepreneur in 1997. After majoring in theatre and minoring in art, I went back to school

for accounting and started working in the turnaround management and financial business consulting world. This led me to buying an off-premise catering and special events company with my then husband, and successfully opening two other hospitality businesses during the following decade.

The movie, *The Secret*, was my wake-up call that inspired me to change my life for the better. Watching it, I finally had confirmation that there were other people on the planet that thought like I did. I decided to focus on helping others to better their lives too. I eventually quit hospitality and became an expert in personal development, health, wellness, program development, marketing (digital, affiliate, and interview), and public relations. It's my personal mission to help wake-up others to manifest their dreams and live their best lives now.

I am also inspired by the book, *Think and Grow Rich*, which is a roadmap for success. I teach it's principles with my #300WishList group.

Other thought leaders (I call them *Miracle Messengers™*) give me inspiration with their wisdom and knowledge that helps humanity and our world live better, healthier, happier, more abundant, unconditionally loving lives... and I want to share those messages with as many people around the globe as I possibly can.

Your life looks so glamorous. Do you feel you have a glamorous life?

Awe, thanks! I so appreciate you asking this, as I normally don't think about myself that way, but... I have had an amazing life filled with lots of twists and

turns that have given me extraordinary experiences that most people only dream of.

Yes, I guess I do feel like I have a glamorous life, when I think about it!

It's true that I have been blessed with celebrity friends and conscious connections, and I am sometimes offered glamorous life experiences. I was the President of The PivenTheatre.org (Jeremy's family theatre), and have worked with musical talents like Richard Marx, Diana Ross, Jon Secada, and The Smashing Pumpkins.

When I had my hospitality businesses... I hosted some of the greatest parties and largest events of all time feeding global leaders like Oprah, President Obama, Margaret Thatcher, and other dignitaries... Chicago sport teams and celebrity athletes... elite universities, Fortune 100 companies, and Nobel Peace Prize winners... internationally known musicians and entertainers... too many to mention.

I've served on several other boards of directors for Rotary, *The Chamber of Commerce*, and *The Senior Resource Foundation* (now *Midlife Ventures*). I supported *The Gene Siskel Film Center* and *Art Institute of Chicago*, among many other non-profits.

And of course, I still work with thought leaders in transformation and personal development from *The Secret*. My favorite celebs!

I have also acted in films, tv commercials, and been featured in print and other media. I've been interviewed countless times, and can be found doing LIVES promoting

conscious products or services.

Occasionally I still do voice overs, which is fun side work for me now. Kinda glamorous, I guess.

Plus, I co-host *TheBobDoyleShow.com...* which while it's not gone viral yet, is still glamorous in it's own right.

So yes, yes, I feel grateful for being gifted a glamorous life.

What has been the biggest surprise you've encountered?

My divorce and #singlemomssyndrome. In 2014 I was hit with a cosmic 2x4 when my husband of two decades very suddenly left our marriage.

I was more than surprised... I was in shock and lost in my abandonment. The trauma was devastating in so many ways, but the life lessons that came out of the last 7 years of hell have been the greatest gifts I never would have asked for! Seriously.

I've learned so much about who I am, who I want to be, and how I want to show up in the world. I learned that we all have our own journeys and we cannot live within other's expectations, giving up parts of ourselves to please others. And I'm learning to create stronger boundaries so that I no longer settle for anything less than what I most desire. The traumas I have experienced have given me new perspectives, made me stronger,

very humble, and gifted me massive opportunities for my own personal growth and self-love.

Gratefully, I have been blessed to work mostly in the personal development world so I had some of the world's greatest transformational leaders guide me through my traumas into healing and forgiveness. I have learned many modalities such as Kundalini Yoga, Meditation, Reiki, Access Consciousness, Soma Breathing, Emotional Freedom Technique, and PSTec to help me eliminate my blocks and open up my life to limitless possibilities!

I now have a friendly relationship with my ex-husband, and our children are learning the true meaning of unconditional love.

My Lessons...

- Everything in life happens for us, not to us!
- Look for the positives... there are silver linings to everything you have to be grateful for!
- It may suck today, but everything in life is temporary. Be strong and have patience.
- Trust and have faith that it's all Divine!

What is your proudest moment?

Honestly, I can say that I prefer "gratitude" over "pride". Different energy and perspective.

Either way, I do not have just one moment to share. Being a mom of two amazing kids has given me countless moments to be grateful for or proud of. Being an entrepreneur, I've received numerous awards and accolades that



have made me feel appreciated for the work I do. Being a mentor and leader, I've been the catalyst to miracles happening in other people's lives that give me a sense of great fulfillment and gratitude. Too many moments to mention.

You have a partner who has a best selling book and speaks on stages around the world? Is that intimidating?

Um, you know Bob, right!?! (For those that do not... MeetBobDoyle.com)

While he may be a celebrity in his own right, being a featured expert in the global phenomenon, *The Secret*, Bob is one of the most down-to-Earth, authentic, heart-centered souls I've ever known. There is nothing intimidating about him or the success that he has had.

To the contrary, Bob is my inspiration... my perfect and equal partner. He encourages me to be my authentic self; to play BIG; and to live my dreams. Bob helps me daily to grow past my traumas and programming, and focus on the life I wish for.

Living and being in love with a thought leader is one of the greatest gifts of my life! Bob's work with brain rewiring, neuroplasticity, and the Law of Attraction is helping me be the best version of me I can be, each and every day.

Plus, we work together in collaboration, never competition. We've created *LusciousLivingLifestyle.com*, *Make Out Magic* (LusciousLivingLifestyle.com/Teaser), and are working on several other projects together, including the



Tracey with Bob Doyle



#300WishList, his *Transformational Personality Type* (TPTQuiz.com) and *The Boundless Living Challenge*.

I'm so grateful for Bob!

What have been the biggest challenges you have faced?

Overcoming my negative self-talk has

been my biggest challenge.

I know that I do not face this alone, but my wiring has been that I automatically look for what's wrong in every situation. Seemingly, so I can find a solution and fix it to make life better... which I most often do! But the self-judgements weigh heavy on me to where I sometimes get stuck in beating

myself up. Part of this stems from being bullied by narcissists, but part of this stems from my own lack of confidence.

Often we are programmed for self-doubt, fear, and the worst self-sabotage. It takes daily practice to consistently and consciously work to change the narrative of the voice in our heads to be positive and supportive.

Visualizing, meditation, and feeling into the life I wish to live, instead of worrying about the life situations I have currently, helps me move through these negative thought patterns. Also, celebrating my wins today and trusting that my losses are actually future wins, as they were life lessons that I needed to experience to guide me to living up to my fullest potential. I'm always striving to be the best version of me now!

Again, trust and have faith it's all Divine!

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

Again, "the best" is a relative concept and difficult to state, as I've been given priceless advice over my years by many Miracle Messengers™.

The most recent "best advice" was from Mel Robbins... *The 5 Second Rule*. It's a life hack to trick your brain to move past your feelings when you do not want to do something and launch into action before your subconscious mind stops you from showing up the way you want to show up. Countdown 5-4-3-2-1! Check it out... I promise it works to get you moving towards accomplishing your goals like never before!



Tracey with her children, Anthony and Amber Samlow.

What was the most important decision you ever made?

My most important decision that I ever made was to be a Mom. It's also my most important role in life and the one I am most grateful for. Anthony and Amber are my most precious connections!!

I grew up always wanting to create my own loving family. I wanted two kids... a boy and a girl. What a blessing when I was able to give life to my son and daughter. Being able to nurture and watch them grow into amazing people is the greatest joy of my life!

What are your best business connections?

Expert entrepreneurs, speakers, authors, and coaches hire me to connect them for joint ventures, podcast interviews, and vendor resources, because most are trying to build their business alone, and don't

know how to market, network, or monetize their offers.

So I help them connect with joint venture partners, podcasts hosts with their target audience with interview marketing strategies, and vendor resources to build their teams so they can effectively scale their business.

My best connections are made with experts interested in being JV/affiliate partners, getting booked on targeted podcasts, or building their teams so they can monetize their messages and offers.

I LOVE networking and do so weekly with local and global business groups so I am constantly expanding my connections.

Do you make conscious connections?

YES! I intentionally surround myself with heart-centered, positive people with integrity, so it's easy for me to

make conscious connections with the intention of creating win/win/win experiences for all concerned.

Whether it's personal or professional, I do my best to be a valuable resource for my community by networking and making quality introductions. It's part of my purpose to help conscious messengers (*Miracle Messengers™*), have their voice heard and share their message out to the world so together with other conscious leaders we can make a positive global impact.

I'm blessed to be able to do this with Starrz PR, JV Insider Circle, and my #300WishList group.

One of my #300WishList items is to positively impact as many people as possible before I leave this world. My first benchmark is 1 Million... stretch goal 100 Million people.

And I cannot do that alone! Conscious connections are what makes spreading love, sharing powerful transformational messages, and creating global change possible. Enrolling my friends and business partners to support other amazing humans is what I do best!

We all have unique stories, gifts and talents. I wish to inspire everyone with mine, to live authentically and manifest their dreams by reaching out and sharing with others.

Otherwise known as making... Conscious Connections. :)

Thank you, Tracey, for all that you share and for the incredible example you set for all of us.



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.



YOU CAN DO THIS!

BY JUDI MOREO

W

ith the busy lives most of us live today, we have very little time for true self-expression.

When we become involved in painting, time seems to stand still. For those of us who have difficulty meditating because our brain jumps all over the place, painting is the perfect form of meditation. This non-stressful activity allows us to drift into a meditative state. Our concentration, flow, and self-expression become so focused, other thoughts dissipate.

Many people believe they aren't creative and often say they can't even draw a stick figure. Somewhere along the line, they've bought into the "I'm not good enough" philosophy. Everyone started somewhere and most of us weren't very good in the beginning. Stop judging. Every person's self-expression is different. It can't be compared to anyone else's.

Art is very personal. It's each person's expression of something inside. We learn to trust our intuition and listen to our soul. The most important thing is that we step outside our comfort zones and try something new. The process of creation is what gives us the greatest benefit.

Art is the gift you give yourself. It's the gift of being in the present.

Judi Moreo will be teaching art at UNLV Continuing Education summer school and during the fall semester.

The following is the class schedule. If you are interested in attending you can register via judimoreo.com/unlv or searching the UNLV website for the UNLV Continuing Education Art Course Registration or via phone at 702-895-3394. To register online, students must create a Continuing Ed. account & provide their contact information.

SUMMER 2021 COURSES (7/31 - 8/28)

Impressionism, Expressionism & Abstracts

Saturdays from 10:00 AM- 1:00 PM
Course Fee: \$139

Introduction to Still Life (in Acrylic)

Saturdays from 1:30 PM- 4:30 PM
Course Fee: \$139

FALL 2021 COURSES (10/9 - 11/6)

Impressionism, Expressionism & Abstracts

Saturdays from 10:00 AM- 1:00 PM
Course Fee: \$139

Introduction to Still Life (in Acrylic)

Saturdays from 1:30 PM- 4:30 PM
Course Fee: \$139

**SUSAN G. BERGER**

Susan G. Berger is a painter and jewelry designer living in Las Vegas, NV.

Originally from Chicago, IL, she studied at the Art Institute of Chicago and then at the American Academy of Art. Upon moving to Las Vegas, Susan extended her studies to include acrylic and abstract painting with artist, Judi Moreo.

Inspired by mix mediums, she has experimented with charcoal, scratch board, pencil, and water color. Today, she finds the most happiness with the flexibility and dramatic physicality of acrylic.

Painting both realist impression and abstract, signature colors and influence of hues make her work instantly recognizable. Susan's paintings are available for sale and to collect as authentic original acrylic on canvas and as limited edition gicleé prints.

Her original paintings are in private collections here in the United States.

Top Right: *Baby Bella*

Bottom Right: *Harper Seal Pup*





JUDITH AUGUST

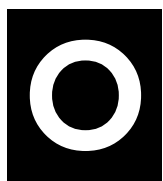
Judith is no newcomer to the world of art. As a young woman she studied art at UCLA. When her family moved to New Orleans in 1970, she created the first Cosmetic Boutique, LETS FACE IT, and went on to develop her own line of cosmetics, Judith August Cosmetic Solutions.

A successful business woman and make up artist, Judith designed and produced corrective cosmetic products for women and taught the art of application. After thirty-five years and a move to Las Vegas, she sold that company, and has pursued her love of art by studying acrylic and abstract art with Judi Moreo.



CAN YOU OVERWORK YOUR SKIN?

DINAH IHLE



verworking your skin? Yes, it can be done! Using too many products too frequently and/or too enthusiastically can

overwork your skin, leaving it looking and feeling worse instead of better.

An indication of overworked skin is a red, irritated, puffy, shiny and inflamed all over or maybe just in spots, like the cheeks on your face. A stinging or burning sensation is another indication of overworked skin.

Typical ways people overdo their skin might be using multiple active ingredients at once; possibly layering of competing products such as Retinal, Alpha-hydroxy Acids, scrubs and peels.

Too often instructions to ramp up product usage has not been followed; not testing new products to see if you can tolerate it; using a derma-roller or exfoliator too frequently. Or maybe even scrubbing too enthusiastically.

The truth is, skin has a delicate lipid barrier that holds moisture in and

keeps irritants out. If this barrier is distressed, microscopic fissures can form and cause moisture loss, infection and irritation. In short, your skin goes into a “downward spiral” causing you to look older than your years.

If this happens to you, immediately stop the abusive behavior and avoid the sun. You can try crushed ice in a plastic bag that is wrapped in a soft cloth and applying to your face 2 or 3 times every 20 minutes. If your skin hasn’t calmed down in 24 hours, you might want to see your dermatologist.



ABOUT THE AUTHOR

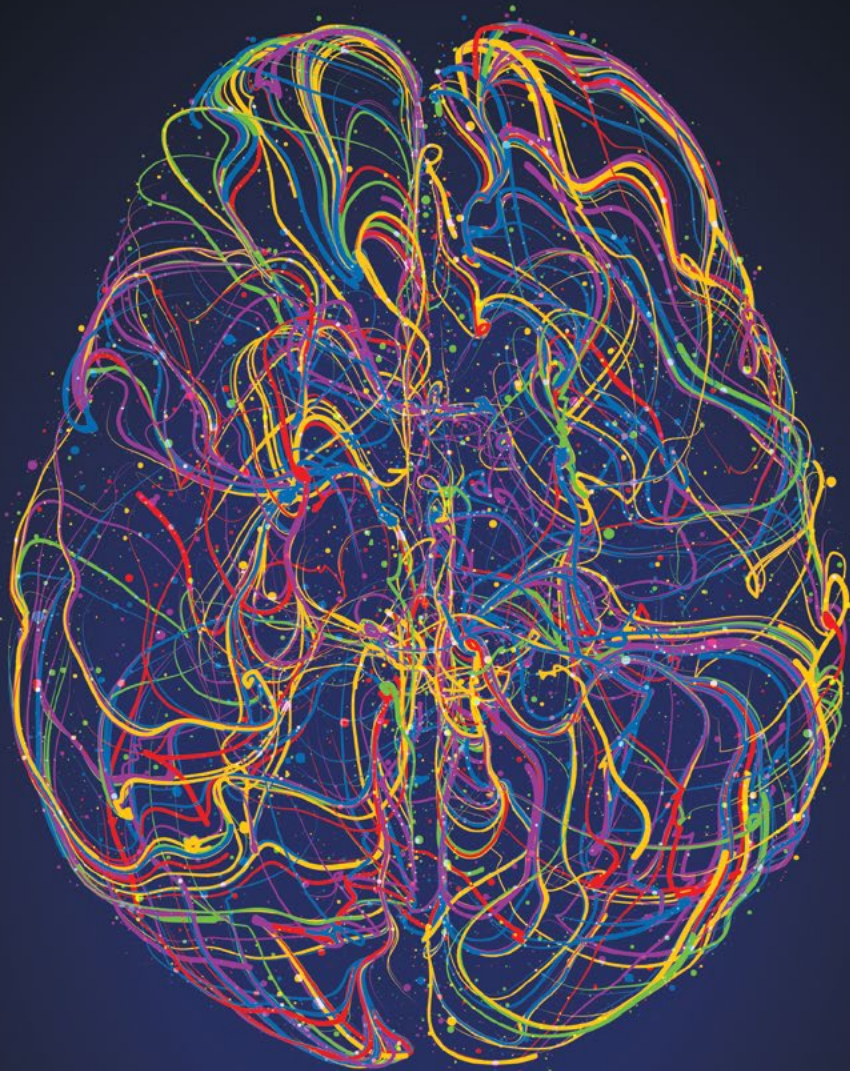
Dinah Ihle grew up with terrible acne that carried on well into her adult years. She tried every over-the-counter remedy available at the time, without success.

She became obsessed with having good skin and how to care for it. In 2010 Dinah was introduced to Rodan+Fields skincare, and immediately saw the effects of utilizing good skincare products. Dinah then began working with them, and soon became an Executive Consultant.

Dinah is now pursuing her passion of sharing with everyone the benefits of having good skin and using healthy skincare products. She is also writing a book on this topic.

To contact Dinah:
RandFdinah@gmail.com
Dihle.myRandF.com

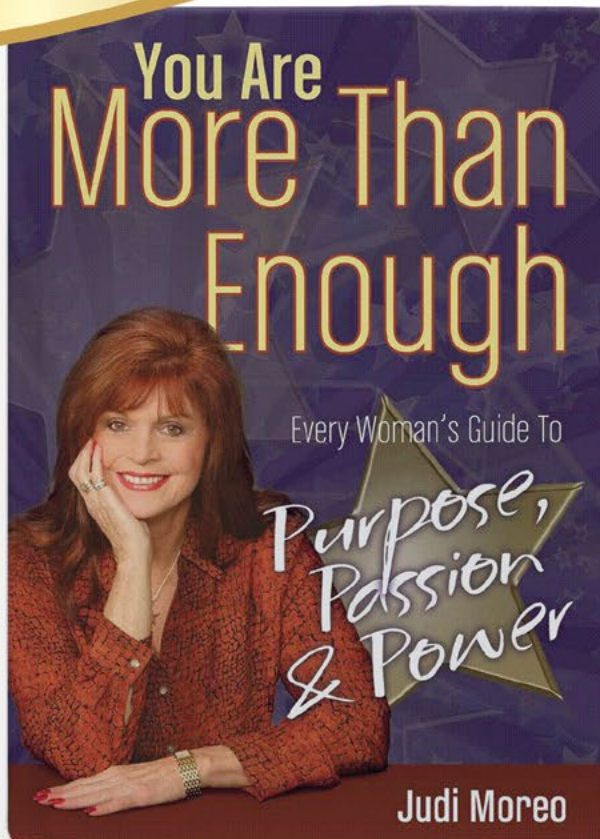
For suggestions of which skincare products would be best for you, visit:
Dihle.myRandF.com/solution-tool



**“All knowledge is connected to
all other knowledge. The fun is in
making the connections.”**

Arthur Aufderheide

THIS SUMMER, TAKE TIME TO DISCOVER
SELF-CONFIDENCE



In this high pressure, high stressed, fast-paced world, most of us set our dreams aside just to get by. In this powerful book, you will learn how to:

- realize and accept who you really are
- listen to your inner voice
- create self-empowering behaviors and stop criticizing yourself
- set boundaries
- make conscious choices about relationships, responsibilities and rewards
- communicate for understanding
- use the power of your subconscious mind to
- create the future you desire
- recognize your strengths and make things happen
- and much, much more!

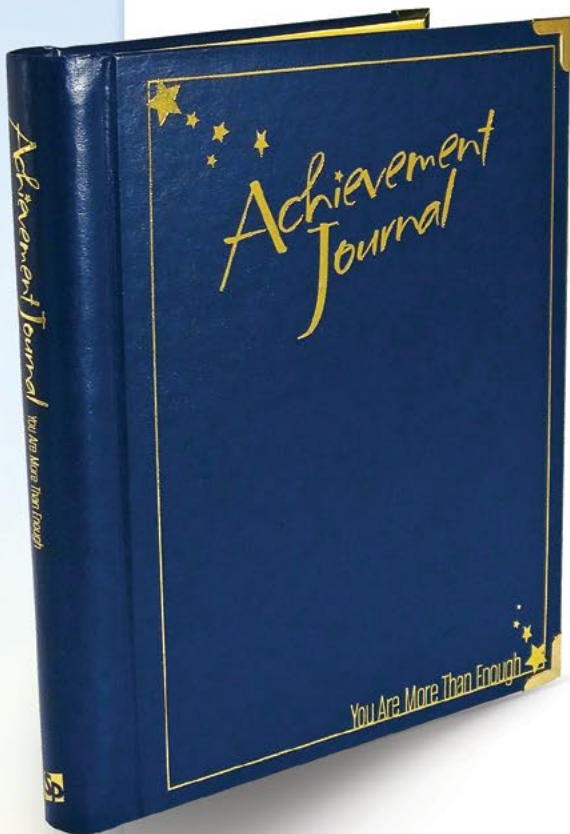
YOU ARE MORE THAN ENOUGH

EVERY WOMAN'S GUIDE TO
PURPOSE, PASSION & POWER

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

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

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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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Achievement Journal - \$34.95

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

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

- Montel Williams, TV Host
The Montel Williams Show

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

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

THE POWER OF NETWORKING

OVERCOME THE FEAR OF NETWORKING



F

ear of networking inhibits most people from taking advantage of the opportunities a powerful network can give you.

Fear can immobilize you and when a situation occurs that is ripe with possibilities for cultivating new business, this fear can be the cause of many lost opportunities. Some of those fears and solutions to overcome them

are listed below.

Fears

- Making a poor first impression.
- Being perceived as a non-pro.
- Feeling like the new kid on the block.

Solutions

- Just do it.
- The best advice for overcoming fear of networking is to just do

it. The more you do it, the more confidence you will acquire and the more people will get to know you. So, your credibility will grow. You must be willing to learn and experience.

- Find a mentor- Finding a mentor, someone who has your best interests at heart goes a long way. Find someone who believes in you; is willing to introduce you to the appropriate people; and is willing to support you.
- Get involved in associations or institutions. Getting involved will benefit you in meeting the kinds of people you need to know. Getting involved is the key to establishing professional relationships.

Tips and Techniques

- Make eye contact and have a firm hand shake with every person you meet. A strong firm grip when shaking hands and making positive eye contact goes far in establishing a positive first impression.
- Exchange business cards. How often do you go to a meeting and forget to take enough business cards with you. Make sure you have an ample supply, at all times. Perhaps keep the box of cards in your car rather than in your office.
- Follow up. Call, fax or e-mail each of your contacts immediately after meeting them.

**“The most important things in life are
the connections you make with others.”**

Tom Ford



MARIA'S MESSAGE

BY MARIA ORTIZ

If I must choose someone to love over and over, I will choose me.
Choosing me will take away the pressure on others to love me
back, to be grateful for me.

Choosing me will make me wake up in the morning, looking
forward to being with me. To experience life together.

Choosing me will allow me to take myself out, and enjoy the
activities that make me happy.

Choosing me will take me to the Paradises I see in my dreams.
Choosing me will make me more aware and appreciative of
my body, my health, my well-being.

Choosing me will allow me to exercise, as much as desired.
Choosing me will allow me to take care of my skin, my hair,
my sexuality, my way of forgetting and letting go.

If you are still reading, I hope that you are convinced of how
important it is to choose your own self first.

"I gave my Love to The World and The World gave his
Love back to me. After that, we lived happily ever after."

Maria



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."

Maria can be contacted at:
marmortiz7@aol.com

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

LEARN MORE ONLINE:
WWW.JUDIMOREO.COM/SHOP



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.





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Resilient Survivor

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

BY MARLENE LIVINGSTON CURRY

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

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

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

—Mary Monaghan, author, *Remember Me?*

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

—Kathie Slaughter, Retired teacher

WWW.MARLENECURRY.COM

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

EMAIL MARLENE
marlene@marlenecurry.com

PAY ATTENTION

BY RIDGELY GOLDSBOROUGH

“

It's yellow,” answered the young girl.

“What else?” asked her grandmother.

“Just yellow,” said the girl.

“What about the edges of the petals?” Grandma pressed.

“Oh,” the girl mumbled. “They're red.”

“That's right.” Grandma gazed lovingly at the small child. “The petals are both red and yellow.”

The girl smiled, a grin so wide that it caused her eyes to crinkle and squint as she basked in the total attention that such a special grandmother gives.

“Look at that butterfly on the veranda,” Grandma stated. “What color is it?”
“Brown.” The girl smirked.

“What kind of brown?”

Grandma sat in one of the many paisley dresses she favored in the spring, her walking shoes tap-tapping the wooden slats.

“Light brown and dark brown,” answered the girl with confidence.

“What else?” queried Grandma, with patient firmness.

“Black,” the girl added, “all around the brown spots.”

“That's right,” Grandma repeated. “Pay attention.” She paused and leaned forward. “When you look, really look. Don't just glance. What do you see? What do you hear? Take it all in and let it touch your heart. Then you will feel all the beauty.”

The woman cupped the girl's cheek in her aged palm, intertwined her fingers in the tumbled hair and pulled apart a matt.

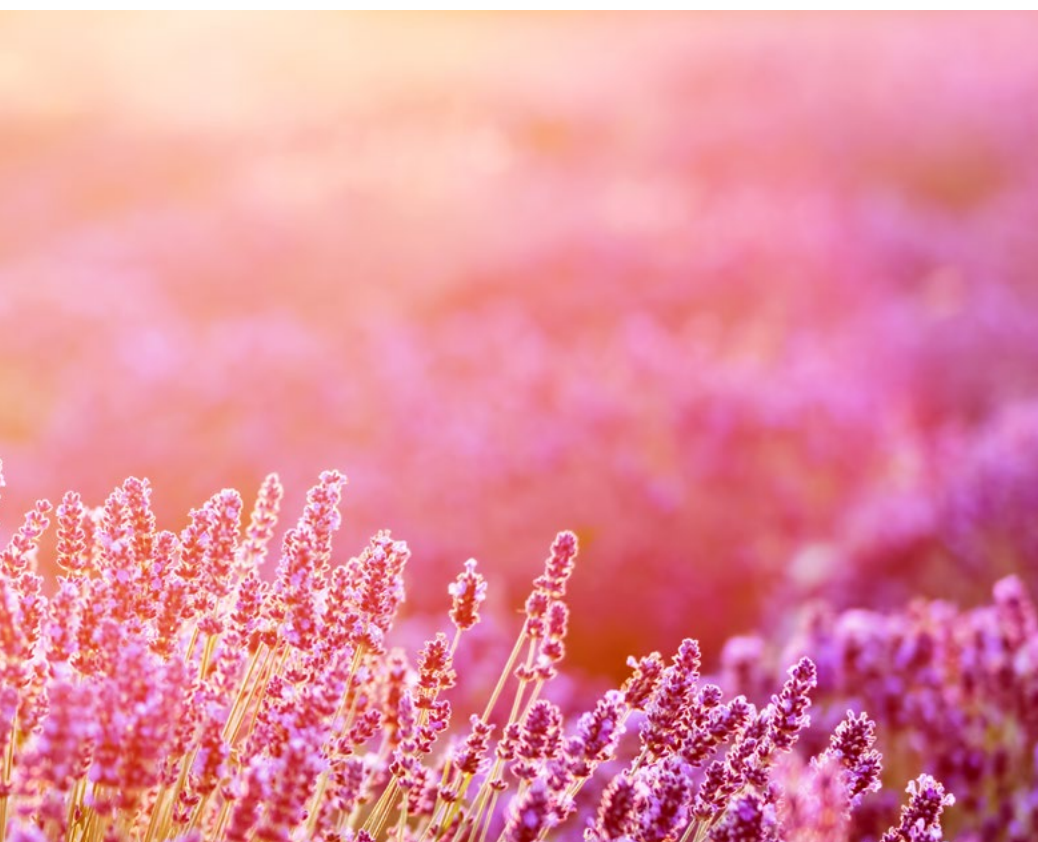
A tiny hand reached up to clutch her Grandma's wrist.

The girl turned her head and nuzzled, the sun's rays on her face in a bathing glow.

After a while, she dozed off, into a colorful dreamland, that magical place of childlike wonder, without boundaries, limited only by the influences of life awake in a world of disbelievers.

In Grandma's arms, those influences lost their power. By and by, her eyes fluttered open.

Full of excitement, she began to speak.



"I saw them," she stammered, talking too fast. "Red ones and blue ones and green ones and purple ones."

"You saw what?" Grandma gently interjected.

"Flowers—hundreds and thousands of them—fields of them everywhere. They covered a whole mountain."

"Tell me about them," Grandma nudged.

"I ran in them and I fell and rolled and they were soft and I looked and I listened and I felt them right here." She pressed her hands to her chest, her mouth open in silent tribute to the magic. "And I smelled them and I heard them and they sang to me and every one of them was pink."

"I thought you said they were all different colors," Grandma questioned.

"Not on the inside," the girl continued. "I did what you said and I felt their hearts—just like mine, pink."

"What about that white rose by the stair—does it have a pink heart, too?" The woman gestured toward the bush.

"What do you think, Grandma?" the girl queried.

"If you feel it fully it might," the woman suggested.

"Of course it does, Grandma. That's easy," the girl asserted, shaking her head up and down in happy innocence. "All you have to do is pay attention."

That's A View From The Ridge...



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.



HOW TO PREPARE FOR A STRESS-FREE RETURN FROM VACATION

BY AMBER DE LA GARZA

Do you yearn for a vacation but hesitate taking time off because you dread the state your business will be in when you return? You're not alone. This fear makes many of us have a bad attitude toward taking vacations. Vacation should be a permission slip to live carefree, slow down, and really enjoy life. The reality is your return to work could feel like getting run over by an eighteen-wheeler because of the hundreds of new emails and voicemail messages surely waiting for you. You do not have to return from

vacation overwhelmed though! These seven simple strategies will enable you to enjoy your time off, because they will ensure a stress-free return from vacation.

1. Set Expectations And Abide By Them

Set clear expectations with your staff and clients that you are going on vacation and do not break them. If you tell everyone you will not be able to return their emails and phone calls until you are back in town, stick to it! If you reply to even just one email or return one call while you're away, you

are asking for trouble. Don't set that precedent. If you do it once, they will expect you to do it again. Vacation over!

2. Change Your Voicemail

Let callers know you are out of the office and provide a date of return in which you'll be able to connect with them. Include instructions on who can assist them while you are away and how to get in touch with that person. Delegating your responsibilities for while you are on vacation will reduce the amount of calls you need to return and tasks you need to complete once back in the office.

3. Create A Vacation Folder And Email Rules

Set up a new folder within your email account named **Review Upon Return*. Then, create an automatic rule to forward all of your incoming emails to that folder. When pesky notifications sound that you have X new emails in

your inbox, the temptation to look is just way too hard. Use this awesome trick to eliminate the urge to read work emails while on vacation.

4. Turn On Your Out Of Office Auto-Reply The Day Before You Leave

It is nearly impossible to reply to all of the emails that flood your inbox right before you leave. Notify senders a day in advance of your departure that you are on vacation to set the expectation that you will not reply to their email until you return. If you wait until the day you leave to turn the notification on, you could find yourself responding to emails into the late hours prior to your vacation – just so you can depart feeling like you tied up loose ends and can now relax.

5. Stop Working the Day Before You Leave For Vacation

Ok, you can work but don't schedule any meetings or appointments the day before you leave because they give rise to new tasks to create, projects to research, and people to reach out to. The last thing you want is to produce a head full of new ideas demanding planning and solutions right before departing. Use this day for catching up only. Close open loops on projects and tasks so you can leave with a clear head.

6. Do Not Overschedule Yourself The First Day Back

The day you return also needs to be reserved strictly for catching up on current tasks and projects and responding to their related emails and voicemails. Again, no meetings or appointments. Taking on too much upon your return would lead to playing catch-up for weeks and negatively affect your productivity.

7. Process Your Emails

Do not return from vacation and *check*

your emails! Checking means cherry picking which emails to read and respond to. Instead, *process* emails starting in reverse chronological order (newest to oldest). Determine which action to take upon every single email between Delete, Forward, Reply, Schedule, or File and make your move. Instead of overwhelming you like checking emails does, processing emails aids you in creating an organized, manageable inbox.

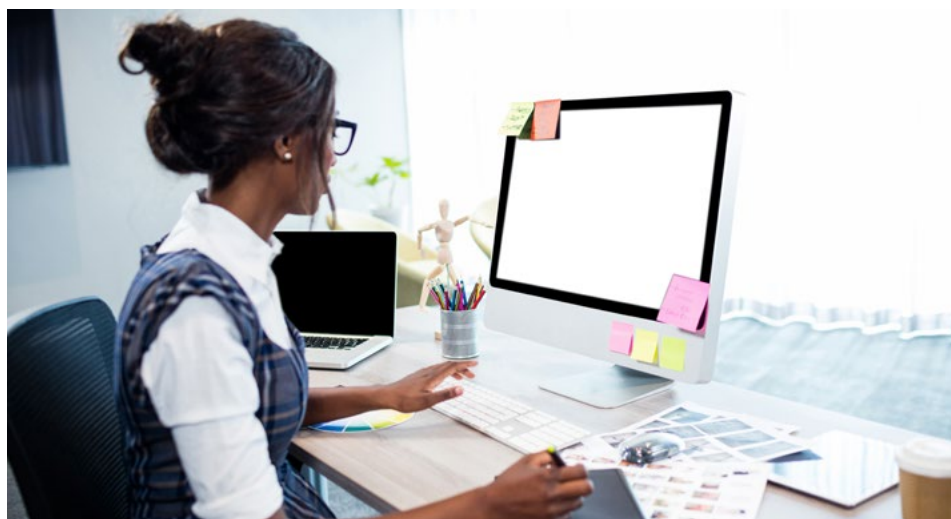
All work and no play is harmful to the soul. Because you put so much time and effort into running your business, you have *earned* breaks from your daily work demands to go and refresh your soul. Taking regular vacations is key to improving your productivity, fostering renewed focus, and decreasing burnout. Don't turn down the opportunity to take

a vacation for fear of the impending doom upon your return to work. Enjoy your time off knowing with confidence you fully prepared yourself for a stress-free return from vacation!

Want more productivity tips and time maximizers to improve your productivity? Download my Free Time Maximizers resource at: www.TimeMaximizers.com

ABOUT THE AUTHOR

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



ARE FOUR WOMEN FATED TO MAKE A DIFFERENCE?

Every once in a while, a book comes along that every woman should read. *ANGELS OUT OF THE DARK* is one of them.

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 three angels (each with her unforgettable story) have to bond together to help other women escape their circumstances of working on the streets. Trouble brews when they take in a young girl who runs from them and is hunted by her abuser. It is a race to the end. Can the angels save her?

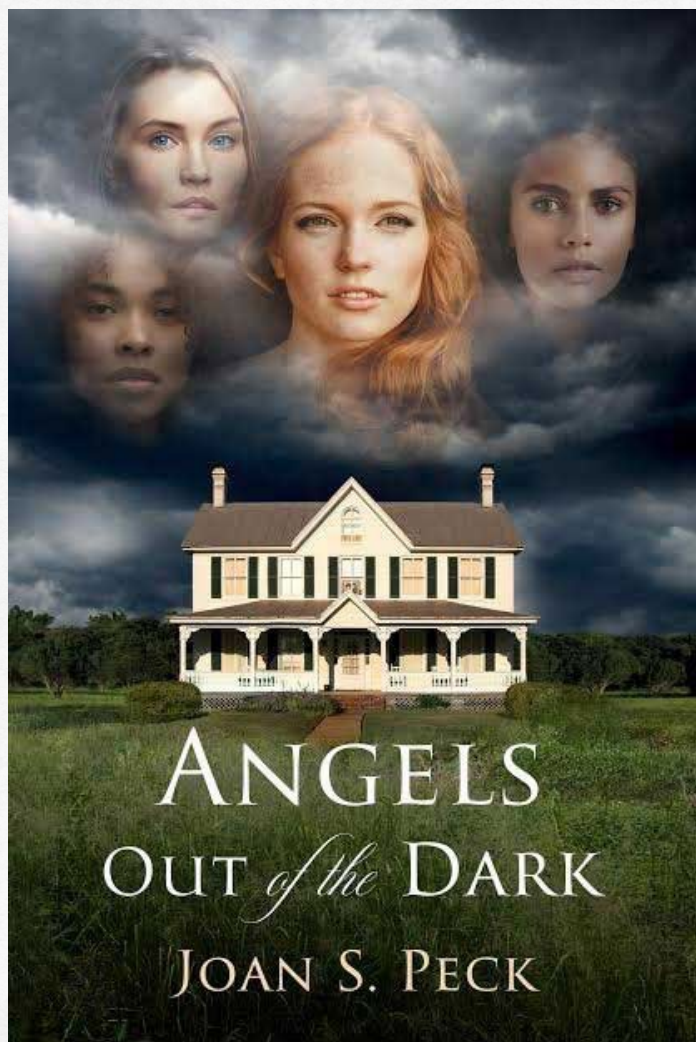
Angels Out of the Dark is an empowering story for every woman who has come to a fork in the road of her life where even a simple choice becomes crucial. You will see yourself in all the angels and rejoice in knowing you are part of them.

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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A woman's story of empowerment in
a man's world...



**Where there's smoke,
there's fire, and
she's igniting!**

This is the story of one woman's journey of braving the flames, to ultimately rising from the ashes finding her own empowerment in a man's world. Join her on her journey as she not only changes a system but also shares her process of becoming a firegal, a force that is inextinguishable!

Gina Geldbach-Hall

INSPIRATIONAL KEYNOTE SPEAKER
AWARD WINNING AUTHOR
CONSULTANT & SEMINAR FACILITATOR

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BIRTHED INTO GREATNESS

BY KIM BULLOCK-HENNIX



When it comes to living a life that is truly dynamic, we must first look in the mirror. Once we view ourselves and understand who we are and who we belong to, this evokes a deeper meaning internally. We must seek the spiritual and personal development necessary to evolve. This is when we receive our greatest miracles in life for royal brilliance.

As a royal CEO, we have a special privilege, which is recognizing the uniqueness as a minority from our resilient ancestors who paved the way. They taught us we can transition our pain into purpose and our tragedies to triumph. Everything that has been birthed had to enter with a push. This

can be viewed as a physical labor or mental labor. The birthing process is the season of preparation for the blessing that is on its way. Many great Queens and Kings graced the land, but what is even more fascinating ... we were chosen in the wombs of our mothers by our Heavenly

Father to live a royal abundant life. You were Birthed Into Greatness. The acronym for Birth Into Greatness is B. I. G. This spells BIG, which states there is nothing small about you.

We have Royal blood flowing through our veins and this is our time to capitalize on becoming the absolute best version of ourselves in 2021. I understand the last 12 months of our lives may not have been picture perfect. However, what I do know is that we serve a God, where all things are possible when we believe. How we choose to start our mornings are most important. When we set a powerful positive intention to become successful in what we put our minds to achieve, we become unstoppable! This is where the good folks and the great people get separated. As royalty, we have no business playing small on this planet. Think big and achieve big. It is time to use the power of speaking our hearts desires and writing out a plan. You can design a life that you have always dreamed of.

It's our time, royal CEO's, to serve at a high capacity which is the level at which we were intended to operate. Now is the time to jump in with both feet and get started on your dreams, get started on the business, and get started on the future. You are uniquely designed to do only what you can do. No one else can replace the destiny that was called on your life. Procrastination is the number one killer of dreams. Please do not fall into that category. You want to look back five years from now and say, "I'm glad I did", instead of "I wish I had". Use every talent and gift within. Let's not waste another second hoping and wishing let's work and plan to create the greatest legacy ever! You we're Birthed into Greatness!



ABOUT THE AUTHOR

Lifestyle and Abundance Coach Kim Bullock-Hennix is a highly requested, results-driven Abundance Mindset Expert, Royal Protocol Spiritual Teacher, Elite Award-Winning Author & Coach, Revolutionary Leader, Founder and Advocate for the Ambitious Women Movement.

She serves masses of entrepreneurial women and online influencers with strategic masterclasses and seminars to inspire them to show up powerfully as Queen in their business and personal life. Kim has her bachelor's degree in Communications and earned a master's degree in Entrepreneurial and Organization Leadership with an emphasis in Christian Ministry.

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**“Abundance is not
something we acquire, it is
something we tune into..”**

Dr. Wayne Dyer





CYBERSECURITY & YOUR BUSINESS

THE RISE OF RANSOMWARE

BY MACK JACKSON JR.

Globally, cyberattacks are increasing daily. Hackers target vulnerable organizations and individuals with the primary goal of stealing your personal and company data for financial gain, wreaking havoc on your business's reputation, and causing legal issues. Hackers commit a range of severe computer crimes, including identity theft and ransomware extortion of your business and personal data.

My name is Mack Jackson Jr., and I am a cybersecurity consultant and a research professor on cybercrimes. My company provides programs and services to protect your business from the threats of cyberattacks.

According to law enforcement authorities, cybercrime is the most widely reported crime in the United States. However, there are practical solutions for businesses to safeguard their digital assets from hackers. Collaboration with law enforcement and the corporate community on cybersecurity awareness and mitigation initiatives is one strategy to combat cyberattacks.

Locally and nationally, the US Federal Government and foreign law enforcement authorities are prosecuting and fining an increasing number of cybercriminals. On the other hand, cybercriminals undertake new attacks on the country daily, jeopardizing our worldwide economy

and financial well-being. The cyber war has already begun. We can help law enforcement protect our business community by taking action. However, the US is not sitting back and expecting to be assaulted by hackers. Our government and its allies are retaliating against cyber criminals through sophisticated counter-terrorist operations.

According to law enforcement organizations, the DarkSide gang has recently made headlines for its attack on Colonial Pipeline, which sparked a political firestorm in the United States and a rush on gas stations in towns along the East Coast. Additionally, these illegal ransomware attacks have targeted commercial sectors such as

banks, hospitals, credit unions, and our nation's water supply infrastructure.

How prevalent is ransomware?

According to Microsoft, the attack wave that affected SolarWinds targeted approximately 3,000 email accounts at more than 150 different organizations, including US government agencies and hundreds of private sector organizations. SolarWinds is an information technology company that provides thousands of companies and government agencies with its software products. In earlier 2021, SolarWinds data centers reported an attack by alleged nation-states such as Russia, China, and North Korea.

According to ZDNet, the cybercriminals made waves in 2020 for attacking the IT systems of small governments across the United States like Jackson County, Georgia, Riviera Beach, Florida, and LaPorte County, Indiana. All three local governments paid the ransoms, which ranged from \$130,000 to nearly \$600,000.

According to the IT employees, US hospitals have been hit with ransomware attacks, causing internal systems to reboot with a ransom extortion note on the screen. These hospitals from North Carolina, Arizona, Florida, Texas, and California.

The ransomware criminal organizations have set up organized customer service departments where victims can call to negotiate ransom amounts. Most of the payments are provided by some form of cryptocurrency such as bitcoin. There have been stories of charity organizations trying to deal with cybercriminals to obtain their stolen and encrypted data assets.

Attacks on medical facilities increased by 91% in 2020 compared to the previous year. In most cases (66 percent), attackers used social engineering and hacking tactics (21 percent). The malware was used in 68 percent of these assaults. Furthermore, ransomware was used in 81% of malware-related attacks against healthcare organizations.

Good News Story

According to the most recent CNN story, US authorities have discovered millions of dollars in cryptocurrencies they allege were paid in ransom to hackers whose strike last month forced a critical East Coast pipeline suspension.

The declaration corroborates CNN's prior reports on the FBI-led operation, which was conducted with the assistance of Colonial Pipeline, the company that was the target of the ransomware assault.

The Justice Department stated that it recovered roughly \$2.3 million in Bitcoins sent to members of the criminal hacking organization DarkSide. For more than a year, the FBI has been investigating DarkSide, which is said to exchange malware kits with other criminal hackers.

The ransom recovery, which is the first seizure by the DOJ's newly formed digital extortion squad, is a rare victory for a firm that has suffered a crippling cyberattack in the expanding criminal business of ransomware.

Colonial Pipeline Co. CEO, Joseph Blount, told The Wall Street Journal in a recent interview that the business paid the \$4.4 million ransom demand because authorities were unaware of

the scope of the cyber penetration and the time required to restore operations. Blount also stated that this was the hardest decision he ever has made regarding his company.

What can you do in your business?

- Always Maintain Security Updates and Patches
- Consistently Monitor for Phishing Threats
- Use strong passwords and multi-factor authentication
- Use a VPN and Anti-virus software on smart devices, phones, and laptops, tablets
- Create a backup policy that includes a process to restore data

ABOUT THE AUTHOR

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Vanderson Cyber Group provides the most effective protection tactics against cyberattacks, mitigation against ransomware, employee education, training, and collaboration with industry partner experts.

Vanderson Cyber Group is a consulting organization that offers instructional presentations, workshops, and seminars on cybercrime prevention. Vanderson Cyber Group specializes in cybersecurity policy development, training, and compliance.

Sign up for our newsletter on cybersecurity awareness tips and training. You will receive a FREE eBook, *10 Strategies To Protect Yourself From Identity Theft*, when you sign up at mackjacksonjr.com.

“Refuse to put others either above you or below you, but instead see them as you.”

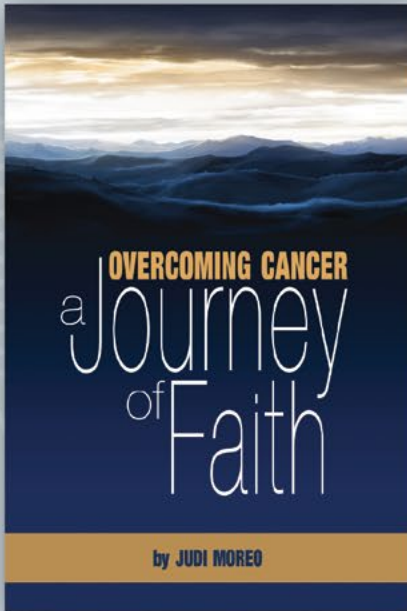
Dr. Wayne Dyer

Manifest Your Destiny (1997)



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."

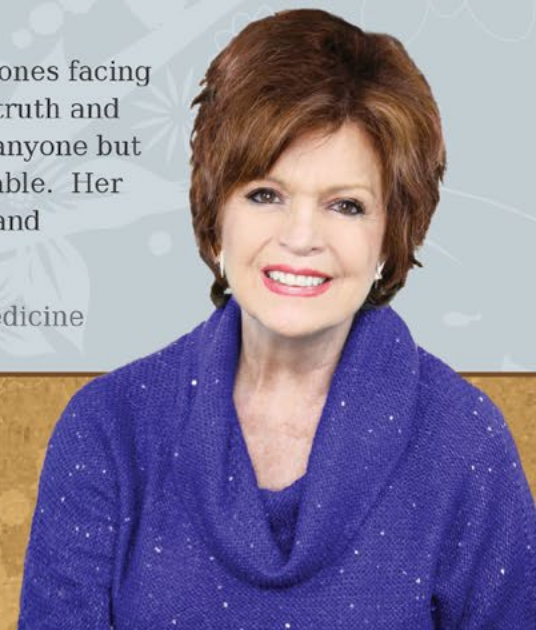
- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

"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





CHOICES MAGAZINE
SUMMER ISSUE 2021

A FINAL NOTE FROM JUDI MOREO

The law of cause and effect tells us we can change the effect only by changing the cause. If we are thinking negative thoughts, we are going to get negative results. When you keep doing the same old thing in the same old way, it's not only called insanity.... It's called pure stubbornness. If you want different results or a different effect, you must change the cause.

Once you understand and accept this, it will change your life. As we live our lives, we experience various degrees of consciousness. Whatever we have experienced thus far might have been experienced differently if only we had understood that our expectations produced the results we achieved. If you want to grow strawberries, don't plant turnip seeds. If you want love

in your life, don't plant hate. If you want success, do what makes you successful.

What you believe to be true about yourself is what you make happen in your life. You view the world through your belief system. Since beliefs are usually formed as a result of what someone else told us about ourselves, our intelligence, our health, our diets, our possibilities, and our circumstances, we've learned to see the world through what we were taught by others. Don't you think it's about time you take charge of your own beliefs? Your self-concept is what determines your performance. You will always take the action that is consistent with your concept of yourself.

The only way you will change your outcome is to change the way you think. Your thoughts create your feelings. Your feelings direct your behavior. Your behavior brings about your results. You will not have different results in your life until you change your thinking. We can think ourselves into health, success, and prosperity by concentrating on the good we have now and focusing on a positive future.

You can do this. You are more than enough,



Judi