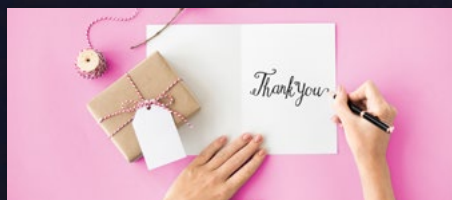


CHOICES

AUTUMN 2021

ALL ABOUT THANKFULNESS

MAKE THE CHOICE THAT
IS RIGHT FOR YOU!



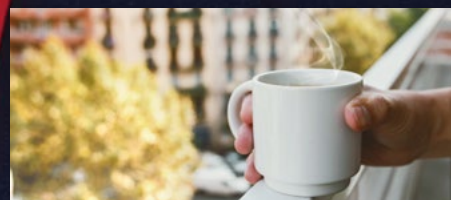
HOW GRATITUDE CAN HEAL YOU

EMBRACE GRATITUDE TO
HELP HEAL EMOTIONAL AND
PHYSICAL HEALTH.



WHAT ARE YOU GRATEFUL FOR?

WHEN LIFE IS SOMEWHAT
CHAOTIC, IT'S NICE TO
REMEMBER WHAT COUNTS.



CHOOSE TO BE THANKFUL

IN A WORLD FILLED WITH
NEGATIVITY, THERE IS STILL
MUCH TO BE THANKFUL FOR.

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FROM THE EDITOR

being recognized by ghosts, people don masks and costumes. Candles light the way to church services the following day, All Hallows day or All Saints Day, usually November 1st. Celebrated with parties and apple cider, trick or treating, laughter and mischief, Halloween kicks off the holiday season.

changed, and we may not have the things we used to have. We may sometimes feel frustrated, tired, and alone. But we can always find something to be thankful for. We are never alone. We are surrounded by love.

As the weather cools, the trees are changing their bright green summer clothing for the brilliant colors of fall... reds, oranges, and yellows splash across the landscape. There's a hint of frost in the air. The work of spring and summer is rewarded with a bountiful harvest. Fresh fruits and vegetables are plentiful in stores. There is a new hope in the air.

Children are looking forward to the fun of Halloween. It may not be a day off from school, but it is still a time for children of all ages to dress up, have fun, play pranks, and eat way too much candy. Tradition says that All Hallows Eve is the last day newly departed souls have to seek revenge on those still living. To avoid

Once the festivities are over, fall leaves, pumpkins, gourds, and cornucopia take the place of witches and ghosts in our household decorations. Preparations begin for feasting and family. It is time to give thanks. We will soon gather with friends and family for Thanksgiving dinner and give thanks for all that we have. We turn our thoughts away from everyday stresses to count our blessings.

We give thanks for friends who support us in the fulfillment of our dreams. We give thanks for family members who love us no matter what. We give thanks for our homes and the food on our tables. We give thanks for our health. Times have

Stop. Get quiet. Wait. You'll feel it's presence. As long as we are alive, love is waiting to express itself through us. When we give thanks for what we have, instead of worrying about what we don't, we find there is always more than enough.

Thankfulness is a blessing that you can enhance with patience and training. Many of you have traveled far on the thankfulness journey. The writers in this issue want you to know that we understand this journey and are here to support you in getting wherever it is that you want to go.

Remember, you are more than enough,

Judi



MAKE THE CHOICE THAT IS RIGHT FOR YOU

BY JUDI MOREO



Being indecisive in life can be a hindrance. An inability to make decisions leads to missed opportunities and possible failure in our goals. Decisions are, of course, not always easy, and certainly should not be rushed when important.

There are extremes when it comes to decision making with some people struggling to make choices

while others plough through blindly without thinking. It is important to avoid overshooting a more decisive attitude to life and blundering into bad decisions.

Don't Be Afraid to Fail

One of the biggest mental blocks we face when making choices can often be our own fear of failing. Psychologist Guy Winch Ph.D. suggests that some people are so afraid of failing that their

motivation to avoid disappointment overrides their motivation to succeed. Failing can make people disappointed, angry, frustrated, regretful and sad.

If you are afraid that you will fail, you may shy away from important decisions, and this is not a good thing. To let go of this fear of failing, it is important to reach a new understanding of what failure is. Everyone who has achieved success in this life has encountered failure. It's an unavoidable circumstance and should be viewed as a learning experience. Making a choice and failing is education for the next choice you make.

Focus on Now

When being more decisive, it is important to focus strongly on what is happening right now. Some people may dwell on the past and situations which have no bearing now. As an example, some people avoid choosing to get married because they saw their parents' union fall apart. The fear of someone else's failure can sometimes affect our decisions.

It's not only the past that affects our decision making, sometimes an unrealistic view of the future can do so as well. Over planning something can lead to irrational assumptions regarding your decisions.

People may shy away from making choices because they attach unrelated consequences. As an example, someone who wants to be a doctor but is worried their workload will be so high they won't have time for a family. Focus mainly on now, not the past and not an overly planned future.

Slow Down to Ease the Fear

Slow and steady wins the race. This may seem like a cliché based on a childish story of a tortoise and hare,

but it is more than that. The message is important, rushing into something can lead to mistakes. When mistakes happen, this can lead to failure and, of course, for those who fear this, it leads to indecisiveness.

Unless you are a firefighter, police officer, medical professional, or member of the armed forces your decisions will seldom be life and death. Take your time in making decisions, think them through. Ultimately, taking a step back to consider your alternatives will lead you to more informed choices and less stress.

They Are Your Decisions

A big source of anxiety for some people when it comes to making choices is a

fear of letting people down. This could be parents, friends, romantic partners, or work colleagues. It's true that sometimes our choices affect others, and we may have to consider them. There are, however, plenty of times in our lives where the choice is ours alone and no one else's opinion matters. Our parents may think we should be doctors, lawyers or some other high-status professional. That may not be the thing that is right for us and, ultimately, we have our own lives. If we want to be a chef or a professional athlete, that is our choice. Make the choice you know is right for you.



ABOUT THE AUTHOR

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

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New Book Coming Soon!

By Judi Moreo

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THE POWER OF SAYING “THANK YOU”

BY JANICE MARIE WILSON

Sometimes when life hits you hard, it feels so unfair that you just want to scream or cry or both. It makes you feel as if the wind has been knocked out of you. You hold your sides and try to catch your breath. You feel defeated, alone, angry, and frustrated.

What if you STOPPED for a moment and paused. What if I told you, instead of being negative and angry, say, “Thank you.”

Yes, instead of an adverse reaction, simply say, “Thank you. Thank you for my life. Thank you for bringing me these difficulties and obstacles because I don’t know your ultimate plan for me. Do what you want with me!”

A spiritual belief tells us to serve God— “I will do Thy will” —and we must learn to practice this rule for two excellent reasons.

1. God can see around corners ... we can’t.
2. This is how we learn to *trust* in God’s will for our life. It’s the ultimate act that helps us to “Let Go and Let God.”

Learn to say, “Thank you for letting me fall sometimes and the difficulties you put me through. I still trust in you, even if I don’t understand it all at that moment. Deep down, I know there must be a reason. I know you are making me stronger.”

So, change the strategy of any negativity and say, “Thank you.” Our negative emotions can hide our ability to see clearly. Yet, how much grief would we save ourselves if we immediately said the words, “Thank you?” Arguments would be squelched in a nanosecond—you wouldn’t even have to prove you were right! Immediately, you change the energy from looking for fault to the most potent positive emotion you possess... gratitude. It gives you a moment to change direction from a negative response to appreciation. Gratitude gives you the space, time, and courage to change direction. It immediately allows you to interrupt the “blame game” pattern. And it gives you more time to choose a new way to behave.

Truly this is easier said than done. The other day, I was in an argument over the Covid 19 vaccine. My husband was against the vaccine being mandated, and I was ambivalent.

Instead of carrying the conversation into a heated debate, I stopped midsentence and said, “Thank you.” The whole discussion changed in tone. Instead of getting crossways with each other, it opened both of us to look at the merits of both sides.

The next time you find yourself in a potentially hurtful situation, stop, pause, and say, “Thank you.” You may save yourself some heartache and open yourself to a new way of thinking.

Let’s change the strategy and be thankful!



ABOUT THE AUTHOR

Janice Wilson has dedicated her life to the art of positivity. It doesn’t matter what expression she chooses—dance, poetry, theatre, books, lectures, or conversation—you realize that you feel inspired and happier after an encounter with her.

The art world acclaimed Wilson’s fine art book *Persephone and Polka Dot Shoes* to be an enlightened inspiration for healers and wellness practitioners. Her *Goodness Experience* is a transformational book allowing you to experience the beauty and love that is you. Her children’s book, *Eliana Where Do Thoughts Come From?* explores the origin of thought in a delightful under-the-sea adventure.

You can follow Janice Wilson in Choices Magazine.

LOOKING INWARD TO LIVE LIFE TO THE FULLEST

BY JUDI MOREO

W

hat do you do on a daily basis with living a full life in mind? If you're struggling to think of anything,

that's okay, you're not alone. Here's the thing – you aren't going to enjoy every minute of every day, bad things will happen – whether it's a car accident, a fall, illness, financial struggles or the loss of a loved one.

But that is only a part of life and these things don't stop you from living your life to the fullest, and there is also no need for a monumental achievement daily to tick that box.

The Big Three Questions

If you're trying to determine what it is that you really want from your life and what will help you live a full life, then ask yourself these questions and rely on your intuition to understand what you're trying to tell yourself.

1. What Does Your Heart Want Right Now?

Right now, at this very moment – what do you want? Empty your feelings



onto a sheet of paper and review it later. It might not make a whole lot of sense initially, it's essentially free writing to direct you. It isn't about doing something because your brain is telling you to, it's about relying on your intuition to lead you.

2. What Are You Feeling Right Now?

Follow your intuition and sense where you are being led, no matter where it

may be guiding you. Emotions aren't always wise, but your intuition is, so listen to your gut. This will help you filter out some of what you have written as you've let yourself flow onto the paper. It's part of the process required to make sense of what you've put down on paper.

3. What If It's Different Than You Imagined?

Nothing is ever as you expect it to be. If you are truly following your purpose it won't matter whether it unfolds as you imagined, there's a good chance that it will be even better. It's important to remember, though, that even when chasing your dreams, there will be bumps along the way. Life can never be perfect, but there is something about life's imperfections that make it worth living.

What Limits You

We all feel held back by assumptions and expectations at various points in our lives. We are comfortable in the box that we have created for ourselves, at least, that's what we tell ourselves. In truth, we've allowed ourselves to become trapped in a box with a trap lid. What assumptions could be limiting you from making progress in life?

- I can't earn less than X to live a happy life
- I'm too old for this
- I'm not good enough
- My marriage won't survive this change
- I don't have what it takes
- I don't have the necessary skills
- I don't have anything to offer
- I'm too tired
- My life won't be better than this
- There's nothing special about me

Getting Started

If you're considering something career related, why not volunteer in a place related to that purpose? It's a great way to see if it really is what you want and get a better feel for



things. Alternatively, you could shadow someone who is in the career you want for yourself and see what happens.

If your purpose isn't career-related, it should be much easier to launch yourself headfirst into it. When you are

lying on your deathbed, those limits won't mean much.

The key to living a full life is finding out what really matters to you, determining what you want, and going after it full force.

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WHAT ARE YOU GRATEFUL FOR?

BY SHEP HYKEN



I depart from my typical customer service articles to write something that falls into the motivational category.

I was on a Zoom meeting with some of my colleagues in the speaking profession. All of these people are brilliant and hearing how they have navigated the COVID-19 pandemic has been fascinating. In our group, we have a TV celebrity, the president of a major university, one of the top futurists in the world, a digital marketing expert, a retired, high-ranking military officer and more. Some of these people run large businesses and organizations.

One of the questions we were asked was, “What are you grateful for?” This is an amazing question at an amazing time in our lives. Plenty of answers were shared, and by the way, I agree with all of them. Some of them were:

- Our families, our health, our faith and our friends.
- Deeper friendships from spending more time and going through a crisis together.
- Our employees and colleagues—the people we work with who have stepped up and shown how good they really are.
- The business we currently have, even if it is dramatically down.
- Opportunities that have been created as a result of being forced to pivot.
- People we don’t know who have stepped up to give back, help, protect and serve our communities.
- The challenges that are presented to us at this time. I love that this particular person said, “I thrive and build on challenges like this.”
- The lessons our parents and teachers taught us that we never realized until now.
- The extra time we get to spend with our families.

- Time to spend giving back to our communities and helping those less fortunate.
- The time to explore our cities. This person commented, “I’m amazed at what there is to do that I never knew was right in front of me.”
- Using Zoom to easily connect with clients, friends and family.

Darn! They took all of my answers. But then I thought of an answer and asked the group to be understanding of what I was about to say. I said, “I’m thankful for COVID-19.” I paused for effect, then added, “Not because of the sickness, death and economic destruction. The pain and suffering many people are going through sadden me. But it’s a reminder of how fortunate I am. I don’t think I take my good fortune in life for granted, but if there was ever a time to be grateful for how good I have it—including the hardships some jokingly say are first-world problems, like not getting a free upgrade on that cross-country flight—now is the time.” While I make my own luck through hard work and recognizing opportunities that are around me, I live in a country that gives me the freedom to have my own business. I am married to a woman who is my partner and supporter in life. My family, including myself, is pretty darn healthy. Does it get better than that?!

Take a moment and write down something you are grateful for. Then share it with others and ask them for their answers. I bet you’ll have some meaningful conversations. In a time when life is somewhat chaotic—and that may be an understatement—it’s nice to remember what counts.



ABOUT THE AUTHOR

Shep Hyken is a customer service and experience expert and a *New York Times* and *Wall Street Journal* bestselling author.

Shep works with companies and organizations that want to build loyal relationships with their customers and employees.

His articles have been read in hundreds of publications, including ours, and he’s the author of 7 books, his newest book *I’ll Be Back: How to Get Customers to Come Back Again and Again* released September 21, 2021.



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THE ROAD TO JOY AND ABUNDANCE IS PAVED WITH THANKFULNESS

BY SOPHIA FALKE

You know them – the people who can never be satisfied and are always wanting more because what they have isn't quite good enough. And sometimes you and I might be one of "them." Sometimes it takes the form of comparing where you are with where you think others are. "Yes, I've done this (or that), but look at what _____ (fill in the blank) has done." That comparison mindset can take down even the mightiest among us.

Instead, what would it be like to shift – okay, dive – into a mindset of thankfulness? And rather than focusing on what other people possess or have accomplished, focus on what is good in your life, and by focusing on the good – and being thankful – increasing the joy and abundance in your life?

Over 2,000 years ago the philosopher Plato told us, "A grateful mind is a great mind, which eventually attracts itself to great things." Let's capture that concept, which tells us, "A grateful

mind attracts great things to itself."

Gratitude is a state of thankfulness, and is not a new concept. Ancient texts and scriptures highlight the importance of this uniquely human emotion to contribute to the richness of our communities, families, and inner well-being.

When you feel the positive emotions of gratefulness, your brain structure actually changes and creates new neural pathways in your brain. The

repeated practice of thankfulness makes it easier to enter into a grateful state of mind.

Why is this important? Feeling grateful for the circumstances in your life – through the ups and downs – increases your optimism about your present and future. Plus, optimism boosts your immunity by increasing your red blood cell count. Studies at the universities of Kentucky and Utah found that certain law students under stress who indicated higher levels of optimism had more disease-fighting cells in their bodies. Plus thankfulness promoted better sleep and lower levels of stress.

Science has shown that when you feel grateful, and activate resultant healing emotions of positivity and optimism, your brain releases a surge of feel-good chemicals and hormones like dopamine, serotonin, and oxytocin, which enhance your mood and ease anxiety. Over time, thankfulness as a daily habit can operate like a natural

antidepressant. What's wonderful is that it's available to everyone – and it's free!

There's the principle that what you focus on endures and grows. Plus, you cannot hold two thoughts in mind at the same time. So focusing on the good that you can find – even in the most stressful and difficult situations – will promote feelings of optimism and positivity. When you are able to see your situation in a positive light, negative thoughts will start to fall away. This raises your vibration and attracts more joy and abundance into your life.

Think about it. Who do you enjoy being around? Someone who is negative and always stressing about what they see as wrong in their lives and in the world or someone who is positive and filled with joy?

Yes, we are living in challenging times. People are becoming polarized over the various issues facing us today. What

would it be like to focus on the good and commonalities between us? What would it be like to be grateful for all that we have in common – things such as our desire to feel safe; to experience physical, mental, and spiritual well-being; to be healthy; and to experience abundance in our lives?

It starts with you and your practice of thankfulness for the good in your life. You have the power.



ABOUT THE AUTHOR

Sophia Falke is known for her unwavering support of others in achieving their dreams, embracing their greatness, and moving from pain to passion. She is a life mastery coach, speaker, and best-selling author. Sophia supports you with practical, spiritually based principles to help you live your best life. Her program, *5 Keys to Relief, Renewal and Resilience*, will help you thrive in 2021. Schedule an appointment, go to greatness.youcanbook.me and visit www.EmbracingGreatness.com.



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“Be thankful for the blessings of the little things, even when you don’t get what you expect.”

VICTORIA OSTEEN



GRATITUDE IS GOD'S MAGNET

BY JIM CATHCART

Across the room from our family table at the Easter Brunch in a five-diamond hotel I could see the amazing Smokey Robinson dining with two others. My son worked at this hotel so it was not OK to bother any celebrities we might see there.

As the meal continued, I looked up to see Smokey was looking directly at me! I placed my hand over my heart and mouthed the words, "Thank you for the music."

To my amazement, he stood up and walked toward me. I stood and extended my hand. He brushed it aside with a huge smile and said, "Bring it in." Then, he hugged me! Smokey Robinson, one of the most famous and accomplished singer/songwriters in the world initiated a hug with me. I introduced myself and he asked to meet my family. What a generous and gracious guy!

We did not ask to take selfies, nor did we seek an autograph, but we were thrilled to interact with him briefly.

At the conclusion of my speeches, I usually spend time meeting audience members and discussing some of the ideas I present. This is precious time for me, because I get to see how the ideas might help people and the ways in which they most likely will apply the concepts in their lives. One of the audience comments I have received on multiple occasions is, "What I appreciated most about your presentation is your sincerity." What a great compliment!

My message is about being genuine, telling the truth and being of value to

your customers and colleagues. I tell people to “Become the person who would attract the results you seek.” So, when someone acknowledges my sincerity, they are speaking directly to my intent.

What is the greatest “thank you” you have ever received? When has someone taken time to acknowledge something that matters to you? I suspect you remember it vividly and it still feels good to think about it. The beauty of gratitude is that

it doesn’t have to be big nor sophisticated. When it is coming from a true emotion, we treasure it. And anyone can do it!

No training, advanced intellect, language skill or level of social position is needed. All it takes is for one human to sincerely acknowledge another. And it is best when what we comment on is something that matters a lot to the person we are complimenting or thanking. That’s why Smokey was so responsive to my simple gesture.

Just think, what do they care about? What are they trying to do? What matters to them, that others probably don’t notice much? Just be specific about what you are grateful for.

If you want to express gratitude to someone famous, don’t do what most people do: “Oh, my gosh! It is so great to see you! I love your work! I’m such a big fan! Could I please take a selfie with you?” They hate it when people act like this. Notice that the whole gushing statement above is all about the fan, not the celebrity. Instead, think about things from their point of view. What is it they care about or are proud of? Acknowledge that.

Once I was on a flight with singer Lee Ann Rhimes. We were seated near each other in the first-class cabin. I smiled at her and said, “Good morning. You are Lee Ann, correct?” She said, yes. I replied, “When you get a minute, I have a compliment for you.” She smiled and said, “Sure.” Then a few minutes later when she was settled into her seat, she looked over at me to indicate we could talk. I told her, “I have a friend who is not a country music fan, but he saw you perform a song with Reba McEntyre and told me, now he is a fan for life! You really blew him away.” She accepted the compliment gracefully and that concluded our chat. A nice interaction, about her, not me.

Once in the Atlanta airport, I saw a busboy clearing tables in a busy restaurant. He was among the saddest people I had ever seen but he continued to do his work. I walked over to him and said, “What you are doing sure does make a difference.” He didn’t understand. I suspect he didn’t get compliments or gratitude often, if ever. So, he looked at me in confusion.



I replied, "This restaurant is really busy and the fact that you are cleaning the tables means that more people can come in and dine without concern over cleanliness or a mess. What you are doing really matters. I just wanted to say Thank You for doing it." Then I walked away.

I looked back a moment later and he appeared to have transformed! He was almost smiling, standing straighter and doing his work a tiny bit better. Why? Because someone showed him the value in what he was doing.

Someone cared enough about him to acknowledge him positively. The compliment or gratitude you express may be the most important moment in someone's day.

My speech coach, Ron Arden, told me, "Jim, I took time to acknowledge an elderly couple in a restaurant last week, like you talk about in your speeches, I went over to pay them a compliment. They seemed to be so much in love and so happy to be together that I felt someone should acknowledge it. So, I did. I knew that would make them feel

good, but what surprised me was how good it made ME feel!"

Thankfulness is a gift we give ourselves. It is also one of the most attractive qualities a person can have. When we encounter a grateful soul, we want to give them even more. It is as if gratitude were a magnet for more good things. Thankfulness is the highest form of praise. Be grateful for the many blessings you receive, even indirectly. Find the good in each day. Openly acknowledge the good around you and more of it will seek you out.

Who should you take time to thank today?



ABOUT THE AUTHOR

Jim Cathcart, CSP, CPAE is a mentor, author and hall of fame professional speaker. His TEDx video "How to Believe in Yourself" has received over 2.4 million views. His 21 books are translated into multiple languages, and he is a university professor. Most of all, he is a grateful recipient of many of life's blessings.

www.Cathcart.com



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HOW GRATITUDE CAN HEAL YOU

BY CHOICES MAGAZINE STAFF

According to the Merriam-Webster dictionary, gratitude is defined as “The state of being grateful.” It is a simplistic definition for a word that can mean a whole lot. We have all likely felt gratitude towards people throughout our lives.

It could be because of something we were given or had done for us. Having someone be grateful to you is a great feeling but it can also be beneficial for the person expressing the gratitude as well.

What Is Gratitude?

Gratitude is a spontaneous feeling that we experience when something has been done for us. It is also suggested that embracing gratitude can be a good practice for mental health. This is a positive emotion that not only feels good inwardly but sends positive energy outward.

The Importance of Gratitude

A regular practice of gratitude not only boosts our happiness and mental health but can impact our physical health as well. Choosing to focus our

energies on the positive emotion of being thankful for what we have distracts us from the negative feelings of what we do not.

How Gratitude Can Heal

Psychologist Lisa Firestone Ph.D. suggests that gratitude is one of the most important tools to attaining success in our modern world. According to Dr. Firestone, gratitude helps us better understand ourselves and our personal values.

As a result, we can be more centered emotionally and find healing in a

number of ways such as:

- Improved happiness
- Greater optimism
- Positive attitude
- Improved relationships
- Improved health
- Greater personal progress
- Fewer aches and pains
- Greater alertness
- Improved generosity
- Better sleep
- Boosted self-esteem

All these positive effects can go to support a brighter more positive outlook. When we appreciate what we have and what we are given, we can better deal with disappointment. The most important thing to consider with gratitude is there is no downside to being grateful.

How To Embrace Gratitude

Although gratitude is a spontaneous emotion which we most commonly experience in the moment of receiving something, we can also learn to be more grateful. It is often hard to muster gratitude for the things we already have which can be limiting.

Berkeley University suggests a few tips that can help people boost their feelings of gratitude which includes.

- **Journaling:** A good tip to promote gratitude is to start a gratitude journal. This is a good way to allow you to write down the things you have that you are grateful for. It creates a visual reminder of the things that are important in life.
- **Appreciate your Senses:** Our five senses are something we often take for granted and as odd as it sounds, they are something we should be grateful for. There are



many people in the world who lack one or more of these senses and have to go through life without being able to see, smell, hear, touch, and taste.

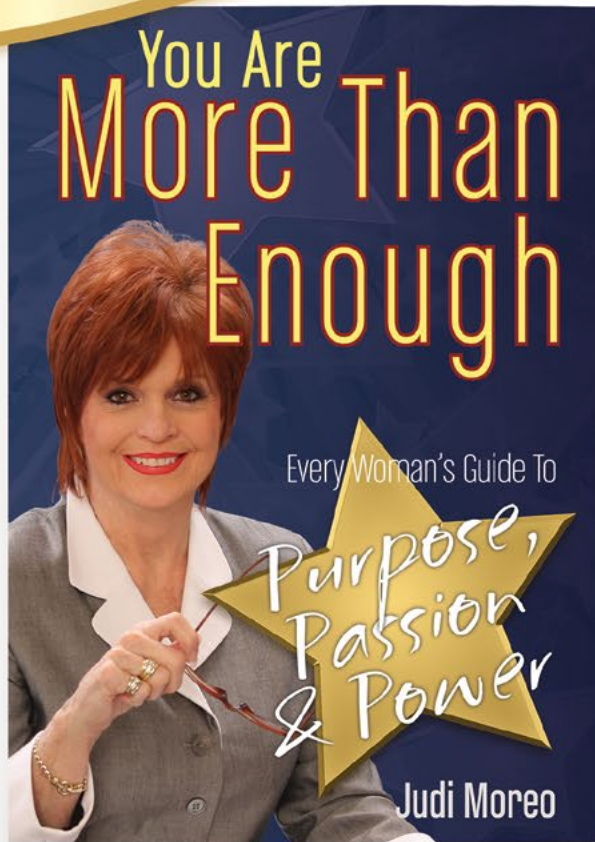
- **Choose Gratitude:** Gratitude is not a hard attitude to adopt because there is always something for which you can be grateful. Others may have more than you, but you can choose to embrace what you have.
- **Seek ways to be Grateful:** Be creative in your search for things

for which to be grateful. Seek new chances for gratitude and give others chances to be grateful for you.

Final Thoughts

Gratitude can work in both directions; we can feel good for things we have and we can feel good for giving to others. It is an easy emotion to embrace and can really help heal our emotional and physical health.

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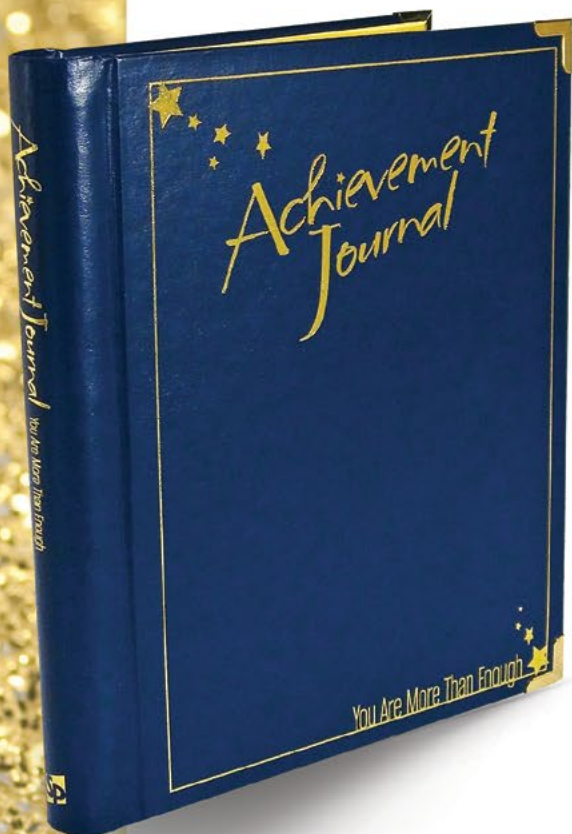
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- Sheryl Benzon, M.A., M.F.T.
President, Ventures in Excellence, Inc.



BEING THANKFUL WITH GREATER GRACE

BY JOAN S. PECK

I was sitting and relaxing as I thought about thankfulness as the topic of this edition of Choices magazine when two things became clear to me. First, I was well aware that I was fortunate to say without hesitation that I'm very grateful for where I am in life today. Yet, on the other hand, how well do I *express* appreciation to all those I'm thankful to have in my life and to the Universe for their part in it? To be honest, I'd have to say I could do so much better.

Like many, as a child, I was taught to say please and thank you. Wise parents know that feeling gratitude helps us feel happier and get the most out of life. Yet today, I find myself saying both please and thank you with a certain amount of rote—not exactly being in the moment—and sometimes with less honesty. And that worries me.

I thought of the expression many of my friends use—"Love you, mean it!" If they now use those words to ensure the other person knows they are sincere, then maybe they, too, had

realized we often say things without thinking about what we've said.

What is the point of saying something because it's expected without it meaning something to the other person or me?

So, I became more aware of how I interacted with others, expressing my appreciation for what had been either said or done. I thanked those who opened the door for me or allowed me to proceed in the check-out line. I smiled and nodded to

people as I walked along, and half of them returned my smile. After my acknowledging something done, most smiled, and others said, "You're welcome." Yet, a number of them looked oddly at me as if to say, "No biggie." I even had one person ask, "Why are you thanking me; I haven't done anything." So ...

Although I was more expressive with thanking those who had done something nice for me, I realized I needed not to get caught up in *expecting* any response from those for whom I'd done something nice. That was a downward slide into my thinking that I *deserved* their gratitude or what

was worthy of it, and that was a game I was unwilling to play.

I came across what The Tapping Solution says about gratitude, and I thought it was noteworthy—something to share with you. "Simply put, gratitude is a habit. It's a way of looking at the world and all the good things in it with a feeling of appreciation, regardless of whether or not your current situation is to your liking..."

For me, if I'm to be thankful with greater grace, I simply must stay in that sense of gratitude for more than its moment and drink in the reality of how blessed I am. And so I make my way...



ABOUT THE AUTHOR

Joan S. Peck is an editor and author of short stories, spiritual books and a contributing author in two books in the *Life Choices* book series. She serves as Editor-in-Chief for *Chic Compass* magazine, an international magazine 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 *Death Card Mystery Series* author, a collection of six books. "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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www.joanspeck.com

"Be kind. Be thoughtful. Be genuine. But most of all, be thankful."

Buddha



ATTITUDE OF GRATITUDE

BY KIM BULLOCK-HENNIX



Creating a life that is fulfilling is a personal responsibility. We must genuinely learn how to take adversity and transition our thinking to a higher empowered state of solutions. It should not matter if the problem is direct, indirect, or out of our control. When we change our habits, we change our life. When we change our thinking, we change the process. Transitioning from complaining to gratitude expands our circle of influence. The greatest character-building moments are when we choose to respond to a circumstance powerfully instead of reacting piteously.

We must learn not to alienate ourselves and live in the vicious cycle of regret. Every day is a new beginning to thrive and multiply your success. It was not until I made a conscious decision, which changed my life, to study the habits of successful people. One thing that I noticed is that they each implemented an attitude of gratitude. They took their past pain or failures and used them as steppingstones and the true brilliant ones monetized them to earn a living.

Choose a daily activity that you can do to enhance your personal development. When we work on ourselves, our environment will begin to change externally after completing

the work internally. Here are 3 tips to increase your thankfulness.

1. Rescind all negative past invitations to pity parties. Today is a new beginning for you to take back your power of appreciation.
2. Start acknowledging the small things so when the big improvements happen, you will feel a sense of progress.
3. Invest in self-care. Stop neglecting your physical and mental health needs. Nurture your mind, body, and soul with tender loving care.

Applying these simple tips will allow

you to experience a rewarding life and benefit from the goodness of life's changes. Choose today to be the difference you want to see in the world.



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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**“Thankfulness is the
quickest path to joy.”**

Jefferson Bethke



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Judi Moreo's

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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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THANKFUL IS A FEELING, AND BEING GRATEFUL IS AN ACTION

BY HOLLY DUCKWORTH

It was December 8, 2020 I spent the entire day looking for a 2021 wall calendar. Every store was sold out. It was not even Christmas. As a human family, we were, in fact, done with 2020 way before we could flip the page to 2021. My friends were joking 2021 would be the big 1.

As summer slips to fall I am thrilled to remember all the moments this year filled with kindness. In light of all the 2020 blunders, people seemed a little nicer in 2021. While at times a bit awkward trying to navigate the new, I remember a woman at the mall trying to both social distance and hold the

door open for me. This small gesture would have totally slipped my mind in pre-pandemic life. It meant so much to me in the moment. I felt thankful.

Popular culture says we should keep a gratitude journal. If that works for you, keep doing it. People tend to call me a trailblazer, I tend to buck the trend and put my own spin on things. I want to tell you what I am doing this year. I am keeping a thankfulness log. Thankfulness is an adjective, a word that describes. Gratitude is a noun. All those hours of home schooling for friend's kids suddenly seems like it had value. Smiles.

I never found that 2021 wall calendar.

As an alternate plan, I started a running google sheet log of feeling thankfulness. The list was kept on my desktop and accessible by my cell phone so that in any moment I could log the things I was feeling thankful for. Every Friday before I would leave my office, I would make sure to open the list and add things. Now, nine months in, I review the list and see things like riding the gondola up to the top of Keystone in the fourth worst snowstorm in Colorado history to officiate the wedding of Laura and John. For this experience, I feel thankful.

On the list is the moment that my mom walked through security at the Denver

airport excited to visit her daughter, get her ears pierced and her nails painted during a week-long visit. I felt so thankful she was able to get fully vaccinated and feel comfortable flying across the country.

As I reminisce on this rather unusual year of openings, closings, beginnings, and endings, I am struck by how much the little things mattered. A key

talking point of 2021 is mental health, a taboo topic for generations is now mainstream.

One key to better mental health is being fully in our emotions and feeling in our bodies. Taking time this year to ask – What am I feeling thankful for? Then documenting it has made me become more grateful. What action will I take to demonstrate my gratitude?

I am holding open more doors, donating more money and providing more random acts of kindness. From the infinite wellspring of feeling good, I build a mental mindset of health, wellness, and wholeness.

You still have a few more months of the big 2021 to create the big 1. Each day this fall, and winter make a choice to be both thankful and grateful and watch your world continue to become more positive. Drop me a note and let me know what makes you feel grateful and what action you take to be grateful?



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



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By Judi Moreo

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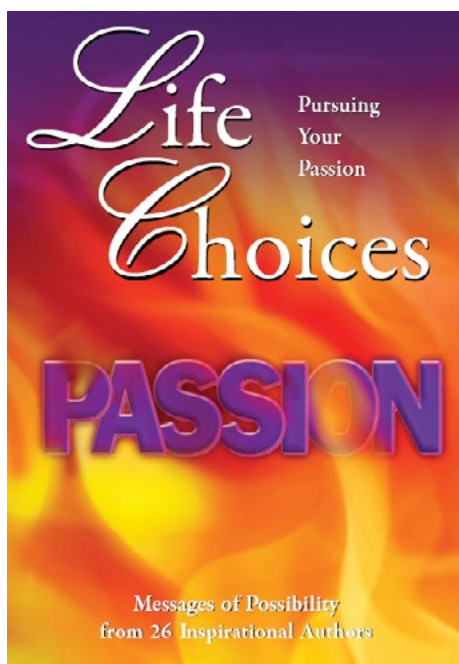
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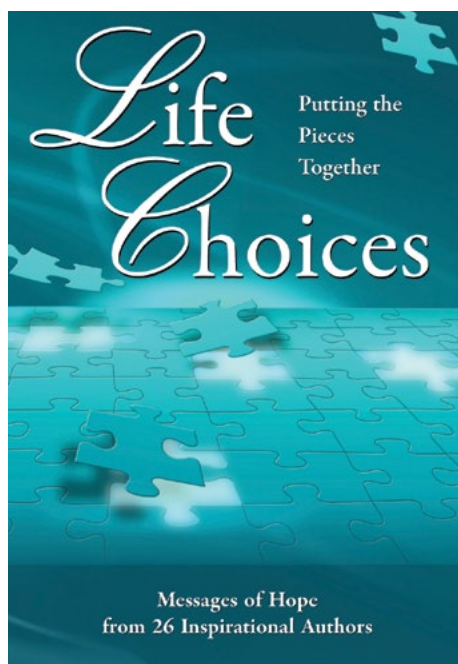
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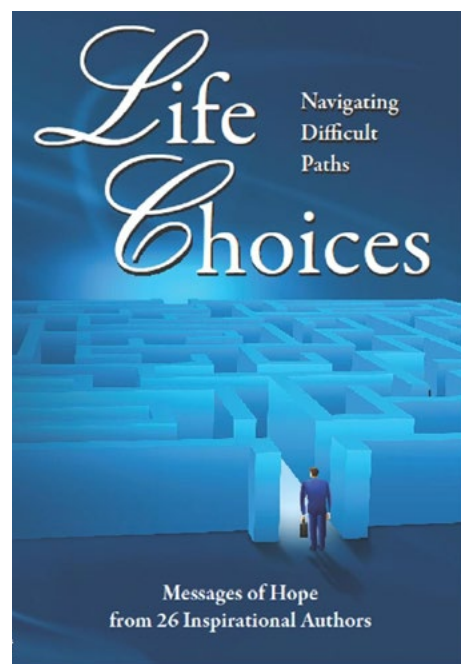
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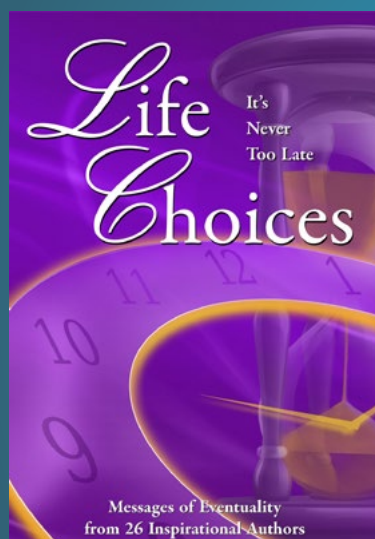
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This empowering collection of stories reminds us that we all have choices and the choices we make are what determine the course of our lives. The authors of these stories are real people who have reached into the depths of their souls to share their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




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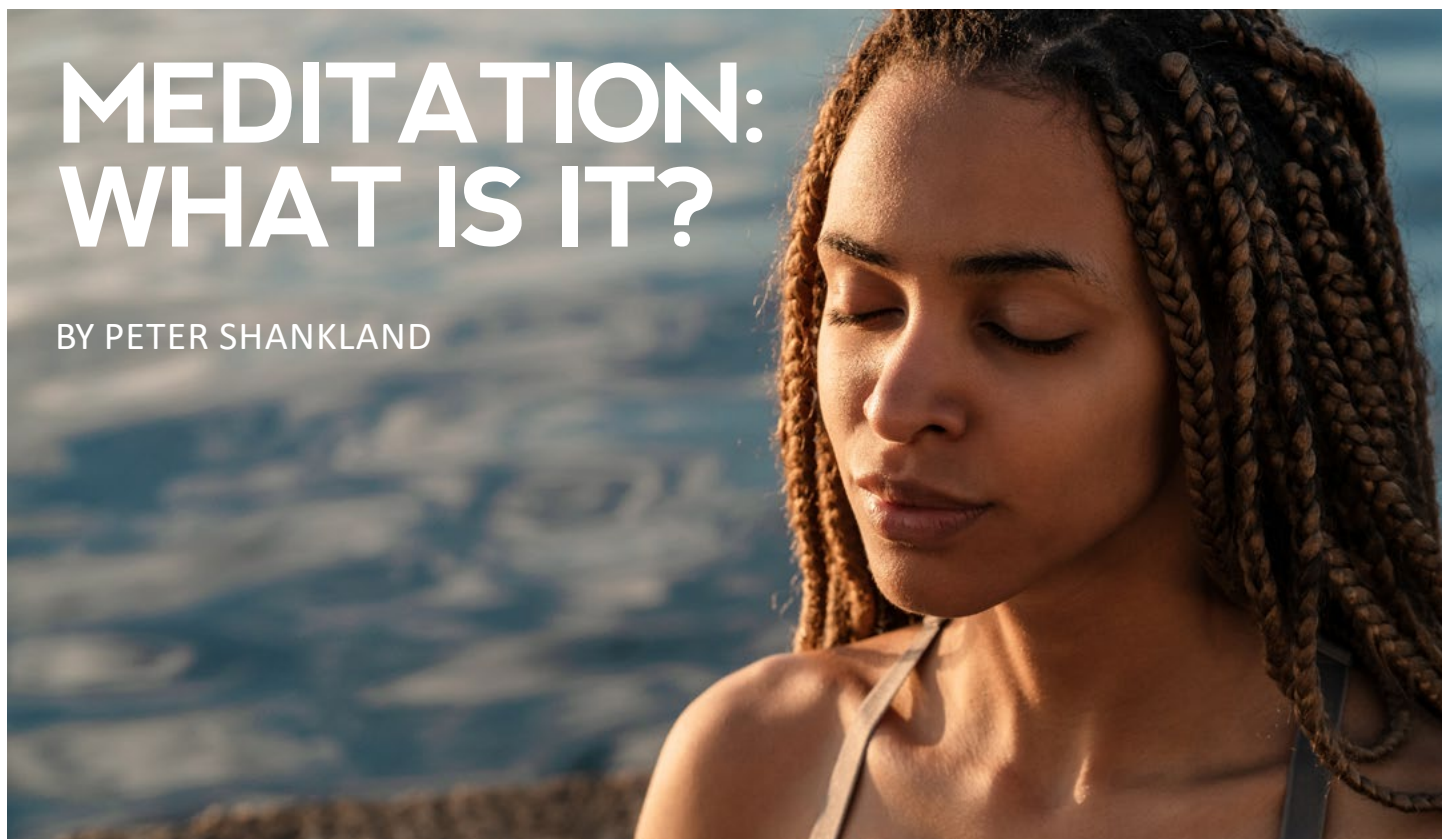
A still life photograph featuring autumnal themes. In the foreground, two pumpkins with orange and yellow stripes are prominent, their stems tied with twine. Behind them, a wire basket is filled with red apples. The scene is decorated with green leaves, small orange berries, and a pinecone on a piece of light-colored fabric. The lighting is warm and soft, creating a cozy atmosphere.

**“Acknowledging the good that you
already have in your life is the foundation
for all abundance.”**

ECKHART TOLLE

MEDITATION: WHAT IS IT?

BY PETER SHANKLAND



His Holiness, the Dalai Lama says, “All human beings have an innate desire to overcome suffering, to find happiness. Training the mind to think differently, through meditation, is one important way to avoid suffering and be happy.”

Training the mind is the first step in meditation. In its’ most basic form, such training calms our relative mind.

Relative mind refers to the seemingly endless, unstoppable onslaught of thoughts and judgments – the push and pull of attachments and aversions, of likes and dislikes- that creates the mental chatter which creates anxiety and keep us up at night.

From this unfolding process, our suffering arises.

Once calm, one then seeks to recognize the absolute nature of our existence – to realize the fusion of wisdom and compassion that comprises our essential nature from which all things arise, dwell, and cease.

A common Buddhist metaphor helps us visualize and better understand the meaning of these words.

Imagine a glass of pure water (absolute nature). Add some dirt (thoughts) and stir. As it swirls, what is the state of the water?

It is cloudy and dirty.

As the water slows and settles, what happens? The pure, clear, and innate nature of the water returns effortlessly- so do our minds through meditation. Bearing this metaphor in mind, allow me to share two techniques with

the intention of sparking a better understanding of the meditation process for the benefit of all sentient beings.

Breath

There are several methods that encourage meditation and I would like to start with the most “*anytime, anywhere*” technique – awareness of breath.

Breath is fundamental to our existence. We can go a week without water and a month without food before death ensues. Our breath? At about four (4) minutes, its’ primacy is clear.

On the wave of breath, the surrounding life force feeds each and every cell in our body.

Training in the mindfulness of breath

best begins in a quiet, peaceful, and uninterrupted location – phones down and tv off.

Later, as our mindfulness of breath becomes a new and healthy habit, we can practice in the noisiest, most crowded of situations. For starters, though, I encourage you to find or create a tranquil place for training.

As you sit quietly, feeling relaxed and open, give attention to your breath; you will see it has four (4) phases. They are:

1. Inhalation;
2. a switching point;
3. exhalation, and;
4. a switching point back to inhalation.

Inhaling through the nose, become aware of the coolness that ensues as air passes from the sinuses, to the throat, to the lungs, to the blood and then to every cell in the body.

With the tip of your tongue placed gently behind your top row of teeth, note the switch as inhalation capacity is reached and **exhalation begins through the mouth**. Follow it from your toes to your nose.

Train in this simple technique until you gain a sense of this innate process. Then, when comfortable with this new found mindfulness of breath, add a count.

First, allow your inhalation to arise effortlessly and circulate inwards. Mind simply is- open, free of thoughts, non-focused and nakedly aware.

Then, as the exhalation begins, bring focus to the word ONE. Gently allow the word ONE to escape your lips. Focus on the word ONE and rest



entirely, and one-pointedly, on it as the sound of ONE rides the wave of your out-breath to the switch.

Then, allow the inhalation to arise effortlessly as your mind floats free of thoughts. Your relative mind expands in a state of open awareness.

As the switch to exhalation occurs, focus on the word TWO. Feel it resonate in your body until the next switch.

Again allow inhalation to occur without your conscious awareness, uttering THREE as the exhalation transpires.

Keep repeating this cycle linking mindfulness with breath. And, count.

Seek to do this training, from 1-10, without the interruption of even a single thought (other than your mindfulness of the out-breath count).

Once comfortable with this training, here is a fine challenge to accept.

Every time you recognize a thought interrupting your count, return to ONE and start again until your thoughts cease to arise as you reach TEN. While sounding simple, you may find it otherwise.

Throughout this training, I encourage you to be kind to yourself and welcome any frustrations that may manifest. Allow yourself the space to train free from negative judgments and mental chatter. Simply put- relax. It is all good.

Sound

Throughout the “*anytime, anywhere*” meditation technique, gently uttering the count on your exhalation dovetails with the second technique I aspire to now share. That is, the power of sound. Have you ever noticed how the giggle



of a laughing baby makes you smile, or, the sound of screeching tires makes your shoulders shrug as you await the possibility of a crash?

The role of sound in our lives is something on which we rarely reflect. And yet, sound plays a significant role in creating the causes and condition for calming the mind.

Across all cultures, sound, in all forms, is used to induce emotion, and inspire and elevate our connection to something larger, something greater than the perception of our individual existence.

In Eastern philosophies, sound plays a major role in cultivating mindfulness and focus through the recitation of mantras and chanting.

Or, conversely, sitting silently and settling the mind allows us to resonate

with the pervasive “hum” that underlies the boundless, infinite space in which we exist.

Buddha taught that this “hum,” is typified by the recitation (chanting) and resonance of OM.

OM represents the primordial sound of the Universe, the source from which all compounded items arise, dwell and cease – impermanence manifested.

This reflects the absolute nature of our existence.

Tapping into this understanding leads to a sense of calm that allows our body and mind to relax, to be more present in each and every moment, to live in the here and now- not chasing after a completed past, nor a continually arising future.

One can cultivate such an

understanding of the experience of sound as a powerful technique through the chanting of OM throughout the entire stream of exhalation.

Pulling your navel to your spine, allow OM to ride the entirety of your breath.

Another sound based meditation technique is through the use of Tibetan Singing Bowls (TSB).

TBS date back 2,500 years. Traditionally, TBS bowls were made of silver and tin, though various metals have been used over the years, including gold, iron, lead and others.

Essentially, they are bells turned upright. Sound is created with a wooden stick that strikes the bell (gong-like), or, a stick is gently run around the rim to generate a resonant sound that fleetingly lasts.

Sitting quietly, we follow the sound to its’ natural dissolution. One-pointed focus is given to the sound as it slowly dissipates into the ether.

This represents the impermanent nature of our existence and calms the mind, as if being re-introduced to something we have known all along.

The bowl is then re-struck as your focus remains.

* * *

I hope you find this information helpful. Thank you to all the Masters who share these techniques and wisdom for the benefit of all sentient beings.

Peter Shankland is the author of Life In Tens
www.lifeintens.life

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?

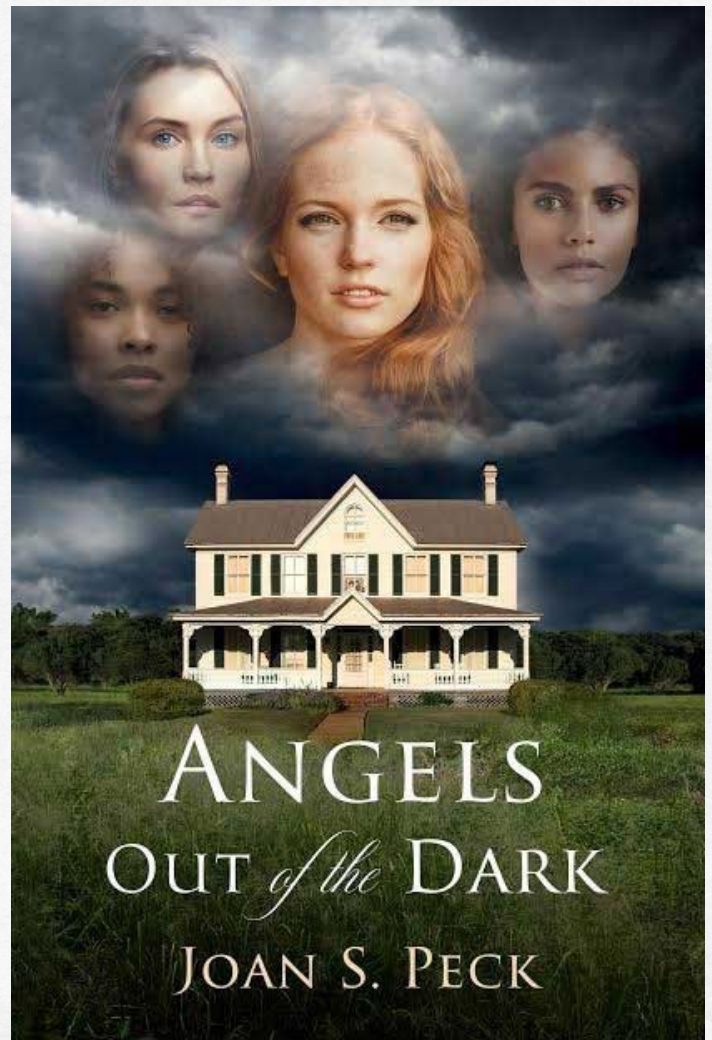
Angels Out of the Dark is an empowering story for every woman who has come to a fork in the road of her life where even a simple choice becomes crucial. You will see yourself in all the angels and rejoice in knowing you are part of them.

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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& OTHER BOOK RETAILERS**

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 in January. The following is the class Schedule.

If you are interested you can register via judimoreo.com/unlv or search 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 Education Account and provide their contact information.

WINTER 2022 COURSES (January 22 - February 19, 2022)

Acrylic Abstract

Saturdays from 9:30 am - 12:30 pm
Course Fee: \$139.00

Introduction to Wildlife (in Acrylic)

Saturdays from 1:30 - 4:30
Course Fee: \$139.00

**GLORIA SATO**

Feeling she had more free time, but also felt the need to de-stress and escape from the reality, Gloria Sato rekindled her passion for painting during the 2020 lockdown.

Her favorite medium, at the moment, is acrylic. Loving nature and traveling, she feels lots of joy painting colorful sceneries where she'd rather be.

But also, during an acrylic painting classes course, she discovered the beauty and freedom of abstract painting, in which she could express her inner feelings. This process of free style painting supports self-expression, clarity of life purpose, and a reminder to always seek inner peace, joy and love, in whatever we do!

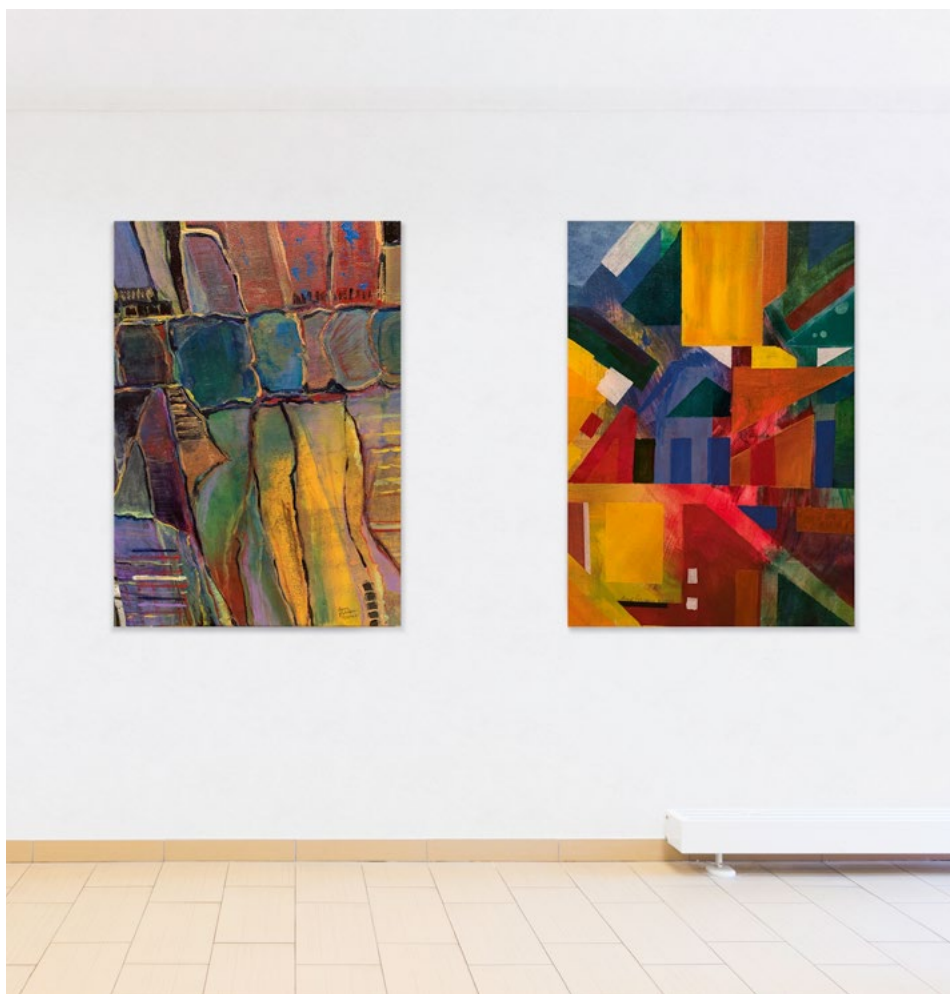




ANNE POLIQUIN

Anne Poliquin rediscovered her love for painting through the stewardship of her teacher, Judi Moreo. Judi helped Anne to find a new start to her art by providing opportunities through project tasks, to open Anne's eyes to what she saw. She then could reorganize and discover existing tools and talents.

Although Anne had been drawing and painting her whole life, her art was feeling stale, and it was hard to finish projects. Meeting Judi and her fellow students has made a big difference and provided a community of fellow artists who enjoy their art and the art of the people around them. Anne continues to also do mixed media with colored pencils and ink when she is between canvases.



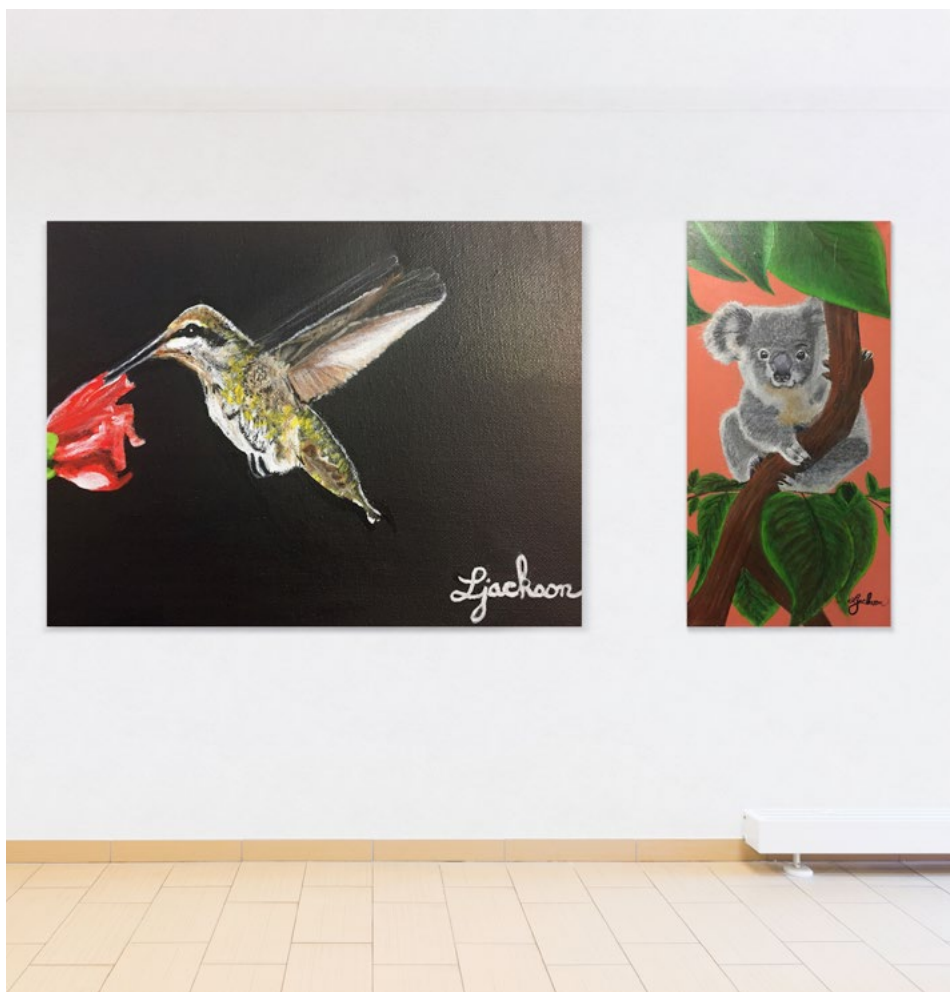
**LORI JACKSON**

Acrylics Painter and Travel Photographer, was born and raised in Los Angeles, CA; then moved to Las Vegas, NV. Lorri attended ASU in Tempe, AZ; and then completed her Marketing and Communications degree at UNLV. In the 1990's she continued her education in the Architecture Department at UNLV.

Lorri was studio instructed by Judi Moreo, at City Lights Art Gallery (Henderson, NV) in Acrylics, Water Colors and other art mediums. She is also a member of the Las Vegas Art Guild (LVAG) at the Galleria Mall in Henderson, NV.

Exhibited Paintings at City Lights Art Gallery, LV Water Color Society, Henderson City Hall Art Events, and Women's Art Exhibition at Henderson City Hall.

Photography Contest at City Lights Art Gallery, Tauck Travel.



BRANDING & MARKETING TIPS TO TURN YOUR ART INTO CASH

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

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

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

TURN YOUR ART INTO
CASH
BRANDING & MARKETING
YOUR CREATIVE PRODUCT



Judi Moreo

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WWW.JUDIMOREO.COM/SHOP



CHOOSE TO BE THANKFUL

BY SHANA KAI BRANDABUR

In a world filled with unrest, negativity, hatred and division, there's still so much to be thankful for. It would be so easy to get caught up in all the mayhem, but I refuse to. Here's why. The fact that I am writing this, and you my friend are reading it, says we are alive. We're above ground! Now that's something to be thankful for. We were given one more day in which to participate-- one more day to learn something new-- another chance to do things better than the day before.

You and I are getting what I call a "redo."

My husband, Jack, and I have a morning ritual. Before getting out of bed, he lovingly asks me if I'd like coffee or tea? Jack makes my hot beverage and has it waiting for me as I make my way to the living room where a warm fire is usually burning. We sit on the couch in the silence of the morning reflecting on all the promise a new day brings. He makes a conscious decision to start his day by showing me he's thankful for my companionship and presence

in his life. It's a simple gesture that speaks volumes. By starting your day with a thankful heart, you are laying the foundation on which you will build your day. Find some special way or ritual to enhance your morning. No one is promised tomorrow, so get in the habit of being thankful for today.

Did you know that being thankful takes very little effort? Try being thankful for the smallest things and then work your way up to something bigger. Life has moments when it's hard to muster the strength to function-- let alone actually

be thankful for it. I know I've been there. After my niece was killed by a drunk driver, and then six months later, I had lost my father to suicide, I found very little to be thankful for.

I had started the practice of writing in a gratitude journal long before my heart was ripped from my chest. I tried so many times those first few weeks to find something to be thankful for but to no avail. Then one night, I decided if I could only find one thing to write down that would be enough. I wrote that night in my gratitude journal "I'm thankful the sky was blue today." That's it, nothing more. The next night I wrote, "I'm thankful I heard the birds singing." Each night I found one small thing to be thankful for. This was the beginning of my healing through writing...writing whatever I could think of no matter how insignificant it might seem to anyone else. To me, it was a step towards finding my joy again. If you find yourself struggling like I did to find something to be thankful for, simply start where you are. Find something you can write and start with one or two things each day that you are grateful for. You'll be surprised how each day gets a little easier to step out from under the cloud of despair. Funny how a simple daily practice can heal your heart.

I believe being thankful is a choice. We've all known a Debbie Downer or a Negative Ned in our lifetime... that one person who no matter how positive you were prior to talking with them, you walk away feeling like your life force was just sucked right out of you. I can't help but think how differently their life would look if they could be thankful and positive about something, anything. It goes back to

what I shared earlier about laying the foundation for your day. Start making a conscious decision to find something to be thankful for each day. You're going to have days when you want to pull the covers back over your head. Go ahead. Seriously, it's ok, if you don't stay there all day. The world needs you and what you have to offer. There are also people who will be a beautiful blessing to your day as well. Maybe through a smile that warms your heart. Maybe, while outside, you see something beautiful that only the great outdoors can give you. Nature has a way of whispering to you and lures you in to notice even the smallest of miracles. I recently stood outside with my granddaughter, Millie, watching a spider weave a beautiful web. What a work of art. Without skipping a beat, Millie said, "MiMi, I'm going to pray that today Mr. Spider catches a fly so he can have a good dinner tonight!" In that moment, I was thankful we stopped to appreciate the fine craftsmanship of a spider. It was a great reminder to slow down throughout your day and see the things along the way you may have normally missed.

As we enter this next season, may you remember all the things you have to be thankful for. I'm thankful for whoever you are reading this. We may have never met, but I wish you a day today filled with happiness and new discoveries. When you look in the mirror, may you see someone who's got more to accomplish in this life, more people to meet, more places to explore, more things to learn and more love to give and receive. Seize the day, my friend. There are those who have gone before us who would have loved more time here on this earth. You owe it to yourself to squeeze every minute

out of this day you were given. Don't waste it. It's too precious. Live today as if it were your last. Choose to be thankful. When you wake up tomorrow start your day once again with a grateful heart knowing it's a gift you've been given.

Happiest of days, Dear Souls!



ABOUT THE AUTHOR

Shana's love and excitement for life is contagious! An inspirational speaker, author and Certified Life Coach, she delights in helping people discover their greatest potential. Shana is an accomplished soloist and has appeared on national television. She's had the privilege to be mentored by two nationally recognized best-selling authors and speakers, Florence Littauer and Judi Moreo.

As a former Mrs. California, Shana continues to encourage people to Dare to Dream Big and realize we each have hidden treasures within us just waiting to be discovered!

For more information, please email: shanakaishine@gmail.com



Do you wish you were more CREATIVE?

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

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

What are Creativity Coaches?

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

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

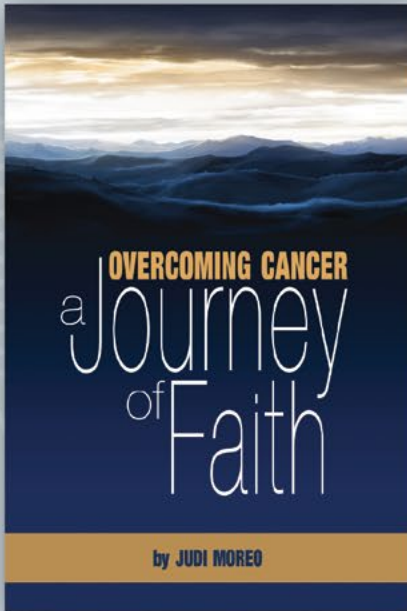
Not only will you receive feedback on your application of the information you are receiving, you will also receive the benefit of Judi's extensive background in leadership, management, image, communication, presentation skills, and service. Her insights and guidance will help you become who you want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

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



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

Overcoming Cancer: A Journey of Faith



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

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

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

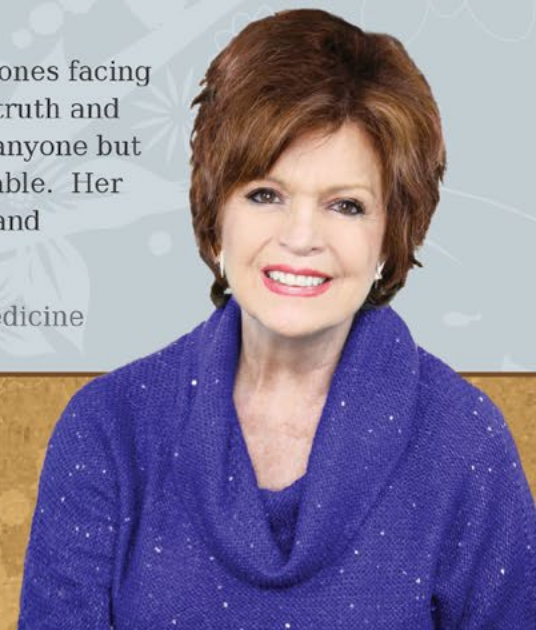
- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

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

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

This Book and Others Now Available Online!

www.JudiMoreo.com





THE SHADOWS KNOW

BY RIDGELY GOLDSBOROUGH

“

A pale cream hue caressed
the jagged rocks of the
quarry.

First dawn, when pitch darkness turns
to light, a time of awakening, a time to
watch the shadows melt.

I stand, next to the cacti and gaze
across the ridges.

So many nooks and crannies created
by shades of darkness hides creatures
large and small, hideaways soon to
disappear as the raging fireball rises.

“Nature’s magic,” I thought to myself.

I love shadows.

I love to hide in them, the sinister

feeling that comes over me when I step
from seen to unseen, as if I had my own
special secret.

I love to emerge from them into the
brightness, a metaphor for overcoming
life’s inevitable vicissitudes, sensing and
embracing small victories.

I love to stand partly concealed, the
mysterious detective observing his
prey, neither present nor gone, a limbo
state that shifts with a single step to the
right or left, in or out of the dark.

Who lurks?

Who sits and waits?

Who visits the terror or remembers the
bliss, quiet, alone, in a shadow?

Throughout the day, the shadows
dance.

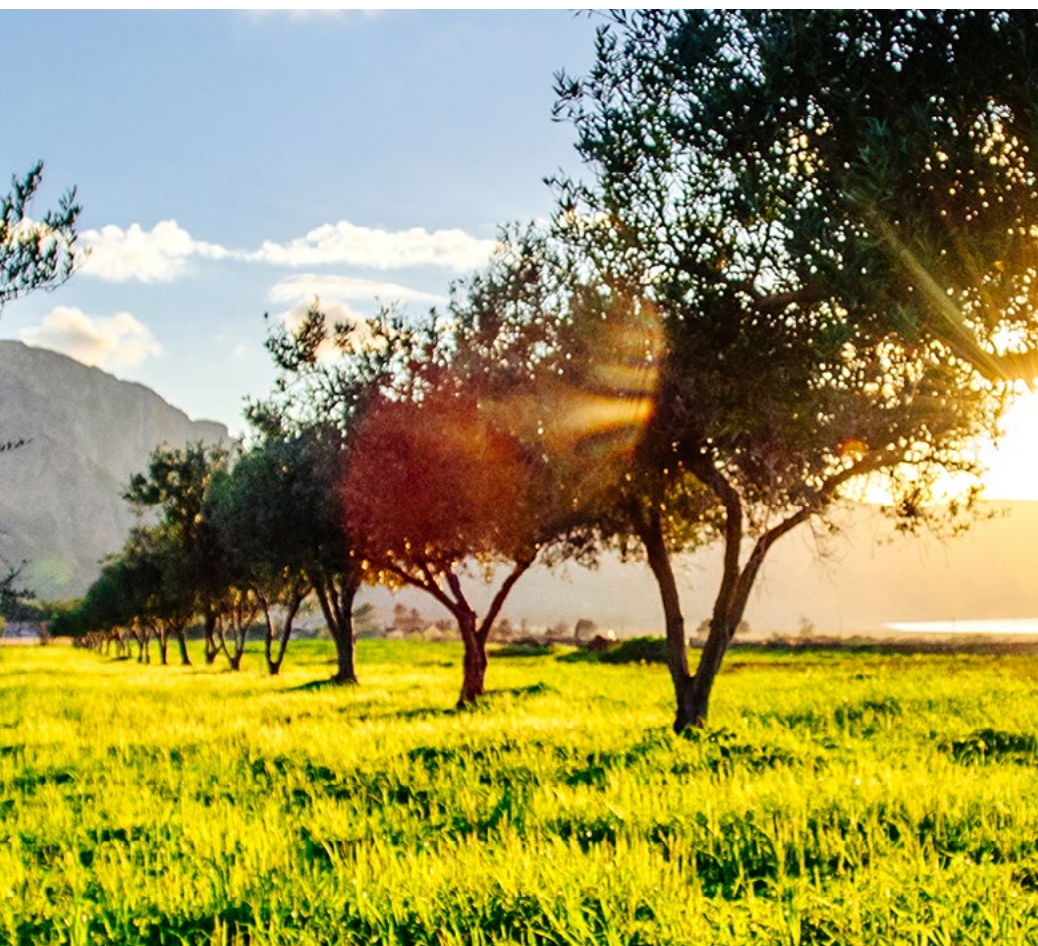
The long, gray tendrils that stretch the
length of mountain and beyond give
way to short, black pockets, places to
take respite.

Later, they begin to elongate, to scratch
their way back up the hill, to open up
those dens and lairs where daytime
critters take refuge.

I look for colors in the shadows, soft
purples and burnt reds.

I like the way they turn vivid for a few
hours only to retreat into subtlety as
the sun turns down its mighty rays.

Not so different from all of us, from



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.

passion to stillness, to rest and all stops in between.

How much of ourselves do we keep in the shadows, afraid of what others may think, of judgment, of scrutiny?

What might happen if we let the light bathe us, expose our vulnerability, allow intimacy to take center stage, if only for a brief moment?

What would they see?

I often wonder why we tend so oft to run, to withdraw and withhold, to conceal and shroud ourselves.

What if we didn't?

What if we cast aside the cloaks and

the veils, stood before the world and declared our presence in all its imperfect glory?

Would they vilify or appreciate, condemn or praise our courage?

Does it matter?

Do we so need their approval to show up and play full out?

Yes, no, black, white, light, dark.

Cycles within cycles.

And always, we live the shadows...

That's A View From The Ridge...



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.

False HOPE

BY C. MARCHI



One can live a life of hope. One can hope to live a prosperous life. One can hope for physical well-being.

One can hope for the world to come to an amicable agreement regarding non-hostile interaction.

What does hope reveal? Are you thankful that hope exists? Does it fill you with excitement, freedom or joy? Do you remember being thankful for *hoping* your peers, family members or friends become amazing, well-balanced or healthy people?

Every word carries a vibration. When thought or spoken these currents travel outward; much like a boomerang, what is stated returns to the sender. They also travel inward; your body receives the emotional essence of your thoughts or speech.

Let's test this theory.

Say to a co-worker, friend or relative: *No problem.*

Next, say to a co-worker, friend or relative: *You're welcome.*

Of these two final words (problem/welcome) which word makes you feel enriched? In the first statement, the word *problem* carries a lower vibration. Can you feel how the word rests on your heart; it feels sad and pitches less than uplifting affects. *Welcome* carries a higher vibration, which elevates your mood. It propels encouragement while sparking buoyant emotions.

The word *hope* offers a lower conscious reaction. It negates and cancels declarations. This word is presented at churches, in wellness literature and stated in the news and daily salutations

are filled with: *I hope you feel better. I hope you find a job. We hope the best for you.* Senses cringe when hearing or reading this word. It deflates the messenger's intent, as if confirming that hope is our path toward achievement and liberation.

Consider these questions: Would you rather *hope* for success or *manifest* your success? Would you rather be *thankful* for your well-being, or wait around until hope fulfills your request?

Become a master manifestor by choosing words that stimulate your higher consciousness. Expediting your success depends on your persona, on how you state your aspirations and on the energy you splay outwardly.

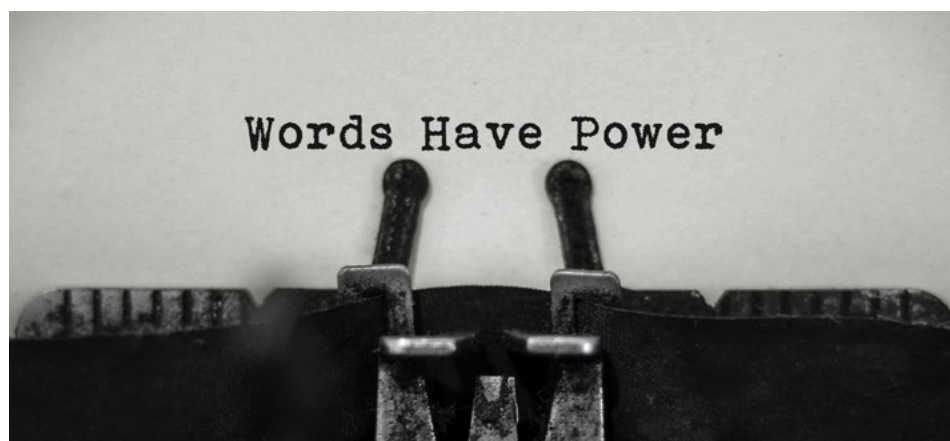
Let's improve our emotional mindfulness.

LOW VIBRATION	EMOTES	HIGH VIBRATION	EMOTES
I hope you feel better.	Sorrow	Wellness comes easily.	Comfort
I need more money.	Pitiful	I manifest financial independence.	Freedom
Where is the one for me?	Discord	I manifest an amazing partner.	Glee
There's always hope.	Negativity	Let's make it happen!	Success
I'm sorry.	Uselessness	My apologies.	Acknowledgment
Be safe. I worry about you.	Faithlessness	I'll light your way.	Assurance

Every word has power. Thoughts and sound circulate influence. Absolute conciseness provides the sender with the unabashed capacity to manifest freedom, joy and success. Conversely, when pleading (hoping) for success, consider options to accurately broadcast thoughts and speech.

One can choose to implement change, observe the results while impacting

society. There are vast thankful qualities that arise when altering your process. Welcoming the arrival of well thought out ambitions, each articulated manifestation, each call to rise above negativity *stimulates* emotional thankfulness. With appreciation and gratitude these moments elevate one toward the next level of exhilaration.



ABOUT THE AUTHOR

Cie Marchi has thirty years' experience teaching philosophy, health and healing techniques, writing and technology. She has authored six books and two screenplays. While resting her intellect, she enjoys exercising and riding her bicycle around the globe.

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!

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WHAT ARE YOU THANKFUL FOR?

BY MARIA ORTIZ

I am thankful for every time someone said NO.

Because that made me find another way, another solution, another group, another team, another relationship. Another place to eat, to spend the night, to go dancing, to see a Paradise, to be with me.

To dress me up, or down, according to the need to protect myself, or have fun, or being comfortable. Or being unnoticed.

I am thankful for the Sadness.

Because she made me appreciate happiness, and showed me peace,

quietness, and emptiness.

Because only when I was empty, I was in the search for more.

More life, more joy, more smiles, more Love, more meaning of my existence.

I am thankful for the Unappreciative

Because that made me reach a higher level of contentment. Another way of being.

Because it killed all the ways of being me, that no longer served me. It made my time more productive, more goal oriented.

I became more me, because I had

no need to please, or do what I was expected to do.

Maybe because it didn't resonate with me. With the calling of my soul.

With my internal knowing, the part of me that is wise and kind, loving and caring.

Because it forced me to extend that care to myself, otherwise I would have not notice that: I needed care, attention and Love.

I am thankful for my failed Relationships

Because every person who walked into my life showed me another way of

behaving, thinking and demonstrating Love. Because their expression of Love was much more different than my expression.

Way less generous, for the most part. This made me compassionate and wise. Because I knew that nobody shares what they don't have more than enough of. I also learned that our ability to give is a decision that doesn't require to have enough. It only requires to be willing to give.

I am thankful for being in Danger

Because every time my life was in danger, my well-being was my priority, staying alive and safe was the fuel that made me run with a better decision, a new solution, a simpler way, a never thought of plan.

Or to execute the plan I had been thinking of, for long time.

The creativity, adrenaline and hope, as well as divine guidance was stronger than ever.

I felt so small, and so big at the same time.

I am thankful for Poverty

Because every time she wasn't present, I appreciated her teachings:

- Save for a rainy day.
- Prepare for the unknown.
- Use your money wisely.
- Are you buying for need or pleasure?
- Who needs your help?
- How much abundance makes you happy?
- What represents wealth to you?
- Money is just an exchange of services, time and solutions.
- Money has the importance that

you give it, sometimes is not priority.

I am thankful for You

Because your individual contribution makes a world of difference, because you are teaching us with your example, your example sometimes hurt, and sometimes creates a smile.

I don't expect you to be perfect, I will not demand from you something I don't possess.

I am only as good as my last understanding on how I contribute to the whole.

My own uniqueness and way of expression is reflected by you, that is how I can notice it.

My shadows are seen in the parts I don't like about you.

My healing is in process because of your healing.

My broken parts are being restored, because you have a strong desire to restore your broken parts.

My dreams are being fulfilled, due to your strong desire of fulfilling your dreams.

"You are me, and I am You. The good, the bad and the indifferent is all my choice. I am Love."



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





"Gratitude unlocks the fullness of life."

MELODY BEATTIE



**Resilient Survivor
Available On
Amazon.com &
Barnes & Noble**

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

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A FINAL NOTE FROM JUDI MOREO

Developing thankfulness is a personal journey. We don't all have the same capacity to see all the happenings in our lives as events to be thankful for. But we must remember, change is inevitable. Life is a constant change cycle. Things are good, things are not so good, things get better, things seem to be going downhill, now they are going uphill again.

No matter what is happening in our lives, there is a reason for it and while

we may not see it at the time, it is there. So, continue to be thankful for the good you can find in every day and the people around you. Be thankful for your home, your relationships, your health, your happiness, your creative mind, and your inspiration.

Trust that no matter what is happening, you will get through it, overcome the challenges, and create a better life. Be alert to everything around you and your imagination will

begin to stretch in new mysterious ways and create the answers for which you are searching. You will develop a thankfulness for living and discover that you really are more than enough!

We at Choices wish you a wonderful holiday season!

Judi