

The background features a complex, abstract design of overlapping, flowing lines in various colors including blue, purple, red, orange, yellow, and green. These lines create a sense of movement and depth. Interspersed among the lines are clusters of small, semi-transparent bubbles or circles in matching colors, adding a dynamic and organic feel to the composition. The overall aesthetic is modern and energetic.

AUTHENTIC SUCCESS
Inspired Action

Step In to Your Greatness

We are all uniquely different with special needs, desires, goals, likes and dislikes. Our outer appearances and actions reflect whom we are inside. It is a snapshot of our internal map drawn from life experiences. As women we all play many roles; the daughter, the friend, the wife, the mother, the career women, the grandmother and so on! These roles make up the defining moments in our lives, and set the stage for who we are today.

Our beliefs and values are expressed by our attitudes and outlook on, who we are or think we are. When we are not authentic to our core we feel like we have lost our joy or like something's missing. As nurturers women spend a lot of time putting everyone else's needs first and often reach a point of feeling empty, exhausted, and overwhelmed searching for answers. I reached this point three years ago and began my journey of discovering my true essence and purpose. Let me tell you it has been a whirlwind of up's, downs, lessons and revelations. These experiences have allowed me to grow into the leader I am today. Uncovering your passion(s) so you can live a life you love is the most exhilarating experience ever!

Are you shining your magnificence, sharing your gifts, doing things you love and living authentically? Sometimes we jump into what we think we were supposed to do instead of listening to what we want to do and be. Part of turning into who you are and what you want lies in understanding who you want to become.

How do I find my purpose? Why am I here? What am I meant to do? At some point in our life we all ask ourselves these questions. To know where we need to go, we first need to recognize where we are. This is the stage of discovery and the first step to getting in tune with your true essence or authentic self.

Drop all your titles for a moment; mother, wife, friend, business owner, grandmother, daughter and so on. Get a pad of paper or a journal.

Exercise 1:

If I was to ask you who are you today, what would you say? What do you stand for? If you could pick five characteristics (adjectives) to describe you, what would they be? Be honest! How do others describe you?

We all have an inner vision of the woman we'd like to be, and dream about that woman materializing in reality. The truth is you have the ability to be whoever you aspire to become. "It's not who you are that holds you back, it's who you think you're not." Trust me I have had times when I have lost sight of the woman I am today. So how do you motivate yourself to move forward while it seems life is passing by? By sharing your gifts and using your talents!

Exercise 2: Write down all your special gifts. They exist for us all, dig deep, perhaps you are a great cook, a singer or a writer.

Exercise 3: What would make you feel fully alive? Think about something you have always wanted to achieve, it could be something as simple as learning yoga or it could be a big hairy dream like opening a wellness retreat centre in the Caribbean (that's mine)?

Exercise 4: Write down one thing holding you back from taking action in fulfilling your desires? Consider one little thing you can do to move forward in achieving your dream(s)? Remember Rome wasn't built in a day but with a dream, a plan, support and determination you can create your destiny!

Exercise 5: Go back to your list and pick 5 words – the same or different – that describe the potential you, the person/woman you'd ideally like to be. How does this woman look, feel and act?

Now focus on what drives you. What gift(s) or hidden treasures can you use to accomplish your wishes and dreams? Transforming your inner world changes your outer world allowing you to live a life filled with love, passion and joy. Life is too short to wait for a special occasion to bring out your finery, your treasures, your brilliance and the best you. Go ahead.....and step into your greatness!!

This is the basis of my upcoming 2 day workshop “Enhance Your Beauty from the Inside Out.” For more details please email amanda@bdimageservices.com



Amanda Willett believes that all women are uniquely beautiful. As the founder and CEO of BD IMAGE Services, Amanda aims to teach women how to accept, embrace and present their matchless beauty to the world. Amanda’s believes we all have a vision of the woman we would like to become and her goal is to inspire you to make that vision a reality. Her workshops propel women to uncover and express their authentic selves, giving them the confidence to put their best self forward. A contributing writer of The Power of Women United, Amanda shares her journey of discovering her purpose, passion and reclaiming her identity as a woman. As an international image professional, Amanda provides services for individuals and corporations through coaching, personalized consultations, presentations, seminars and workshops.

As the Toronto Executive Director for Amazing Woman’s Day, Amanda would like to thank all the women who said YES and took part in this incredible event! She looks forward to the possibilities of the future events to come.

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Stay tuned for the unveiling of **BORNE2SHINE**-A Lifestyle Company for Women.

Choice is a Way to Change

Every woman has a story, some profound, some unique, and mostly woven by a collective experience of transition and change. Raised by my mother and father who immigrated to Canada with two young boys, they demonstrated to each of us the power of choice, the necessity of change, and the discomfort and growth through transition.

At a very young age I understood the challenges of finding our way and held a deep consciousness and respect for those who were denied fair access or disenfranchised from the everyday ways of life. This is when I began my journey to understand the capacity we each hold for overcoming challenges, defying mediocrity, and defining a purposeful and meaningful life. The great philosophers of days gone by had dared to ask questions and linger in artful contemplation and conversation which exemplified for us, the art and power of engaging in ideas of possibility and meaning. Little did I know that my chosen profession and career would mirror this; evoking in others a spirit of possibility and meaning. I believe this (engaging conversation and evoking spirit) to be the thread among our stories as women that has helped us in times of great transition and bewildering change. I suppose it is my strong belief in human potential and our inherent capacity to develop and transform that forms the back drop for my work and life.

As women, we are still evolving to collectively own our rightful and powerful position in life and business. We negotiate all obstacles and somehow emerge stronger and resilient. There is no denying our connection to the planetary cycles and that of life. We share in those times of overwhelm, transition, and great reward, and do so with grace and compassion. As a young woman, I held the myth of the prince in shining amour and the right of passage from single life to that of married and motherhood, only for that to be changed in a moment. Here is when the transformation begins, when our trust is challenged by what we thought to be true and our rightful path. Here, I found myself in a position of choice - I could choose to be a victim or take action - I took action and rallied all my internal and external resources to create my life and business. It was the "right" in *Wright Momentum* - it was a time to manage all the ups and downs, to be, and do something empowering. I discovered there were less naysayer's and more champions in my choice to move forward, to take on uncertainty and risk, and seek out a new and undetermined path.

I don't believe my story to be unique; but rather, one that mirrors that of my parents and those who dare to stand at the edge of change and say "YES." Through life we will be given opportunities to make conscious choices and move through change and experience all that comes with it. Like the many women I know, and what my parents exemplified, life is a series of transitions and how we manage it can only make us stronger. When life throws a lemon, I say "throw ten more back!" because when you squeeze the one you have, life will be juicy, isn't that more fun anyway?



Susan Wright, Founder of Wright Momentum Coaching & Consulting, guides people and organizations to their place of success. Susan's passion is building capacity for conscious change.

Wright Momentum,

Inspiring change, empowering action

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Claiming back the Authentic You – tapping into your Superpowers...

When we come into the world, we arrive ‘Tabula Rasa’ – a Latin term for blank slate. Not written upon, a fresh unblemished human. We do come with some hard wired code, our DNA that in part determines how we will perceive the world around us. These mental functions will determine whether or not we make decisions by logic or feeling or whether we take in information via the senses or intuition. We also come into the world with a preferred way of gaining energy, from outside stimulus for Extraverts and inner stimulus for Introverts. This is our Personality Type. It’s a preference – just like being left or right handed – a code for getting along in the world that helps us make sense of it all. We do not all have the same preferences, but we are all shaped by the environment that we are born into.

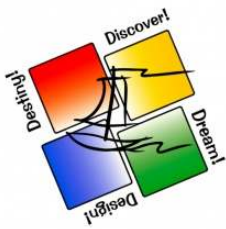
As babies we arrive with our own unique traits and characteristics, if you observe babies, you can see their unique personalities early on – they are not all the same. Our parents or caregivers being well meaning begin to shape how we view the world around us, they begin to communicate the roadmap – how to ‘be’ and act in social situations. Don Miguel Ruiz – “The Four Agreements” calls this ‘the domestication of the human animal.’ You learn to fit in and adopt the beliefs of your family, culture, school, church and so on. You can, if your unique being is not honoured begin to lose yourself and ‘be’ someone you are not.

In fact Ruiz claims that unwittingly and with love parents or caregivers dishonour the uniqueness of the child simply by domesticating him or her into the family and society. The child takes on the illusion of what reality means, he/she adopts the reality of the family or community. If the environment is nurturing, the child will flourish, if the child is constantly criticized, he/she will carry those limiting beliefs all through their lives, creating a reality that is false, living in illusion. This remains true until those illusions or beliefs are challenged and replaced by new and more positive beliefs.

So, how do you claim back the unique and authentic you that came into this world ‘Tabula Rasa’? Are you ready to claim your purpose – and step into your ‘Superpowers’? Start by getting in touch with who you really are – getting to know what special gifts you bring to the world. You have strengths and talents; they are second nature to you so you may be using them at a sub conscious level. Work with a good Coach or Personality Type practitioner to get to the core of who you really are. Or, journal times when you are calling on your best you – what are the things you do that make you feel good – give you joy? Ask others what you are really good at. Ask yourself and question every belief you hold to be true about the story you are telling yourself about your life.

What do you really value? We are shaped by our environment so our values may or may not be honoured in the present culture, community or workplace. By asking yourself – what is really important to me? What gives me peace and joy? You are beginning to find out what being authentic really is - you are experiencing Self Discovery. Having trouble? Go watch a child of two, they are playing in the moment – totally free to be who they were born to be. They have not yet had the code written for them. You can re-write your own code by living in the moment, with joy, not dwelling on the past or worrying about the future – you cannot control either.

Write down ten things that are really important to you, and then ten more – you will begin to discover that they may not align what you have told to believe, and you may find some surprises. Question – Question – Question! Do not accept what others tell you are truths – find your own. Lastly, listen to your own voice – what is telling you to be? Do? Is it speaking to you from love or from old beliefs and illusions? Challenge it! Pay attention to your body- do you feel something in the solar plexus when you are not being the real you? Turn up the volume on those thoughts and really listen. You are on your way...



Claim your Superpowers; take the first step in your journey back to claiming the Authentic You!

Irene Anderson cc- is a certified coach and facilitator and Director of DiscoveryWorks! Coaching and Training. Irene's passion is encouraging people to reach inside and bring out their best strengths through Self Discovery and Coaching. Irene has extensive experience in helping people in the process of Self Development.

Irene's coaching style is open and relaxed – Using her unique C.O.R.E Coaching® method, she listens at a deep level and respectfully guides her clients to achieve results.

Irene's style of facilitation is highly interactive and high energy. On a team level, Irene uses a variety of methods to help her clients improve their ability to work and communicate more effectively. Using her extensive knowledge of Personality Type and Temperament, including the Myers-Briggs Type Indicator® (MBTI®), Personality Dimensions®, True Colors®, Irene incorporates these methods to deliver customized, results oriented programs that meet the needs of her clients.



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Reach Beyond Where You Think You Can, Just Because You Can

We are all powerful beyond where our mind places restriction upon us. Our capacity to grow, evolve, contribute and make a difference is sadly limited by internal and external factors. Those who accomplish beyond average do so through vision, clarity and focus. Their journey begins in spite of doubt and fear. I am fascinated by the concept of natural flow - igniting the power of possibility within ourselves and each other.

Have you ever done anything simply because the thought of NOT doing it was unimaginable? An elderly uncle once wrote to me and asked, "What will you think of as you sit in your rocking chair and look back on your life? What will you remember? What will be most important to you?" Hearing the message in his questions gave me an opportunity to experience deep joy where I had wrestled with an ache to contribute and make a difference in this world.

In August 2009 I made a decision that reframed and redefined my world. I was attending [Can-Fit-Pro](#) - the International Fitness and Trade Show. Waiting for the opening ceremonies to begin I sat slouched at the back of the room - feet resting on the empty seat in front of me. I cradled a cup of green tea not particularly wanting to be there. For weeks I considered skipping the seminar all together. Something said GO.

All was predictable until that young woman stood proud and tall and spoke about cycling across Canada to raise awareness and funds for children with and beyond cancer. The large screen projected a child wanting nothing more than what we all desire-to live a healthy long life.

I leaned toward the front of the room and teared up watching her innocence knowing that she was taken before her time.

I wrote down the name of the foundation ([Coast to Coast Against Cancer](#)) and The Ride - [Sears National Kids Cancer Ride](#). With no hesitation I decided to do it - period. On Sunday morning I sat in front of my computer, filled out the 20-page online application and hit SEND. I knew I would pass the interview and be accepted. Done!

I felt relieved. For years I searched for a mental and physical challenge - something that would make a difference, something wonderful and beautiful and meaningful and exhilarating. I received the call, "Deb, congratulations, you've been accepted." Thrilled, I jumped up and down.

I am not a cyclist - nor did I really enjoy my last cycling trip ten years ago! LOL. It just doesn't matter now I love it! I love experiencing the flow and synergy of my new reality. If you love what you are doing - what you stand for - you can accomplish anything.

You don't need to know HOW it will all work out in the end, you simply start with WHY you want it.

When your WHY is big enough, it propels you forward.

Throughout the better part of 17 years I studied the discipline of martial arts and absorbed wisdom from a number of great Masters. I created my own style called 'Realistic Self Defense For Women' which focuses on natural abilities, wise decisions and being prepared rather than paranoid. Over the years I listened, experimented and merged martial arts principles with lessons from respected personal growth facilitators (Anthony Robbins, Jack Canfield, Roger Hamilton, Earl Nightingale to name a few). Reflecting on my journey of 47 years I know what matters is *simple* - people, love, belonging and contributing.

To find meaning and fulfill your potential you must be in FLOW. Flow allows one to self-harmonize, build community and create abundance. Flow frees your spirit. Being true to who you are attracts all the resources you will ever need, as well as success-whatever that is to you.

How do you arrive at a place of flow? Ask the right questions, for example:

What is my WHY?

Who is my HOW?

When is my TIME?

Seeking out answers and nurturing understanding will take you beyond where you thought you could ever be.

If your journey to date is safely inside your comfort zone - are you able to taste ALL that is available to you?

As a Coast to Coast Rider I feel alive - awakened. My mind/body/spirit is unified and I am in FLOW. It illuminates me and attracts amazing opportunities and wonderful people within and outside the Coast to Coast community.

Requests for me to speak have increased dramatically - Amazing Women's Day 2010 was one of opportunities. I have an abundance of support and forged new deeply meaningful relationships. My FLOW inspires me and others to take action with more physical and creative energy.

Believe in your ability to be the GIFT. What matters is not who drops the first pebble but that YOU ensure the ripple continues...

When the student is ready the teacher appears.

Create miracles!



Deb Maybury

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Author of "What Is Your Teenage Daughter Afraid Of?"

The Discovery of Omegas

Possibly the single most important action you can take to improve and sustain your health.

By Cheryl Millett B.Sc. C.C.Ir.

“An open mind creates the avenue to learn and not to judge, and to listen so that you can hear something that you haven’t heard before. Each of us has choices to make in this adventure called life...it is only yours to make.”

There is something everyone should know. The healing power within is strong. The body is always striving for balance or HEALTH such as the right body temperature. It doesn't take a vacation. It never gives up. It needs the required materials and a clean environment to continue to reach for optimum health. These materials will be different for everyone and different at different times for the same person BUT there are the basics and we are more alike than not...99.9% some say.

Omegas use to take up one shelf in a health food store but now they take up a bookcase. **True or not true?**

We use up omegas in our body daily, and we do not produce the Omega 6 and Omega 3 so they are necessary to get from outside sources.

Omegas support many functions in our body, such as decreasing inflammation, improving circulation, supporting brain and hormonal functioning, heart function, blood pressure, nerve function, kidney function, and much more. There are truths, lies, and discoveries that have brought us here, and we need to learn about the solution now for the benefit of our health and for that of future generations.

For complete article [click here](#) for my blog.

Inflammation

Do you agree that we have more toxins today than every before?

Gabriel Cousens MD describes the Seven Stages to Disease in his book “There is a Cure for Diabetes” so that we can easily understand how we go from a healthy state to a diseased state which is an acquire state. Simply put, the stages begin with a reduction in energy and an interference in elimination processes which causes a build-up of toxins which causes internal irritation which then leads to stage four – inflammation. Inflammation occurs when the cells are affected by the toxins and are then swollen, like an injury to a knee.

Inflammation can be found in all areas of the body and in fact, inflammation is part of all diseases including cancer and diabetes. **Omega 3s brings down inflammation and excess Omega 6s cause inflammation.**

For key information on the Cell Wall and The Brain [click here](#) for complete article.

Omega Ratio

One of the most important factors to consider is the body’s balance of Omega 6 and Omega 3. The ratio in our bodies is currently being communicated as 1:1, Omega 6 to Omega 3. For example, in breast milk, baby’s blood serum, the brain, and nervous system all have a ratio of 1:1.

A deficiency of Omega 3 is positively correlated with over 50 diseases and illnesses including cancer, heart disease, diabetes, stroke, and arthritis.

A landmark study by Japanese researchers showed scientific evidence that the leading cause of disease in Japan, if not the world, are the increased amounts of unhealthy Omega 6s and decreased amounts of healthy Omega 3s. Western degenerative diseases have risen in a near perfect linear fashion with the elimination of Omega 3s from the diet, and the over consumption of Omega 6s in the diet. It appears that saturated fats may not be the issue, as it appears to be more closely related to a rise in vegetable oil consumption.

With the review of over 600 peer-reviewed studies accounting for all known and suspected causes of degenerative illnesses, let's consider what the Japanese researchers have to say themselves as taken from the study summary:

"We summarize the evidence that increased dietary linoleic acid (Omega 6) and relative Omega 3 deficiencies are risk factors for western type cancers, cardiovascular and cerebrovascular diseases, and also for allergic hyper-reactivity. We also raise the possibility that a relative Omega 3 deficiency may be affecting the behavioural patterns of a proportion of the young generation in the industrialized countries."

Since the Industrial Revolution and with the introduction of vegetable oils, our diet has caused our ratios to be at least 10:1, and up to 20:1 or even as high as 50:1. **Too much Omega 6s in our diet causes inflammation. Every disease has an inflammatory component.**

Prof. Brian Scott Peskin, B.S.E.E., M.I.T. Founder: *Life-Systems Engineering Science* shares in his article on *The Hidden Story of Cancer: Fish oil is worthless in preventing heart disease, too, and Harvard Medical School warned us years ago, but too few Americans listened.* [Contact me](#) about getting a FREE copy.

Omega Sources

There are three sources of omegas: plant (flaxseeds, hemp), fish (salmon, herring), and mammal (breast milk, harp seal and sperm whale). The problem with plant sources is that we do not convert much of what we consume. **Could fish oils be problematic for those that already have a disease? Yes.**

Healthy omegas from a raw whole mammalian source with the correct ratios, proves to be the most beneficial to our health versus cooked oils, plant sources (due to conversions), and fish oils (high Omega 6s, different molecular structure and missing DPA). [Dr. Stanley Bass](#) and many others are supportive of raw mammalian sources. **Harp seal oil has a ratio of 1:1 Omega 6 to Omega 3 and is naturally toxic free.**

There are two key actions to take...eliminate the unhealthy Omega 6 and 3s and increase the amount of healthy Omega 6 and 3s. Eliminate most if not all of the vegetable oils from your diet which includes much of the processed foods. Corn oil has a ratio of 80:1 Omega 6 to Omega 3 and sunflower 20:1. **Omega 6 in our diet has gone from 0.2 % to 20% from 100 years ago.**

In June of 2008 I added a raw whole mammalian source of omegas (harp seal) to my diet which to my surprise brought on more mental clarity immediately then more energy. You can learn more at www.AuumOmegas.com and I encourage you to read the Clinical Study presentation regarding the children...**4 aphasic autistic children began to speak within 6 weeks on the oil.** [Click here.](#)

In conclusion the seal oil provides a more complete set of Omega 3 fatty acids. The quality, the form, the structure, the source, and the balance of omegas will make a difference to your health. Including a healthy balance of omegas in your diet will naturally displace the unhealthy omegas as your body is a miracle.

I look forward to seeing you at one of my presentations. Feel free to contact me at cherylmillett@auum.ca with any questions you may have on omegas or to inquire about a presentation.

Your health...my passion!

Cheryl Millett



Cheryl Millett BSc RNCP CCIr has a degree in Holistic Nutrition and a diploma in Iridology with a specialty interest in digestion. For over 19 years, Cheryl worked for one of Canada's largest grocery retailers in finance & risk management with experience in agricultural commodities and therefore the food processing area, so she has seen first hand the sugar refinery process, flour milling, and oil refining. For the past three years Cheryl has practiced nutritional consulting with a belief in raw whole organic foods, omega 3s, enzymes, nutritional cleansing, and minerals for optimum health. Her goals are to give her clients and others the education and tools to create a better quality of life. Recommendations are personalized based on the person's level of motivation and current lifestyle in order to achieve optimum results. Cheryl has successfully coached hundreds to improve their health.

www.HealthyBalance4You.com or
www.auumomegas.com

Taking Inspired Action, Despite Your Inner Critic

By Carolyn Ellis, Founder of BrillianceMastery.com

Sometimes the biggest obstacle to taking inspired action is our own thoughts. **When reaching for new levels of success, our inner critic likes to turn up the volume.** You know that questioning, nagging little voice inside you that is never at a loss to point out your flaws, highlight your doubts and cross-examine you on your decisions? If you don't know what I'm talking about, it's the part of you that just asked you "What inner critic is she talking about?"

One of the most painful periods I had with my inner critic was when I decided to end my marriage after 20 years. I couldn't overlook the fundamental unhappiness I was living within the last few years of my marriage unravelling. My three children were all under the age of 9, and my inner critic was brutal. "What the heck do you think you are doing?" and "How will you make it on your own?" were just a few of those jibes by inner critic shot at me.

Life transition periods are fertile times for your inner critic. Leaving a relationship, leaving a job, dealing with a health crisis, starting a new business are just some of the examples where the temptation is to perform an exorcism on your inner critic. Yet rather than boot your inner critic to the curb, it is possible to turn it into an ally for change rather than an obstacle.

It's helpful to understand how pervasive our self-talk is. Dr. Lee Pulos estimates that we self-talk between 150-300 words per minute. That works out to an astonishing 45,000-50,000 thought's per day! He estimates that **the average person can only last for about 11 seconds without some kind of self-talk.** For many of us, a lot of that self-talk is negative. Dr. Pulos asserts **people put themselves in a "waking hypnosis" with this incessant stream of negative self-talk.** We're literally laying down programming in our consciousness that beats us up and sets us up for failure and dissatisfaction.

Of course it's not possible to divorce your inner critic. It's part of our psychological design that's intended to keep us safe and have us pause before we act. **It actually has great value in exposing to us some of our limiting beliefs and unconscious programming that holds us back.** When I work with my clients to help them unleash their brilliance, both in business and in life, creating a healthy working partnership with one's negative internal dialogue is a critical part of building a strong foundation for success.

Here are some easy strategies you can try.

1. You Don't Have to Know

Your mind can only know what it has already known or experienced. Life offers us possibilities much broader than we can possibly "know" if we're open to seeing them. **You don't know what you don't know. And that is good news!** All you need is a willingness to stay open and view your mistakes as wonderful learning opportunities. Get curious and ask yourself, "What can I learn from this?" Give yourself some time for quiet so you can hear that still, wise voice of your intuition.

2. Tune into Your Inner Dialogue

Awareness is the critical ingredient to building a more empowering mindset. **Break the state of "waking hypnosis" and choose new thoughts that support you.** It might require some practice, but it is a conscious choice you can make. If you hear your inner critic getting nasty with you, simply say "Thank you for sharing!" or "Sure, but I deserve to have a great life anyway!" Try walking

around with a notebook and jot down some of the dialogue you hear in your head. You may be shocked at quickly those nagging doubts will clear.

3. Don't Take it Personally

Everyone has an inner critic. Realize that it's just trying to protect you. You can even visualize that part of you as a cranky old great-aunt, or as a scared little child, who just needs to talk a lot. Having negative internal dialogue doesn't mean that you are flawed or incapable.

4. Take A Baby Step

Broken a promise to yourself or fallen back into some old habits you don't like? That is like giving your inner critic its daily multivitamin. First, be willing to forgive yourself. Second, take action. Don't ruminate and "think about" what you could have done or should be doing. **What is one concrete step you could take right now to take you in the direction you want to go?** Find something specific and measurable you could act upon right now. The energy and confidence you'll feel from accomplishing that one step, no matter how big or small, will be great fuel to get you started and quiet the voice of your inner critic.

About Carolyn Ellis



Success Strategist, coach and award-winning author, Carolyn B. Ellis, is the Founder of BrillianceMastery.com. Her Brilliance Mastery program supports women entrepreneurs to own their brilliance so the mission of their business can be communicated clearly, powerfully and profitably. She is the creator of the Unleash Your Brilliance Summit and a certified Money, Marketing & Soul Coach.

Carolyn publishes "*Bits of Brilliance*", a weekly e-newsletter that offers inspiration, wisdom and support for the woman entrepreneur or business owner who is committed to living her brilliance. She offers workshops, teleseminars and specialized coaching programs for the woman entrepreneur who believes in putting her purpose and passion into her business in a profitable way so she can make a difference in the world.

Carolyn has a graduate degree from Harvard University, and is a Master Integrative Coach and Advanced PSYCH-K Facilitator. She lives in Toronto, ON with her 3 children.

For more information and to get a copy of her special report "*The 7 Secrets to Unlocking Your Brilliance as a Woman Entrepreneur*", visit www.BrillianceMastery.com

INSPIRATION

ILLUMINATION

CONNECTION

When I was asked to write this article I went deep into my heart and into my soul to feel what Authentic Success and Inspired Action means to me.

I would like to share with you that I was not always in alignment with my purpose and nor did I always have the Peace, Joy and Love that I have come to know and live in my daily life.

I have always been extremely driven and ambitious and had the great fortune of working with Amazing, world class organizations and had run my own business very successfully for several years. I had seen a lot of growth and success in my career as well as in my personal life; however I still felt a gap. There was a sense of something missing, a sense of urgency to get somewhere and I felt negative emotion because I felt I was not there yet!

Then I became pregnant, and this was the TRUE turning point of my life. It was as if the conception of my daughter's soul changed everything. I had a new found longing to connect with Source and through many weeks of feeling negative emotion and seeking my connection to source I stumbled upon the book YOU CAN HEAL YOUR LIFE by Louise Hay.

Well from then on my life began to shift and I started to attract more and more of a connection to source and clearly started to ask for WHAT IS MY PURPOSE. And so the Universe started to line everything up for me. Through my dedication to reading, learning, reaching out to spiritual teachers and likeminded souls I attracted the right and perfect Teachers and Influencers into my life that Illuminated the path for me and guided me to my life purpose.

I became Inspired to the point of having no fear and moved into a place of complete and perfect alignment to source and my divine life purpose. **I define this as Inspired Action and Authentic Success!!**

I am so excited to share my Divine Life Purpose with you as it has everything to do with WOMEN!!!

Now is the time for you to powerfully align to your soul's purpose and move forward on an incredibly Amazing, Joyous and Fulfilling path.

My commitment to you is that our time together will empower you, align you to who You really are and allow you to live YOUR BEST LIFE!!!

Contact me today so we can powerfully embark upon this journey together!

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CONFIDENCE + COURAGE = SUCCESS

“You gain strength, courage and confidence by every experience in which you must stop and look fear in the face. You must do the thing you think you cannot do!”

– Eleanor Roosevelt

These are great words of wisdom written by an amazing woman! If you are anything like me, you love to read these inspiring quotes. Also, however, if you are anything like me – you then ask yourself the question: “But how.....how do I actually do this?”

Well, I’m happy that you asked because I have the 7 simple steps to help you build the confidence and courage that you need to live your best life – at any age.

I have worked in the field of personal, and human, development for close to 25 years now. The leading research psychologists have found that, as human beings, we have 4 major barriers to achieving, and living, our life to its fullest potential: habits, attitudes, beliefs and expectations. Since that is the case, I have created a 7-step process for getting past those barriers – and for getting on with living a life full of joy, success and fulfillment. I don’t have the space here, in this article, to share all 7-steps with you so here are the top 5:

Step One – Know What You Want!

Hmmm, not so easy for many women – however, an essential step to building your confidence and courage. Try this simple exercise – make a list of all the things you know that you DO NOT want to have in your life and then flip the list to turn each item into a positive statement. That will help to get you started. Choose 3-5 items on that list and let’s move to the next step.

Step Three – Control Your Self-Talk to Be Positive, Up-Lifting and Forward Thinking.

Your self talk, that inner dialogue, begins the moment you wake up each day – and, when you do, are you saying to yourself: “Good morning, God!” OR, are you saying to yourself: “Good God, it’s morning!” Those very first words to yourself each day will determine your mindset for the rest of the day – and, therefore, for the rest of your life. You must control your self-talk or it will control you. Much of our inner dialogue results from our up-bringing, from our conditioning – and much of it is negative. That’s just a habit. You CAN change that inner dialogue to be positive. The first step in that change process is awareness. So, for a 24-hour period, be aware of your inner dialogue and how many negative thoughts you DO have in a day. Awareness is the first step – changing it is the next step – and you can do it!

Step Four – Take Risks!

In order to build your confidence and courage so that you can lead a successful and meaningful life, you must step out of your comfort zone and take some risks in life. I did that at the age of 50+ when, over the period of a few years, I decided to leave my 22-year marriage, (I just walked out the door.....with virtually nothing!) and move across the country to begin a new life – not knowing anyone here. I have taken many risks in life but that, by far, was one of the biggest. Now, I am living my happiest life ever – and you can, too!

Step Five – Ask For What You Want!

Now, based on my coaching experience with women, this is the No. 1 challenge for many of us – get over it! As women, we are typically the first ones to OFFER help – so, isn’t it YOUR turn to ask for it. I did and now, as a result, get to travel around the world on a private plane each year for free.....go ahead, ask me how I did that! It’s amazing what will come to you, believe me.

Step Six – You Must Eliminate Toxic People From Your Life.

I know what you're thinking.....but let me tell you – this is a powerful step and it is essential if you, too, want to live your best life with confidence and courage.

***** and if I were to add an additional step, it would be this: - **Begin Today!**

This life is not a dress rehearsal. We only have today. Get past your fear – building your confidence and courage, one step at a time, one day at a time – and you, too, can live your best life.

“If it's to be, it's up to me!”

(To learn Pat's **complete** 7-step process, visit www.confidenceandcourage.com to get your free CD: “Finding the Confidence and Courage to Live Your Best Life – At Any Age!”)

Bio



Pat Mussieux has a message of hope and success. For more than 20 years, Pat has studied the internal driving forces that create happiness and success at all levels. She knows what drives women, what inspires them and what it really takes to transform them from the inside out. As a coach, speaker, author and radio host, she teaches women mindset and marketing techniques to help them figure out what they want to be when they grow up, how to get out of their own way, how to attract more clients, make more money and have more freedom – so they can develop the confidence and courage to live their best life – at any age!

Pat is the author of the “Building Confidence and Courage Home Study System” and the book: “Who Am I Now? Simple Steps to Inventing Your Future – After Divorce, Retirement, Death of a Spouse, Empty Nest, etc.”

Pat is a solopreneur, working from her home office in London, Ontario, Canada (near Toronto). She is a step-mom to 2 brilliant adults and is proud to be the grandmother to 3 young ones!

www.confidenceandcourage.com

THE FUTURE IS NOW

It was three years ago, I walked out of the EATON Center Toronto and I saw that my future landed the moment I looked down at my feet walk one step by one step by one step. "Until we actually GET IT, how powerfully in control we are of our choices, actions and words – it is then we identify and see that OUR Future is NOW!!" Today, 2010 Digital Marketing is a MUST for all Brand development. As Director of Sales & Marketing for RebelliumWAVE, with an entrepreneurial background, I am thrilled today to be taking small to medium sized businesses into a new and radical level success!

In my professional opinion, there are exclusively two ways NOW to effectively move a brand.

- 1) Experiential Marketing
- 2) Social Media Marketing.

I am ambitious and, I am determined to seek out like-minded Entrepreneurs who truly identify and command to lead, to be unique, stand out, be ahead of the game and be the best! It is this spiritual passion and bold accountability to stand nothing less than in the power of word, the power of action and the power of now.

I cherish my journey in business as a Woman. My acknowledgments earning awards recognized by Ernst & Young 1999 Young Entrepreneur of The Year, 2000 Nominated Entrepreneur of the Year then 2005 recognized and nominated by The Women's Executive Network 100 Top Most Powerful Women in Canada.

It is with this profound honor, to acknowledge where my most inspiring moments lie within and, it is in circle of women like "The Amazing Woman's Day". I call it a "synergy", an energy that vibrates when business women unite. A bold, concentrated conversation that is authentic, without competition instead curiosity to hear what is new, what is different and what we can do to stay ahead and stay on top! This is why I am proud to be a leader on the Team of Digital Marketing brilliance at Rebellium Inc. www.rebellium.com

At RebelliumWAVE a brand new division of Rebellium, we are Experts who have predicted 5 years ago that "Rich Media" now "Social Media" would look like it is today. We offer a Holistic approach of Digital Marketing services and programs that are extremely affordable.

Each will get your business on track and ahead of the game. I stand committed to Entrepreneurs alike to get Digital Marketing into their Business Plans NOW. Social Media is The Future and The Future is NOW!

My greatest tips I have learned in business are stay honest. Delegate what you don't know to experts who do. Let go of Leadership to another Leader. Seek information. Grow with competitors. And BE with the times! The more you resist in business the more your challenges will persist. Be willing to do what it takes, be willing to give up something, and if being BIG is in your business agenda. Be unstoppable. Be unreasonable. Listen and listen well.

Finally, the best leadership role where money cannot afford is being a mom of two, Emmaskye and Ralston. I live vicariously through them, inspired, playful, responsible, and accountable in every word and every action I take in every role as a woman. There isn't one thing I do today without considering my children first. My success vibrates from their innocence. My dreams are fulfilled when they share me theirs and I aspire to live abundantly serving others whose dreams, passions and life are nothing but a vision of free, full self expressed, forward thinking!

The Future is NOW, so don't wait on the next moment! Contact me and I will coach you to get your business started immediately in Social Media Marketing.



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Kim MacGregor
Founder, “*I Believe She’s Amazing*” flash mob

International Award-Winning Author, “*Be a Woman: expressions of life*”

I thoroughly enjoyed the wonderful experience of Amazing Woman’s Day. I thank Amanda Willett for making it all happen, and extend gratitude to every person in attendance who contributed to creating positive energy in one shared space – it truly was a soulful collaboration.

Isn’t that what life is all about? Showing up – not just physically – but emotionally prepared to LIVE and be part of creating your own experience in life...writing your own history.

One single person can make a difference in the world...whether it is in the life of just one person, a group, a family or in the world. Too often we forget the infinite power we have to create meaning. It isn’t about being the wealthiest, the prettiest or the smartest – it is about being the “**you**-est.” Each and every one of us is unique and special in our own way. We all have the ability to inspire, to enlighten and to engage in the world with people in a way that feeds the soul – both our own and others. Every kind word, action or deed matters.

I am grateful for the work I do, dedicated to helping people believe in themselves again, and to re-discovering their own true essence, their purpose and their contribution to humankind. I have learned from working with thousands of people that we all share a common desire to belong, to “feel” joy in our lives **as** we are living, and to live our lives with intention and meaning.

The flash mob you saw a sneak peak of was the end result of an intense one-day rehearsal. Two hundred strangers came together for a common goal. Each one of them had their own reasons, their personal motivation for being involved, but the end result was truly magical. A shared feeling of “belonging,” of “camaraderie,” each person left feeling changed, uplifted and believing in a “higher-good.” The benefit we all gained at the end of the weekend was greater than any of us had anticipated; yet it was unanimous across the board. One high school boy did it just to get his community credits, and then shared this message;

“Oh man I did this for community hours?!?!?! This was probably the highlight of my community hours.... so awesome thank you so much!” – John T.

As is so often the case in life, we discover beautiful things along our journey that lead us down a new path. The overwhelming response from people who were part of the flash mob, has led me to expand my business to include this as another element of the transformational programs I facilitate called *A Human Experience*.

I invite you to visit the site www.IBelieveShesAmazing.com and join the movement or join our Facebook page “*I Believe She’s Amazing*” and share the powerful stories of the amazing women you know. If you are interested in learning about upcoming transformation programs offered, or to learn more about being part of any upcoming group flash mob-type events, please contact me anytime at kimmacgregor@rogers.com

Until we meet again I wish you much peace, joy and love. Never stop believing one person can make a difference...that one person is YOU!

With much love, Kim MacGregor Inspired friend xo

“The (I Believe She’s Amazing) flash mob was one of the most amazing experiences I have ever had. Thanks for this wonderful opportunity.” – T. Kay

essence TO SUCCESS™

Discover your true power™

The 7 Keys to Living a Life Aligned with Passion

Are you ready to make your happiness a priority?
Are you ready to get clarity on your passion and purpose?
Are you ready to be empowered and discover your true potential?
Are you ready to be bolder than you have ever been?
Are you ready for more meaning in your life?

Discover your true power!™

Passions are the keys that unlock the door to the journey of your heart. They are the path to joy, fulfillment and connection to your unique and special gifts. *The Passion Test*® provides a level of clarity about your passions and purpose that will allow you to take inspired action on a daily basis and become a conscious creator of your life. This aligns you with the power of your true essence and contributes your greatest gifts to the world. ~ **Christine Cirka**

Here are key principles which are essential to living a passionate life:

1. Commitment – Every day you will be asked to put other things ahead of the things you love most. There is nothing more important to creating your passionate life than your unshakable commitment to choosing in favour of your passions.

2. Clarity – When you are clear, what you want will show up in your life, and only to the extent you are clear. Get absolutely clear about what you choose to create in your life.

3. Attention – What you put your attention on grows stronger in your life. Pay attention every day to what you are putting your attention on. You will attract all the people, places and things you need to create those things to which you give attention. As you shift your focus to all the good which is flowing into your life, watch how your life is transformed.

4. Stay Open – Your greatest good may not be what you think it is. When you are open to whatever is appearing now, even if it's different than the way you think it should be, you open to greater possibilities. This is the path to living your highest purpose in life. This is also the secret to overcoming any obstacle which may arise in your life. During times when others are insisting you are going in the wrong direction, remember the words from Robert Frost's famous poem "The Road Not Taken":

*I shall be telling this with a sigh
Somewhere ages and ages hence;
Two roads diverged in a wood,
and I—I took the one less traveled by,
And that has made all the difference.*

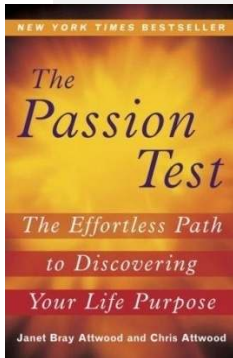
5. Integrity – Be as true to yourself as you are to others, and as true to others as you are to yourself. The biggest challenge most of us face is to meet our responsibilities to others while pursuing our passions at the same time. When you make commitments to others, make sure those commitments are aligned with your passions. Once you make commitments, keep them. When you make a commitment to yourself, treat it in the same way you would treat your commitment to another. Be true to yourself.

6. Persistence – Many begin the journey. Those who finish it are the ones who achieve success and fulfillment in life. When you're living life truly aligned with your passions, persistence is not hard. You will find you can't stop, even if you want to. Your deepest passions will drive you, in spite of yourself.

7. Follow Your Heart – When all else fails, listen to your heart. Passion emerges from the heart, not from the mind. Pay attention to what your heart tells you. Do what you love, follow your heart's direction and the path to fulfillment in life will naturally unfold before you.

The Secret to Living a Passionate Life...

“Whenever you are faced with a decision, a choice, or an opportunity - always choose in favour of your passions.” ~ Janet Attwood



Article is based on The Passion Test®, a New York Times bestseller by Janet Bray Attwood and Chris Attwood. Copyright © 2006-2010 by Enlightened Alliances, LLC



Christine Cirka is the Founder of *Essence to Success™ Inc.*, a Certified Transformation Coach, Certified Passion Test® Facilitator, Certified Passion Business Consultant/Corporate Trainer and Canadian Ambassador for Connected-Women.com.

She has been personally trained and mentored by Janet Bray Attwood and Chris Attwood, authors of the NY Times Bestseller book *The Passion Test®*.

Christine believes there is a powerful essence inside of every woman! She empowers them to discover their true self and directs that energy towards their highest vision and unique purpose. Christine facilitates powerful breakthroughs from limitations and leads her clients to consciously create more meaningful and passionate lives.

Christine is a transformational leader coaching women to create their own brand of *authentic success*.

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Contact Christine for information on Passion Test® workshops and one-on-one sessions, Passion Test® for groups, CD and DVD products, Passion Test® certification programs, Passion Test® for Business Consulting/Training and Transformation Coaching and Mentoring.

Dream BIG Dreams!

I have always had the desire to live a life of dreams. I believe true entrepreneurs just know they are different they have a spark, a desire to do more be more and want more from life. This passion is what truly drives them to achieve success.

For me it all started in my early 20's when I decided it was now time to achieve financial freedom. I had already climbed the ladder of a MLM company and realized I was working hard but not making the boatloads of money they had promised me. I was seeking something more I was your average middle-class young wife and mother to be. At the time I was living out in the country on half an acre in a nice raised ranch. My husband is in engineering and loves his job he would have been happy going to work every day until he retired at 60, lucky for him his wife had a much bigger vision. I have the pleasure of having a husband who has supported every BIG dream that has ever come to my mind and when we attended our very first real estate training he was just as excited and could see the vision with me.

\$40,000 was our initial investment into our training. I believe we held the record for most credit cards used to purchase the course, we used seven cards! We maxed out everything we had all for our dreams; we knew we were on our way. Feeling excited and ready to go we came home to our reality and realized we needed to pull equity out of our home to pay all our new found debt down. The first person I told was a mortgage broker who told me "Kara you got scammed" my first reaction was, is it too late to get my money back? Answer yes it was past the 10 days. Then my accountant also a seasoned real estate investor said to me "Kara I would of rather seen you just jump in and buy your first property"

All in all I was feeling like a sucker but we had spent all that money so we were getting the training. After our first advanced training, our heads were spinning and all of our dreams felt like they were all on their way to becoming true. Within 1.5 years we had built a multimillion dollar real estate business all with no money down. Life was getting better and better. We had two wonderful children 13 months apart and then the big move came. We purchased a 7000 sqft. mansion with an indoor pool, sauna the works. We got a live-in nanny and were living our dream. We started to travel more and also discovered the power of personal development. This time around we could pay \$25,000 cash for our training but we knew the importance of education. We invested almost a hundred thousand dollars in education but it had given us the millionaire status. In fact one free seminar one weekend gave us an idea that made us over \$100,000 4 weeks later. Education is a lifelong commitment and I am committed to always learning. I certainly encourage all of you reading this to invest in yourself and your education. The education I have received not only helped me create a multimillion dollar empire before I was 30, it also helped me survive the entire collapse of it. You read that last line correct we lost it all.

Not only did we lose our multimillion dollar real estate empire we had to personally declare bankruptcy. I do not have enough time to share with you the amazing storm of events that collapsed our corporation but what I do want to share with you is that the first 20 days out of bankruptcy I created over \$10,000 in income in a new area. We all have a choice I could choose to give up and go get a job or I could be true to who I am. I know from personal experience that dreams do come true and my goal for you is to realize that you have the power to create the life that you desire.

First surround yourself with people who bring you power, commit to taking massive, consistent, persistent action and understand life is a journey that there will be good times and bad. A mentor of mine once told me "Kara never ask for an easier life. Ask for the ability to handle life with ease!"

You have the power to create the success you are looking for, you just need to go out and get it!



Kara Charron
Created the design of this e-book
Founder



*Teaching Women World Wide how to Create Wealth Streams
through the internet*

Founder of Epik Marketing
www.epik-marketing.com

Kara made her 1st million before the age of 30 in Real Estate. After creating a large portfolio of investment properties Kara had to start all over again from scratch. With not much money to spare and no credit Kara was able to make \$10,000 her 1st20 days on the Internet in a new industry. From that moment she was hooked and realized she could live the true dot com life style that would allow her to live life on her own terms.

Kara now started making money in her sleep waking up every money with e-mails saying You've Got Money coming in by the dozens!! Kara has a passion for teaching others and helping them realize most of their limitations can be overcome with the proper tools. If a mother who created millions from nothing had to start all over again and come out of the gates with instant success just imagine what you can do if you had the right tools.

Let us show you the way... www.womanswealthacademy.com

Six Simple Strategies to Build Your Brand Online for More Impact and Income by Jan Marie Dore

In this age of new media and new marketing, the rules for promoting your business have changed dramatically. Yet, many women are not keeping up with the times and may fall behind the leaders in their marketplace who are embracing the new media models to build their brand online.

It's never been so important for your brand to be highly relevant. Having a strong brand reputation is the key to making sales in the new economy. Your brand is the one competitive edge you can offer that no one else can copy or duplicate. Brand marketing trends indicate that you need to have something highly interesting and relevant to say to build a brand that people will notice. You need to engage your community, build your platform, and include social media in your marketing mix.

Here are my six simple strategies to build your brand online for more impact and income:

1. Publish a Blog That Positions You as a Leader in Your Niche

Publishing a blog is a great way to expand your visibility and attract a community of followers. And, it's very easy and low cost to publish a blog. Starting a blog is a great way to find your voice as well as start to cultivate an audience base. Put the focus on your readers instead of on you. Offer solutions to your audiences' biggest challenges and you'll never be at a loss for content. Writing valuable and relevant information at your blog can position you as the go-to person in your area of expertise. You will be easily referable and people will line up to buy from you. To remain relevant, your message must be interesting and timely, communicate authority and an authentic personality, and indicate that you are connected and in the know.

2. Brand Your Brilliance and Your Purpose

Personality and purpose-driven marketing can be highly effective these days when it has become so hard to get people's attention. The most effective personal brands are built around your strengths, expertise, passion, personality, and life purpose. A strong brand based on your unique brilliance can differentiate your offerings and create value-added client relationships which lead to sustainable client loyalty. What people want now is relevance, simplicity, authentic personality, honesty, imagination and inspiration. If you've been holding back on following your true purpose or heart's desire in your business, or not saying what you really think and feel, now's the time to get real.

3. Leverage Social Media Marketing

Social media marketing is one of the easiest ways to effectively expand your reputation. You can use social media to position yourself as an expert, build your credibility, build relationships, and extend your reach. Social media can be a very powerful tool for business growth if you know how to use it wisely to build relationships and not just to promote yourself. To successfully leverage social media, become highly active at a few sites like Facebook and Twitter, or LinkedIn, rather than trying to keep up with multiple networks. Get to know and get known by your online community and virtual neighbours. Become a superstar, must read resource and source of inspiration on Twitter.

4. Build a Purposeful Platform to Amplify Your Brand and Your Message

Your brand platform is the image or impression you make in the marketplace. It's the set of associations that clients make when they think of you and your services. It's both what you stand for and what your marketplace perceives as valuable. It's how you create distinctive value through the unique combination of your expertise, values, vision, passion, purpose and message. By following your passion and purpose, you can build a platform that feeds both your pocketbook and your soul. A powerful online presence is one that positions you to become well known for your message. There are many ways you can do this: article and blog marketing, social media marketing, signature presentations and programs, press releases, and developing a line of information products, to name a few. The first important step of course is to choose a highly targeted niche market that is looking for solutions to problems that you have answers to.

5. Take Your Brand Viral with Video Marketing

Video marketing is hot. It's the big key secret method to extending your reach globally and attracting more interested, pre-qualified leads quickly. A picture really is worth a thousand words!

You can easily create short two minute video tips for your target audience to post at your blog, or a video of you outlining the benefits of your new program at your sales page, or record testimonials from satisfied clients. Upload your videos to a free video-sharing site such as YouTube. Video can quickly raise your visibility and exposure and spread your message virally across the internet.

6. Create Raving Brand Fans

People have so many complex brand choices today that they get overwhelmed and confused. You need to get a community of people really engaged to build a loyal following. Develop a marketing strategy that will give your target audience exactly what they want so you can attract a community of followers and ‘raving brand fans’. Find out where your community is. Find out what they like to read and who they follow. Build your connections, strategic alliances and audience base. Over time, people will start to trust your expertise and enjoy your style and will buy your services and products without you having to put a lot of effort into selling.

Times have changed in the web 2.0 world. The internet has leveled the playing field in vying for people’s attention. Online branding will give you an edge in the marketplace that will cause clients to think of you first when they need your type of services and products.

About Jan Marie Dore



Jan Marie Dore, MCC is the Founder of Femalepreneurs.com, the Learning Center for Women Entrepreneurs. She teaches women who offer a service or an expertise how to attract more clients, grow their business online and create profitable new income streams. For valuable marketing tips to grow your business and income and the free report “Eight Insider Marketing Secrets of Wealthy Women Entrepreneurs” go to www.femalepreneurs.com



Success Essentials by Marsh Engle

The fact is life is full. Yes, there are days we feel like we are pulled in a million directions. Family, friends, community, work – some days the “to do” list is more like the ‘way too much to ever get done list”. But, here’s the thing: We have a tendency to keep this list running over and over and OVER in our heads. Like the refrain of an old worn out song, we constantly remind ourselves of what we think we need to get done. What happens? Big distraction, increased stress and maximum overload! Most importantly, we simply can’t FOCUS. But after all, how could we? How can we stay focused on our real vision when our mind reminds us a thousand times a day that we can’t forget to respond to email, follow-up with that new potential client, change the oil in the car, remember our son’s school open house, and oh yeah, what’s for dinner? Now, try multiplying this a thousand times and you have the picture of what our mind does each day.

What’s the solution? This week, try experimenting with the 4 ‘R’s’ of rekindling your creativity, igniting fresh inspiration and creating a life you absolutely love!

#1 – Respond Now. What’s on your list that is a quick and easy get it done now task? If it’s something that will take only 15-20 minutes, why wait? Do it now. Save yourself the investment of energy that it takes to remind your self of the task. Feel the freedom of completion and allow it to propel and motivate you forward.

#2 – Re-Assign It. Everyone needs a support team. Whether we are a dedicated stay-at home mom or CEO of a growing enterprise, when it comes to living our vision, support is not only necessary, it’s vital! Who are the members of your team? Look around and then ask for help. Let go of the “I can do it all myself” mindset and become a team player.

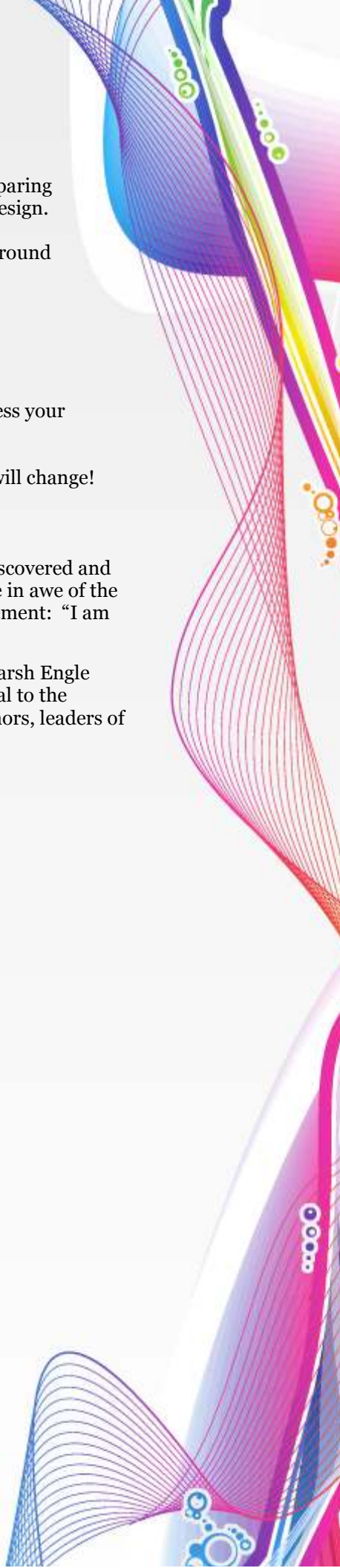
#3 – Relinquish It. Remember that stack of magazines and newspapers in the corner? Let’s be honest, will you ever get around to reading them? Take a close look at your list. My sense is there are some things – maybe many things – that you can simply release and let go of. Lighten the load, really prioritize and recapture boundless creative energy for what really matters most to you.

#4 – Re-Prioritize It. Remember, this is YOUR life. So really consider what is most important to you. Take a look at your ‘to do’ list and closely consider your investment of time in a purposeful way. Create a vision. Then, one by one consider each step and when it can be accomplished. Set a date in the future and enjoy the journey of creating. The best part of this exercise is that your mind will immediately become opened and relaxed. And, that relaxed state creates a spectacular atmosphere for more authentic, spontaneous success – where you can discover new possibilities, say YES to the life YOU desire, and live by your own unique design!

Looking for ways to celebrate your most amazing life now?

Here a list of 25 ways to ignite fresh possibilities and optimize creative flow!

1. Take a 10-30 minute walk every day. And while you walk, smile – it’s the direct path to feeling more connected with yourself, with others and with your surroundings.
2. Sit in silence for at least 10 minutes each day. The benefits are priceless!
3. Like late night shows? No worry, record them and get to bed early. The next morning you’ll bounce out of bed vibrant, rested and ready to embrace life!
4. Start your day with success in mind. When you wake up in the morning, make it part of your routine to speak aloud a statement of intention: “Today I am 100% committed to _____.”
5. Live the six essentials — Envision, Empower, Ignite, Explore, Trust, Embrace.
6. Make it a point to have more fun today than you did yesterday. Read poetry, engage in an intriguing conversation, challenge yourself with a favorite crossword puzzle, take time in nature, explore a new subject you’ve yet to explore. Whatever fun is to you, commit to experience more of it, now!
7. Dedicate time to strengthening your spiritual practice: Meditation, yoga, tai chi, chanting, prayer. This is the ultimate fuel for a full, rich, prosperous life.
8. Invest more time with people who are motivated, inspiring, uplifting, encouraging, insightful, fun and funny.
9. Play with fresh curiosity! Create a practice of exploring and investigating. Ask lots of questions. And, listen deeply for the answers.
10. Place nutrition high on your list of priorities. Eat more foods that grow on trees.
11. Drink plenty of water. Hydrate, hydrate, hydrate!
12. De-clutter your home, your car and your desk. Let go of the old. Let in the new! It’s all about allowing a fresh flow of energy into your life.
13. Value the power of your spoken word. Don’t waste your precious energy on gossip, long conversations about the past or things you cannot control. Rather invest your energy in empowered thoughts, solutions and focused outcomes.
14. Look for the yes in all things. Focus on the ways that every experience is expanding your connection with yourself, with others and with life.
15. Surround yourself with people who challenge you to be your very best. Allow yourself to receive the wisdom of mentors, the know-how of teachers and the lessons of role models. You are here to learn.

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16. Value your talents and share them relentlessly with others.
 17. Make peace with your past and empower your present.
 18. Remember comparison compromises self worth. Don't fall into the habit of comparing yourself or your life to others'. We each have a journey defined by our own unique design.
 19. Light candles, treat yourself to nice linens, listen to music. Make it a point to surround yourself with beauty. You are worth it right now!
 20. The best part is: No one is in charge of your happiness except you.
 21. Waste not one moment! Forgive yourself and forgive everyone for everything.
 22. Fortunately, what other people think of you is none of your business. Fully express your greatness. Hold nothing back!
 23. Life can change in a heartbeat! However the situation, one thing is certain: It will change!
 24. Your most amazing life is unfolding now. The best is yet to come!
 25. Each night, before you go to bed, reflect upon your day. Look for what you've discovered and ways you've accomplished more than you could have imagined. Allow yourself to be in awe of the outcomes. Then, set the tone for your next day by speaking aloud the following statement: "I am grateful for _____." In other words: Celebrate your most amazing life now!

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