



# Healthy WealthynWise



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## **Neale Donald Walsch**

**Invest in a Relationship Before You Take a Withdrawal**

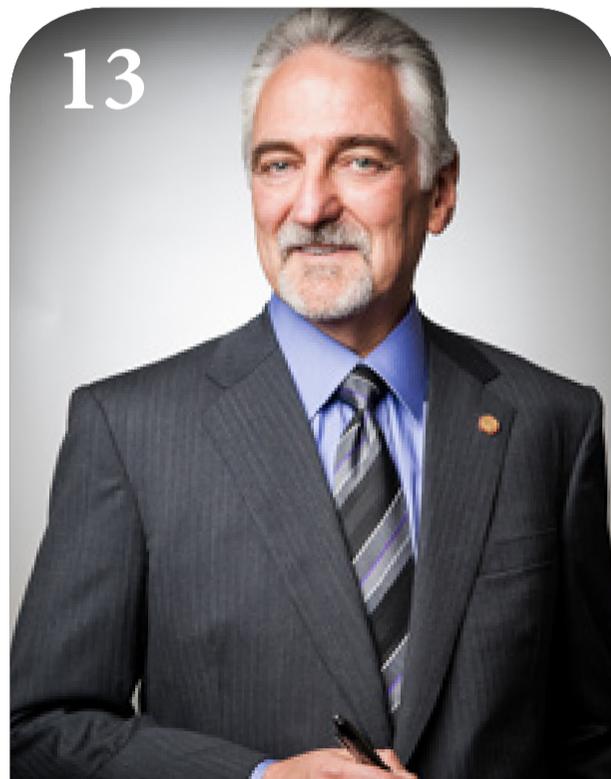
Dr. Ivan Misner

**3 Easy Steps and a Miraculous Recording That will Empower you to no Longer be Critical and Judgmental of Yourself and Others!**

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## from EDITOR

**Happy New Year!**

**With a New Year comes New Beginnings...**

**Or does it?**

Even though the date on the calendar has changed, the question is - have YOU?

You know the saying: "keep doing what you're doing and you'll keep getting what you're getting"

Or in another wording:

Insanity: doing the same thing over and over again and expecting different results.

In order to get different results, something must change. Either you, or the external situation around you must be different.

Hey, if you're practicing perfect technique when fly fishing over and over again, yes it is possible that a fish has now moved into the area you're fishing, and your results on this next cast really will be different.

But in most situations in life, our environment has not changed.

So we have to change.

We have to do things differently, see things in a new light, break out of our old habits and try new things.

You can't control if the fish is finally going to swim into the area you're fishing...

But you can control where you fish, how you fish and when you fish.

So with this exciting new year upon us, I invite you to take conscious control of what you're doing and break out of old habits so you can achieve new levels of success - in all areas of your life.

And as always, we're here to help out.

Starting off with the always transformative Neale Donald Walsch, and moving on to include some other amazing authors and experts in all areas of health wealth and wisdom.

So go ahead, check out this month's issue and see what changes you're going to make in 2014.

To your success!

Ric Thompson  
Co-Founder  
Healthy Wealthy nWise



# 2014: AN INTROSPECTIVE YEAR



Several prominent themes will move through the filaments of life in 2014. To find the predominant theme for 2014 year, we add  $2+0+1+4=7$ . The Number Seven can be a bit difficult to grapple with, as it is like holding a cloud in one's hands.

Certain buzz words need to be kept in mind as we travel through this rather unusual energy of 2014. Choice, discernment, silence, spirituality and ethics will show themselves as guideposts to be aware of and put into practice.

From a human perspective, the Number Seven influence branches out in many directions, ranging from a focus on mental health, to the environment and spirituality. This energy ruled by Pisces can bring a strong interest in the occult and the metaphysical. However, it can also attract skeptics who doubt all that is not pragmatic and self-evident.

Spiritual practices will become more mainstream. People will become more discerning in choosing between those preachers and teachers that are not for their highest good and greatest joy. Listening to and trusting one's hunches will become more imperative in decision making.

The Number Seven is an inner vibration prompting

one to silence, philosophical contemplation and analytical thinking, all in a space of reflection, rest, and solitude. The pressures of everyday life will bring forth a desire to get away from it all, and the best place for that will be nature. National parks will become even more popular as Mother Earth's energy becomes a healing balm in people's lives.

The environmental protection of trees and water will become a more popular issue as people become reacquainted with the calming aspects of nature. This will lead to an increase in businesses like camping gear, mobile homes, nature tours, and river rafting that bring us back to a simpler lifestyle within a natural habitat.

This contemplative and private vibration will cause many to withdraw and spend time in solitary activities often brought on by electronics, thus causing relationships to suffer. One might notice the divorce rate increasing in a Number Seven year as couples find they do not have much in common and withdraw emotionally and sexually, as a consequence. A desire to be alone, not necessarily lonely, can become intense, thus moving the couple apart.

Writing of all kinds will increase, including

personal journaling. Because people will not be verbalizing many of their thoughts, journaling will become a more popular form of self-expression.

Expect further development in the understanding of mental health issues. Depression caused by economic fears may become more of a public issue to be dealt with. Movement away from chemicals to more holistic approaches for medical treatments may become more popular and written about. More emphasis will be given to organic foods, as the Number Seven has a strong instinct for purity of health through foods. This enthusiasm is similar to a Virgo health fetish.

The Number Seven is a code for the intellect, inventiveness and research. Expect advances in technology to surge in 2014 as science, technology and research will become optimum. New appliances, medicines, gadgets and widgets will come to the fore, boggling the mind for sure.

A need to uncover hidden answers will become a joy to many; cold case answers will be discovered by detectives, fossil forms with hidden treasures will be unearthed by archaeologists and anthropologists. Secrets in relationships that have never before been revealed may become unmasked.

A sense of the past becomes a curiosity to Number Seven energies. People will want to enjoy 'the good ole days' when there was not as much fear and all were 'happy days.' Businesses that focus on nostalgia- antiques, recipes from our childhood and retro fashion may show themselves yet again over 2014. Discernment will be a key word in 2014, physically, financially and governmentally. More will be revealed as to the ethics (or lack thereof) of our elected officials, and a "push" to remove them will resound in the ethers. There will be a sense of retreat and re-evaluation in people's lives throughout 2014. It will become blatantly obvious that the truth has not been provided to them by those they have trusted, and the populace will begin to understand that they should no longer give their power away to others. The year of 2014 is about "personal regrouping." As Shakespeare wrote, "To thine

own self be true." The introspective year of 2014 is about finding one's own truth, not 'the other guy's,' in order to be happy, content, and in one's own power in life.

To move forward in one's personal life in 2014, we must come from our hearts, not our heads and egos. Number Seven is about trust and acceptance. Stay with heart based approaches. Trust that heart-based choices will guide you where you are to go and be, doing what you need to do in any moment. Know that your soul will take as long as it needs in order to move you forward in blessings and that when you surrender (which is different than giving up), what comes into your life next will be better and for your highest good and your greatest joy. When we choose fear, whether in our career, relationships or finances, physical ailments may arise. When we choose faith and trust in a Universe that can keep the stars in the sky, surrender to the Divine and let go of control, all will be well, slowly but surely.



*Elizabeth Summers, Esoteric Numerologist*

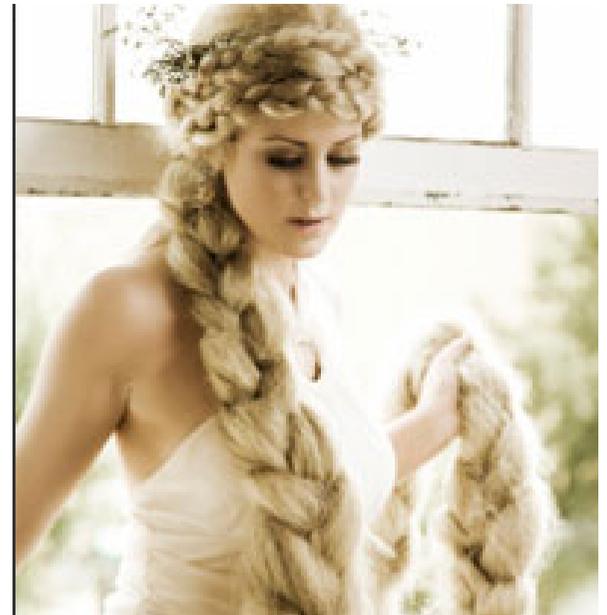
*Esoteric Numerologist Elizabeth Summers is adept at combining Numerology, an ancient system of codes based on the Western Pythagorean System, with astrology and the Chaldean/Quabala interpretations of the Tarot to decode an individual's temperament and personality, their attitude towards life, emotional reactions, best career choice, deepest desires, and the general issue they are meant to deal with in this life. To enjoy a personal reading with Elizabeth, please email: [elizabeth@elizabethsummers.com](mailto:elizabeth@elizabethsummers.com) or call 303-702-5420*

Find out more at [www.ElizabethSummers.com](http://www.ElizabethSummers.com)

PAMALA OSLIE

# HARRIED HOLIDAYS?

## YOUR AURA COLORS - SIGNS OF STRESS & TIPS TO BE HAPPY



We all know that the holiday season can be the most stressful and that, ironically, many of us find ourselves strung out and unhappy at a time when we are expected to be our happiest.

How we handle the stress of the season has a lot to do with the kind of person we are. Knowing that, we can use specific strategies to deal with holiday demands and make the season what it was meant to be- joyous.

How can we know what kind of person we are? The answer is in the colors of our aura. Everyone has an aura- what science calls the electromagnetic field- and we've all felt them. We've been instantly drawn to some people and repelled by others, because we've felt their energy. That energy is expressed in different color bands that radiate from our bodies- what we call the aura.

I have learned in my work as a professional psychic who can also see auras that our aura colors reveal very important information about who we are - our personality, relationship style and compatibilities, best career paths, potential health challenges and more. Discovering our aura color personality type and unique coping skills is a valuable key to knowing how to handle stress.

The quiz accompanying this article will help you discover your aura color. Take the quiz, and once you know your color, read on to discover your aura color personality, the signs that you are stressed, and some helpful tips tailored to help you deal with that stress and take the harried out of the holidays.

\* **Yellows** are fun loving, humorous, creative, physical, generous, sensitive & natural healers.

**Signs that you're stressed:** You are not laughing and enjoying life. You're avoiding, procrastinating or distracting yourself with addictions (food, alcohol, TV, sweets, drugs, caffeine, etc.) Your back or knees hurt.

**Tips to become happier:** Spend time in nature, exercise, dance, eat healthy, get a massage, play, laugh, cheer up others, hang out with your dog, simplify your life, find reasons to be optimistic, smile, watch a funny movie, and laugh some more.

\* **Greens** are intelligent and driven accomplishers, often business-owners, managers, sales, etc.

**Signs of stress:** You've become a workaholic; you're frustrated,

### AURA COLORS QUIZ

**Yes No Color #1**

I like to laugh, play, and cheer people up.

I tend to look younger than my age.

I like to be creative, artistic, athletic or a healer.

Total

**Yes No Color #2**

I am analytical and logical, not an emotional person.

I enjoy working with computers, machines, or electronics.

I prefer to work for others & enjoy working on details.

Total

**Yes No Color #3**

I tend to be a workaholic, perfectionist, ambitious, and strong-willed.

My top priorities are money and accomplishing goals.

I am organized, efficient, and often write lists.

Total

**Yes No Color #4**

I tend to help, counsel, and nurture others.

Love, spirituality, and relationships are my highest priorities

critical, controlling, arguing, yelling, blaming others, or being hard on yourself. You have tight neck & shoulders, heart problems or digestive issues.

**Tips to become happier:** Write a list of your accomplishments, appreciate everything on that list, take deep breaths, organize your space, reduce your caffeine intake, reassess & write a list of your goals, trust yourself, and develop a plan. Then once you learn how to breathe, take action.

\* **Violets** are visionaries, leaders, teachers, artists & humanitarians who want to help the world.

**Signs of stress:** You've become overwhelmed, scattered, constantly multi-tasking, stuck, bored, restless, or depressed; or you're bossy, judgmental & impatient. Your thyroid may be unhealthy or your eyes may be bothering you.

**Tips to become happier:** Practice your favorite form of daily meditation, travel, listen to positive music & inspirational teachers, spend quiet time alone realigning with your visions, get involved with humanitarian projects, be with people who inspire & motivate you, travel again - hopefully to foreign countries.

\* **Blues** are loving, nurturing, spiritual, emotional, and perpetually counseling and helping others.

**Signs of stress:** You're exhausted from giving too much, you're sad, cry a lot, feel unappreciated, feel unlovable or unworthy, feel guilty, or depressed. You may have throat, breast or reproductive issues.

**Tips to become happier:** Pray, connect with a Greater Source, walk, breath, meditate, appreciate your home & loved ones, remember all the loving things you've done for others, let go of guilt, trust you are loved, learn to love yourself by doing good things for you too, learn to say no, help others without over doing it, spend time with supportive friends.

\* **Tans** are practical, logical, patient, detail-oriented, reliable, and value stability & security.

**Signs of stress:** You're worried, anxious, impatient, frustrated, critical, bottling up anger or intense emotions, pessimistic, withdrawn or shut down. You may be experiencing headaches or eyestrain.

**Tips to become happier:** Exercise, watch less news, take a break from the details, develop a secure financial plan, rest your eyes, breathe, read positive & optimistic information, find healthy outlets for your emotions (such as talking with a calm & rational friend who can give practical & trustworthy advice), research data until you feel more secure.

Enjoy exploring [www.LifeColorsCity.com](http://www.LifeColorsCity.com) to discover more helpful and exciting information.

\_\_\_ \_\_\_ I tend to be emotional and can cry easily.

\_\_\_ \_\_\_ Total

**Yes No Color #5**

\_\_\_ \_\_\_ I have a strong desire to help save or improve the planet.

\_\_\_ \_\_\_ I have always felt that I was going to be famous, be a leader or do something big and important.

\_\_\_ \_\_\_ Freedom, travel, and independence are major priorities to me.

\_\_\_ \_\_\_ Total

Highest number of "yes" answers: Color # \_\_\_\_\_

Second highest number of "yes" answers: Color # \_\_\_\_\_

### Your Aura Color Key

#1 = Yellow

#2 = Tan

#3 = Green

#4 = Blue

#5 = Violet

Most people have two main aura colors, so the personality traits of both colors will apply to you.

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and

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# FLAT STOMACH WORKOUT AND GREAT FAT BURNING WORKOUT FOR WOMEN

*By Julian Hooks*

Fat storage in human body is two-way. That is; visible and invisible. The visible fat is evident under the skin (subcutaneous) in thighs, buttocks, abdomen and hips. The invisible fat is deeply rooted in the body, around the vital organs like the lungs, heart, liver, digestive tract etc. in the chest, pelvis and abdomen. Many women are self-conscious about their visible fats around the stomach. But the invisible fat around the belly walls bring about the large sized bellies. Too much of this fat can lead to heart disease, dementia, Type 2 diabetes, breast and colon cancer. Obesity causes fat storage to start around the vital organs like the heart. This calls for fat burning workout in women .

As a woman, you need to keep

your waist size at or less than 35 inches. Otherwise, your stomach will be extremely fatty. Women admire to have toned, flat stomach and uses crunching as the best option in trying to reduce their belly fat. But you should know that, crunching is not very effective since it only works out for frontal and abdominal muscles. In order to keep the right belly size, you need to engage yourself in a series of more great stabilization exercises which works to stabilize the pelvis and spine so that back pain is reduced as posture gets improved. The standard plank and anti-rotation hold are fit for you and all other women in eliminating excessive fats in the body. In the long run, these body workouts will ensure your belly is flat. This exercises burn fat more than crunching. The

## Fat Burning Workouts



following are recommended [fat burning workout exercises](#) for women;



**Side Plank:** Here, you are needed to support your whole body weight on two points in contact. You ensure that you have worked harder in order to remain at a stable state. A standard way of doing this workout is as follows;

- With your legs stacked, lie on your left side with the elbow directly below your shoulder. On your right hip or left shoulder, put your right hand.
- Bracing your abs, lift your hips off the floor till you obtain a balancing posture on your feet and forearm in a diagonal line. Repeat the process until you can stay up to 30-45 seconds if you can not make it at first round. Continue this while switching sideways and repeating the same procedure.

**Make it harder:** The Core

strengthening exercises are essential as **fat burning workout** to women. These exercises are many and can easily be carried out at home either without using any equipment or with both equipment and gadgets. Both front and back muscles are made to contract simultaneously while multi-joint movements are done and spinal stabilization is monitored well. During this exercise, abdominal bracing is necessary during which the navel is pulled back towards the spine. Upon performing this exercise, you should be able to

breathe evenly while bracing without any hold of your breath.



*Julian Hooks is a health & fitness enthusiast. He writes on topics such as the exercises and workout plans. Through All Workout Routines.com he strives to help everyone achieve their fitness and weight loss goals and provide access to the information and education they need to do so.*



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# HCG DIET: SAVIOUR OR A THERAPEUTIC MISADVENTURE?

*The part can never be well, unless the whole is well. -Plato*

There's something in the above statement that's hardwired into our conscience; an inherent belief in 'doing the right thing'. It coerces us to be ethical with our body, staying in persistent denial of fads and quick fix weight loss ways.

Perhaps that explains the organic foods, disciplined living, long walks, yoga, embracing nature and naturopathy, etc.

In times where fit and healthy body is the best fashion statement, Human Chorionic Gonadotropin (HCG) might

owe its slow start, to this.

It's hard to say whether using HCG for weight loss is right or not, it definitely isn't the best fit with our moral codes.

## **Is there really a problem with HCG? Let's explore**

In the US, HCG has been allowed by the Food and Drug Administration only to treat infertility and hormonal imbalances, not for weight loss. Its usage as a weight loss aid is unproven. In fact, the [FDA has gone out to call HCG supplements, illegal and fraudulent](#).

But why doesn't a hormone

produced by women during pregnancy gel with our established notions of achieving weight loss?

The real trouble lies with the 500-800 calorie diet. People who go in for HCG diet don't exceed this number. They say, they don't feel hunger because they are on HCG. However, skeptics (and they are many) believe that the weight loss that occurs is a 'placebo effect' and is a short term remedy. It is a dangerous recipe that can induce gallstone formation, irregular heartbeat, electrolyte imbalance, even blood clots.

That said no adverse effects

have been proven till now. No concrete evidences- still HCG remains potentially dangerous.

### How it works

HCG, the wonder drug, boasting of [endorsements by Dr Oz](#) supposedly ‘tricks’ the body into feeling it is pregnant to nourish the fetus. As a result, the extra fat in your body is diverted to the fetus (which isn’t there).

Apparently, it only releases the fat not the muscle content. That’s how they say the body remains perfectly healthy during the HCG diet.

Generally, in women during pregnancy, even if they aren’t having an appropriate diet, the HCG hormone makes it up for the fetus, to provide it a healthy, cozy environment.

So, the premise given by the

supporters of HCG is if it can work for pregnant women it can work for everybody.

### Final Thoughts

It’s hard to pinpoint, whether HCG is really a placebo effect or it has something to do with weight loss.

Apparently, it’s written off by the FDA due to the less calorie intake the diet prescribes. It is alleged that the body loses fat because of this.

The question is- what if the calorie intake wasn’t reduced to 500-800? Will the body still lose fat?

Many say HCG is an ‘appetite suppressant’.

The FDA has even said it can cause Ovarian Hyperstimulation Syndrome (OHSS), a potentially life-threatening condition.

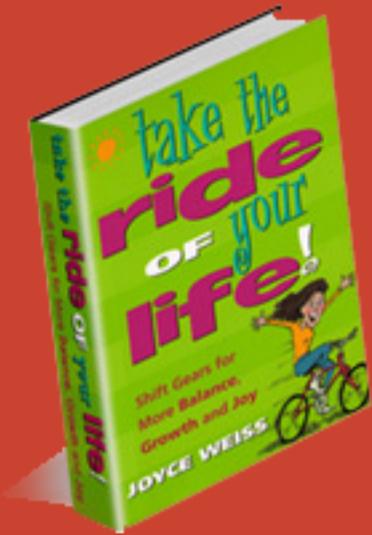
Of course there are more uncomfortable questions, leaving enough scope for the skeptics to liken it with weight loss by starving.

But so what if all’s not well in the HCG paradise; people are still going ahead with it, and doctors are still prescribing it!



*Dr. Michael Lederman, LL.B., N.D., is a licensed Naturopathic physician in British Columbia. Since 1999, Dr. Lederman, has been practicing as a primary health care physician offering individualized treatment programs for patients of all ages. Dr. Lederman merges safe and effective natural therapies with current advances in modern medicine. You can reach him at: [info@drlederman.com](mailto:info@drlederman.com)*

# TURN YOUR TEAM'S CREATIVITY INTO ACTION TO REDUCE CONFLICT IN THE WORKPLACE



Have you ever had a great idea for your company and got everyone excited about doing it, but then no one took action and the great idea died? Such is a common occurrence in organizations across the country. In fact, in most companies generating great ideas isn't the problem – it's turning those ideas into action that stalls a company's growth. This will also reduce conflict in the workplace.

In order to help your team take action on new ideas, use the following idea moving process to get from idea to final delivery.

## 1. Generate at least 50 ideas for your current dilemma.

How do you know if an idea is truly great unless you challenge it with new ideas? That's why you need to generate a lot of ideas to

get the idea process started. Have people write one idea per "sticky note." During this phase, temporarily ignore rules and budgets. Anything goes. Don't self-edit and don't think anything is "stupid." Encourage wild ideas from everyone; be playful. And since this is a group effort, feel free to expand on other people's ideas. Remember, it's not a competition.

## 2. Move the most exciting ideas forward.

Take all your sticky notes and group similar ideas together. Decide on a category heading for each group. Then, rather than decide on a single idea to pursue, begin by deciding on an idea-group that is most attractive given the current situation. Use past experience and current need to help with the decision process.

## 3. Remove hurdles and identify holes.

Analyze the selected group and come up with reasons why the ideas may *not* work using the following questions to refine the idea to implementation:

- What are the consequences if we do these ideas as presented?
- What potential challenges could arise in the workplace?
- How will these ideas work within the available resources of time, money, and people?

If you don't like your answers, refine the ideas – don't kill them.

## 4. Create a specific step-by-step action plan.

Create a plan to ensure that

the idea can be implemented successfully. Consider such things as:

- Training and resources: Does the timeline and task schedule require training or resources not currently at hand? If so, how do you get them?
- Budget: Do you have the financial resources to see the idea through to completion? If not, what creative things can you do to offset costs (trade out of products or services, use contract labor, etc.)?
- Timelines: What is the chronological order for doing each step?
- Celebration points: At what point will you celebrate

milestones, and what celebration activities will be most appropriate?

### Action is the Key to Results

When people have a thought-out plan for carrying out an idea, they are better equipped and better able to turn that idea into reality. So use this idea process for every dilemma, whether large or small. You'll get the most creative solution for your current challenge, as well as the ability to turn that idea into action. This will reduce conflict in the workplace to move your team to the next level.



*Joyce Weiss, author of Communicate with Impact, Full Speed Ahead and Take the Ride of Your Life, is a nationally recognized conflict resolution consultant and facilitator. She is one of 240 women in the world who has received the certified speaking professional designation. Joyce helps people have those tough conversations to get a better night's sleep.*

# How to Get 'The Law of Attraction' to Work in YOUR Life

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With Eleven Teachers  
From The Hit Film "The Secret"

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CLICK HERE TO FIND OUT HOW!

# INVEST IN A RELATIONSHIP BEFORE YOU TAKE A WITHDRAWAL

*By Dr. Ivan Misner*

Many people rely on referrals from others as a primary source of business. However, not everyone who relies on referrals is successful. Why is this? I've studied these folks – and those who are not successful seem to have “surface-level” referral relationships.

They know just enough about their referral sources' businesses to get by. They don't actually know a lot about the people themselves. They tend to say vague things like: “He is really nice,” “You'll like her; she's a good person”, or “Well, if you just meet with him, I am sure you'll like him.” If pressed further, they probably couldn't tell you much more about those people – and they almost certainly have not built enough social capital with them to count on them when they really need something from the relationship (and vice versa).

Building the deep referral relationship – the kind of relationship that leads to referrals – is almost completely dependent upon the social capital you have built with someone. Social capital is like financial capital. To amass financial capital, you have to invest and grow your assets. You have to have money in the bank before you can make a withdrawal.

Relationships are very much the same – referral relationships in particular.

Here's a great example of someone who amassed quite a bit of social capital...from me!



Alex was what I would call a casual business associate, but from early on after our introduction, every time I spoke to him, he invested in the relationship. He gave me ideas, gave me his time, he even did some work on a website for me. He invested...and invested...and invested.

I kept asking him how I could help him – to return the favor and reciprocate for all the kindnesses and great help he'd been to me. His answer every time was, “I don't need anything. I'm happy to do this.”

This went on for almost a year. Every two to three months, Alex would show up on my radar and do something for me.

Then, one time, he phoned me and said, “I have a favor to ask...” and I stopped him right there before he could say anything else.

“Yes!” I said.

“But you didn’t even hear what the favor is!” laughed Alex.

I replied that I didn’t have to hear what the favor was. I told him I knew him well enough to know he was not going to ask me something impossible, and that he had invested so much into the relationship that I would do anything in my power to help.

When he told me what he needed, it was easy – a small promotion by me for one of his services. It was such a big thing for Alex, and something easy for me. I was happy to do it!

In my career, a huge number of folks come to me and ask me to promote something for them. The thing is, the majority of those who contact me have never actually met me or had a previous conversation with me. They’ve never invested in the relationship, yet they want a withdrawal from it!

Before you ask for a withdrawal, make sure to make an investment, and build a deep referral relationship. If you can answer yes to most or all of the following points about a person and her business, you would have a pretty deep referral relationship:

- You trust them to do a great job and take great care of your referred prospects.
- You have known each other for at least one year.
- You understand at least three major products or services within their business and feel comfortable explaining them to others.
- You know the names of their family members and have met them personally.
- You have both asked each other how you can help grow your respective businesses.
- You know at least five of their goals for the year, including personal and business goals.

- You could call them at 9 o’clock at night if you really needed something.
- You would not feel awkward asking them for help with either a personal or business challenge.
- You enjoy the time you spend together.
- You have regular appointments scheduled, both business and personal.
- You enjoy seeing them achieve further success.
- They are “top of mind” regularly.
- You have open, honest talks about how you can help each other further.

You may be shocked at the level of personal knowledge required for a deep referral relationship, and you may want to argue that referrals should be all about business. I completely disagree. Referrals are personal. When you give a referral, you give a little of your reputation away. You need to know the person that is going to affect your reputation. It takes a lot to develop this type of relationship, but those who do will certainly succeed at building a business from referrals.



*Called the “father of modern networking” by CNN, Dr. Ivan Misner is a New York Times bestselling author. He is the Founder and Chairman of BNI ([www.BNI.com](http://www.BNI.com)), the world’s largest business networking organization. His book, *Networking Like a Pro*, can be viewed at [www.IvanMisner.com](http://www.IvanMisner.com). Dr. Misner is also the Sr. Partner for the Referral Institute ([www.ReferralInstitute.com](http://www.ReferralInstitute.com)), an international referral training company.*

# THE IMPORTANCE OF MARKETING AUDITS

By Lisa Manyon

**Are YOU sure your online marketing is as streamlined as it needs to be?**

Let me take that question a step further ... have you considered marketing audits for all of your offerings and revenue streams?

**Do you have a system in place to monitor communications and make sure your team (current or previous) sets up your online communications properly?**

I am seriously asking this and for a very good reason. AND part of that reason is I learned the hard way that you must personally spot check the work your team is doing (or enlist the support of someone you trust) to make sure it's done properly and in some cases, that it's done at all...

Remember how I share that **each of your online offerings needs to have its own strategy** (that means external marketing and internal marketing).

**I often teach by example**

**and this valuable lesson can save you time, money and lost clients.** I double checked on an auto-responder email series for a specific offering and I found that the AR's were set up but the content was NOT loaded. WHAT?!!

This means that my **clients who ordered that specific product were not receiving the intended follow up marketing messages** to let them know how I can best support them. They had been getting blank messages with only a subject line. YIKES!!!

**This should have been ready to go and tested by previous team members and it WASN'T.**

I wrote the copy and sent it off to be proofed and loaded and it didn't happen. I have to take some responsibility because I should have been spot checking and insisted that the test email series were sent directly to me for final approval. **I've since set up a system to monitor all communications for all new products and services** (and we're double checking all

the current ones, too). Needless to say, **it was a BIG surprise to find this error and an opportunity** to improve systems.

**AND this experience is exactly why online marketing message and strategy audits are necessary (we shouldn't have to micro manage but clearly there needs to be some additional quality control and systems in place).** How long has it been since you checked your email sequences, opt in offer and follow up correspondence?

I'm so glad I checked this myself (albeit a bit disappointed that the job was NOT done as reported). **I wonder how much potential business that team mistake cost me?** I wonder if similar mistakes are costing you business?

**Sadly this isn't an isolated situation. Not in my business and likely not in yours** unless you already have systems in place and are regularly reviewing content and

strategy. If so, good for you! It's important and if you'd like some support, I can help.

**During our marketing audit, we'll customize the following to support your business model** and:

- **Review revenue streams and projections** to make sure they are realistic and attainable not just based on someone selling you "hope"
- **Make adjustments and suggestions for new direction** as necessary and in alignment with YOUR big vision
- **Revisit your strategy to plan for success** based on creating a lifestyle that fully supports you
- **Update web content, strategies and packages** to ensure you're connecting genuinely with your ideal prospects and moving them to paying customers (*This is often where unrealistic web expectations are uncovered, and this is a really good thing, because it could mean uncovering additional revenue streams and/or ways to increase profits*)
- **Review your opt in**

**offer and follow up email sequence** to make sure it's in alignment with your goals and what your clients want (*this can include review and update of email sequences for each of your offerings*)

- **Create an Internet marketing editorial calendar** so your marketing efforts strategically support your revenue goals (*I call them content strategy plans and you can read about some of the results my techniques have generated for clients [here](#)*) to support your projections and revenue goals
  - **Consistently review and monitor your results** for a mutually agreed upon amount of time (*6 months is often optimal and then you can reassess what you really want, need and have achieved before you renew*)
  - **Clearly outline the benchmarks you want to achieve** during your contracted time (*This is personalized based on YOUR goals.*)
- Because this is detailed, one-on-one work, I'm only offering this to select businesses. To be considered for the marketing audit, including a customized version of the 7 core components outlined above and direct access to me to help you fine-

tune your marketing message and strategy, schedule an Exploratory Consultation or [visit my coaching, consulting and mentoring page here](#) to see how I can support you.

Is it time for a marketing audit? When was the last time you fully reviewed your marketing funnels?



Lisa Manyon is "The Business Marketing Architect" a content and copywriting strategist for mission-driven entrepreneurs. She's the creator of the NEW marketing model for success (as seen in Inc. Magazine) that's changing the way people market today. She specializes in powerfully communicating your marketing message to increase results via Manyon Marketing Web Makeovers, website copy packages and content strategies to effectively market your business. She offers a free Copywriting Action Plan and marketing resources on her award winning blog [www.writeoncreative.com/blog](http://www.writeoncreative.com/blog)

# 3 EASY STEPS AND A MIRACULOUS RECORDING THAT WILL EMPOWER YOU TO NO LONGER BE CRITICAL AND JUDGMENTAL OF YOURSELF AND OTHERS!

*By Ann Taylor*

**After 17 years of working with people as an energy healer, I've found that just about everyone is critical and judgmental of themselves and others on occasion. It's an easy habit to get into and I sometimes catch myself doing it too.**

But, I don't enjoy thinking that way and I'm sure you don't either. By following the next 3 steps and listening to the miraculous recording provided at the end, you'll find it not only hard to be critical and judgmental of yourself and others - it will be almost impossible. Thank someone every day. I find it really helps to make an effort to thank at least one person daily for something they've done that has made your life better. You can incorporate this into your daily routine in very simple ways. You could genuinely thank the teller at the bank who was particularly nice

to you, or surprise your child with a special thank you note in his lunch box for making his bed that morning.

These small gestures will make you feel great, and will brighten the recipients' days as well. Practicing this daily will make you much less critical of yourself and others! Spend time with people who are positive and caring of others. If you surround yourself with people who are negative, or tend to gossip about others, that negative energy will affect your thoughts and actions as well. Think for a minute of how you feel when you have lunch with someone who is positive and happy versus someone who is negative and complaining about others. Which interaction leaves you feeling rejuvenated and inspired and which leaves you feeling drained?

Be good to yourself today by making the decision to spend more time with the individuals in your life who are a positive influence. THINK before you speak. It's important to remember that this isn't just referring to other people; it is important that you THINK before you say anything to, or about, yourself as well.

T - Is it true?

H - Is it helpful?

I - Is it inspiring?

N - Is it necessary?

K - Is it kind?

If you can learn to live by this acronym, you will be far less critical and judgmental and will find your relationships with everyone around you, including yourself, improved.

Take one or more of these simple steps when you find yourself thinking negatively and you will

feel so much better about yourself and those around you.

And here's something that I know you're going to love! I've made a recording that actually heals you of being critical and judgmental of yourself and others.

When you listen to this recording God and I will eliminate this issue from your conscious and subconscious mind. You'll immediately feel like you put down some heavy baggage, and that's because you did!

This recording is my free gift to you which will miraculously change your life in an amazingly powerful way!

[Tap here to listen now.](#)

*Ann Taylor*  
EXPERIENCE THE POWER OF INNER HEALING



*From stock broker to world renowned energy healer with her work now in 111 countries and all 50 US states, Ann Taylor has been doing miraculous healings with tens of thousands of people for 17 years. Her healing work is legendary for permanently eliminating negative worries, fears and beliefs that are holding you back. You can learn more about her on her website, [innerhealing.com](http://innerhealing.com).*

# MEDITATION HELPS IN SPIRITUAL AND PSYCHOLOGICAL AWARENESS

Stress and anxiety are a part and parcel of our everyday life. However, over a period of time, increased levels of stress and anxiety can take a toll on our body. Millions of people around the world suffer from Generalized Anxiety Disorder (GAD), and depression. There are several ways in which anxiety can be controlled including meditation and medication. In fact, research over the years has found that meditation can be highly beneficial for people with GAD and depression.

Meditation connects us with our inner self. It is a state in which we relax our body and mind, and train ourselves to be an observer, and not a judge, of the inner turmoil of the brain. As humans, it is our natural tendency to get worried or worked up on matters concerning us. Meditation helps in relieving some of the worry, and allows us to see things in a different light. Today, meditation is practiced all over the world, and people are benefitting from it tremendously. In Eastern world, meditation is widely used for spiritual awareness, while Westerners meditate to deal with common mental ailments such as anxiety and depression. In the following

paragraphs, we will focus on the psychological and spiritual benefits of meditation.

## **Reduction in [Stress Levels](#)**

Owing to our modern day hectic lifestyle, stress has become a common ailment that all of us have to deal with. However, through meditation, we can learn to effectively deal to cope up with stress. Meditation gives us the focus to concentrate on building inner peace. Meditation is a great relaxation technique that prepares us to face the challenges of the day. Spending 10 to 15 minutes daily can help in keeping the stress levels in check, which in turn, will lead to a more focused day.

## **Better Awareness of the Self**

When you meditate in a quiet place, you analyze your thoughts without judging or reacting to them. Often, we are plagued by a multitude of worries, which cause anxiety and interfere with our work. In an effort to find a solution to the worry, or avoid it completely, we lose touch with ourselves, and often take to intoxicants to feel better. But the truth is that intoxicants such as alcohol only give us short-term relief, while

its long-term intake causes various debilitating conditions. Accepting ourselves in the way we are, takes a lot of courage, and this is what meditation helps us to do. Meditating daily brings a deep sense of self-awareness, which is extremely beneficial in dealing with negative emotions such as anger and frustration.

## **Leads to Spiritual Awareness**

We often turn to God when the going gets tough. But what about all those moments of bliss and tranquility? Do we spare a moment and thank God for all he has given to us. Well, the fact is that most of us might chant Jesus or Allah for a few moments, but the connection is rhetorical and not spiritual. In order to connect with God, we need to be in a state of calm. Meditation provides us with the perfect opportunity to become one with the Universe. It does not matter what religion you are from, or what sect you belong to; meditation can be used as a means to get closer to God.

## **Changes your Outlook towards Life**

As meditation helps in bringing permanent inner calmness, it helps in changing our outlook

towards life. Many people who have been meditating regularly talk about how meditation brought a sea change in their outlook towards life. They say that meditation has made them more compassionate and altruistic. It is true that meditation can help a great deal in helping people adopt a positive attitude.

These were some psychological and spiritual benefits of meditation. We hope that this article inspires you meditate regularly.

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*lean on life*

*Candy Evans is a contributor at Lean On Life. She is a fitness aficionado, and has been writing articles on health and fitness since she was 18. Candy believes in doing her bit to spread awareness about healthy living, and she does it through her writing, one article at a time!*



# WENDY CAPLAND

## START THE NEW YEAR OFF WITH YOUR *NEXT BOLD MOVE*



You feel it, don't you? The yearning to achieve something that seems so much bigger than you are. The desire to answer your soul's call for purpose and fulfillment. Can you feel it coming? It's the bold move that will undoubtedly change your life in the best ways possible. We've all experienced the sensation of standing at the edge of something big....VERY BIG! The first step is recognizing that you are enough and that because you are enough, you have all the power you need to manifest and express your full potential.

But how do you figure out what it is you truly want? My journey began when I woke up one day feeling dissatisfied and unsure of what I wanted and what my life was supposed to be. On the outside, I had

it all; a supportive husband, loving children, and a successful business under my belt. Everything was fine, but suddenly fine wasn't good enough anymore, and I couldn't figure out why. All I knew is that something inside shifted, and I was craving more. And so my search began, in quiet reflection, in talking with my coach, and in long talks with my girlfriends over a cup of tea. I started to really listen to the things coming out of my mouth. I would hear myself say something and think "Hmmm...this is actually really important to me" or "Wow, why is my self talk so negative?" These slow-trickling realizations helped me realize that the woman I wanted to be, the things I wanted to accomplish, and the life I wanted to live have been here all along waiting

for me to wake up and do something about it. The real changes began happening when I started using my gifts and talents in new ways, loving myself and believing that I was good enough. Suddenly, the path I was walking was much brighter and I couldn't help but feel like a weight had been lifted off my shoulders.

Had I found the secret to true, fulfilling and purposeful success? What I discovered is that the key to this success, was letting my heart and soul guide me instead of using the "logicalness" of my mind and learning how to become a better version of myself instead of trying to be more like everyone else. I created nine straight forward steps to encourage and guide women, like you and I, to step confidently into our next

bold move, whether it be on a professional or personal playing field.

### **Check Your Inner State**

First and foremost, check your inner state. You need to be able to recognize what is calling you forward before you can listen to it and determine the appropriate action. Ask your heart to finish the following sentences:

“I feel \_\_\_\_\_ about my life right now.” (Happy, satisfied, out of sorts, confused, etc.)

“The area of my life that I want to be different is\_\_\_\_\_.”

Try journaling about the experience that is causing your dissatisfaction. Awaken the voice inside you that is trying to get out. The more attention you give to trying to hear this voice, the louder it will speak to you.

### **Give Yourself a Time-Out**

Next, give yourself a time-out! It is critically important to allow your heart and your mind a quiet opportunity to speak to each other. One of the greatest gifts you can offer yourself is a few moments of guilt-free peace. Our brains sort through our greatest life challenges when we are at rest or play, so give your mind a vacation; it will serve you up tremendous information and

inspiration to take action on.

### **Listen UP to Your Intuition**

Once your inner voice is awake and you have allowed yourself a quiet moment to hear her, it's time to listen. What idea keeps floating around in your mind? Is there something that you feel in your gut over and over again? This is your intuition trying to tell you something. Recognizing the interference of your intuition takes practice. Test and evaluate the results of your intuition without fear of right and wrong. Just listen and see what happens. After awhile, you will start to trust what your voice is telling you.

### **Prepare for the Game**

Preparing for the game is the 4th game means taking great care of your body, mind and spirit. Like an Olympic athlete, preparing yourself to play the game physically, emotionally and spiritually are critical to the results you will create. A body overstressed and overworked won't be likely to create anything except for burnout and chaos! Physically, it is important to honor your body and provide it with the fuel to keep you moving. Preparing your mind for the game consists of learning and growth with regards to your passion. Knowledge is power and provides confidence for your journey.

Preparing your spirit involves anything that brings you peace: meditation, a good book, a walk in the woods, etc.

### **Get Clear About What You Want**

Next, you need to get clear about what you want. Learning to listen deeply and trust your inner guidance is paramount in getting crystal clear about what your true desires are. Bringing those desires to fruition is made possible by harnessing a balanced approach to masculine and feminine energy. Ask your analytical mind if it likes the idea (masculine) and then ask your heart if it feels right (feminine).

### **Surround Yourself with Extreme Support**

Step 6 is to surround yourself with those people you want close to you through this process. Make a list of your biggest personal and professional supporters and designate someone who might be a good coach/mentor for you to move you through your next bold move. Women are often better at supporting others than allowing others to support us. Get used to asking for support and surrounding yourself with cheerleaders versus with all the people that need care and tending for a change.

## **Gather in Purposeful Community**

Along with extreme supporters, you will also need to gather a purposeful community- collecting a group of like-minded people who will be there to encourage you and share with you step in making your next bold move. Preparing for the the same focus, passion or vision. These people could be essential to moving you forward and supporting you in a way that personal supporters cannot.

## **Generate some S.T.E.A.M.**

Now comes the fun part; it's time to generate some STEAM! STEAM is an acronym for an active process that will propel you forward and turn your vision into a reality- Step into action, Tweak what's not working, Execute and experiment, Act again, and Measure your results each step along the way.

## **Dance and Weave**

The final step to achieving your next bold move is to dance through the steps easily and weave your masculine and feminine energy together so that your journey is fun and fulfilling.

The most important concept I want you walk away with

is that you can achieve absolutely ANY goal you set for yourself. You simply need to acknowledge your power, get clear about what your intuition wants you to accomplish, and make it happen! There is nothing else standing in your way, and you have nothing to lose. It's okay to be afraid and unsure of how it will all play out. If your heart is calling for it and your head thinks it's a pretty good idea too, then you really have no choice but to take action. And, if your goal changes somewhere along the way, that's okay too! Simply starting out on this journey could lead you to opportunities that were beyond your wildest dreams. So ladies, start the New Year off with Your Next Bold Move and watch your life fall magnificently into place!



*Wendy Capland is an award winning executive and one of the top women leaders in the field of transformational leadership development. For more than 20 years, Wendy Capland has helped organizations and individuals, Fortune 100 executives and entrepreneurs alike, build leadership skills through Executive Coaching, Leadership Training, and Team Facilitation. She is the author of **Your Next Bold Move for Women: 9 Proven Steps to Everything You Ever Wanted.***

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# Neale Donald Walsch

This month's cover story is an incredible audio entitled "LIVING FROM YOUR SOUL: Discover the Secret of Your Soul's Agenda And Experience a Meaningful, Joyful Life" by Neale Donald Walsch. Enjoy...

Neale Donald Walsch is a modern day spiritual messenger whose words continue to touch the world in profound ways. With an early interest in religion and a deeply felt connection to spirituality, Neale spent the majority of his life thriving professionally, yet searching for spiritual meaning before beginning his now famous conversation with God. His With God series of books has been translated into 37 languages, touching millions of lives and inspiring important changes in their day-to-day lives.

In addition to authoring the renowned With God series, Neale has published 16 other works, as well as a number of video and audio programs. Available throughout the world, each of the CwG dialogue books has made the New York Times Bestseller list, Conversations with God-Book 1 occupying that list for over two and half years.

The With God Series has redefined God and shifted spiritual paradigms around the globe. In order to deal with the enormous response to his writings, Neale created the Conversations with God Foundation, a non-profit educational organization dedicated to inspiring the world to help itself move from violence to peace, from confusion to clarity, and from anger to love.

Neale's work has taken him from the steps of Macchu Picchu in Peru to the steps of the Shinto shrines of Japan, from Red Square in Moscow to St. Peters Square in Vatican City to Tiananmen Square in China. And everywhere he has gone-from South Africa to Norway, Croatia to The Netherlands, the streets of Zurich to the streets of Seoul, Neale has found a hunger among the people to find a new way to live, at last, in peace and harmony, and he has sought to bring people a new understanding of life and of God which would allow them to experience that.

# FOUR WAYS YOUR DARKEST MOMENT COULD BE THE BEGINNING OF YOUR LIFE CHANGE

Crash. Bang. Reality. As I woke up, a dark misty haze was swirling around my mind. The moment that I recognized that I was in a hospital bed, the events of the past 24 hours came flooding through my mind. I had tried to take my own life. At the age of 26 years old, my marriage had ended, and along with it, the non-profit organization that I had worked so passionately to grow, was pulled from under me. At that moment in time, living ceased to be an option.

After a seven-year relationship, my wife had walked out of the door, never to return --and as I sat in our apartment surrounded by everything we had built together, the future looked dark and overwhelming. It was a future that I was certain I was not willing to endure. I turned to Google and keyed in the words "most painless and quickest way to kill myself."

I will always maintain that my attempt at wiping my existence off the face of the planet was the best thing to happen to me; it totally changed my life. Whether it's the end of a relationship, the struggle to get a job, or an overwhelming sense of hopelessness and lack of direction, we all experience "dark

moments" in life. It is these most difficult times that can turn out to be the most profound.

Let me share with you four ways that your darkest moments could be the making of your life, should you choose to see this as a new doorway.

## Forced self-intimacy

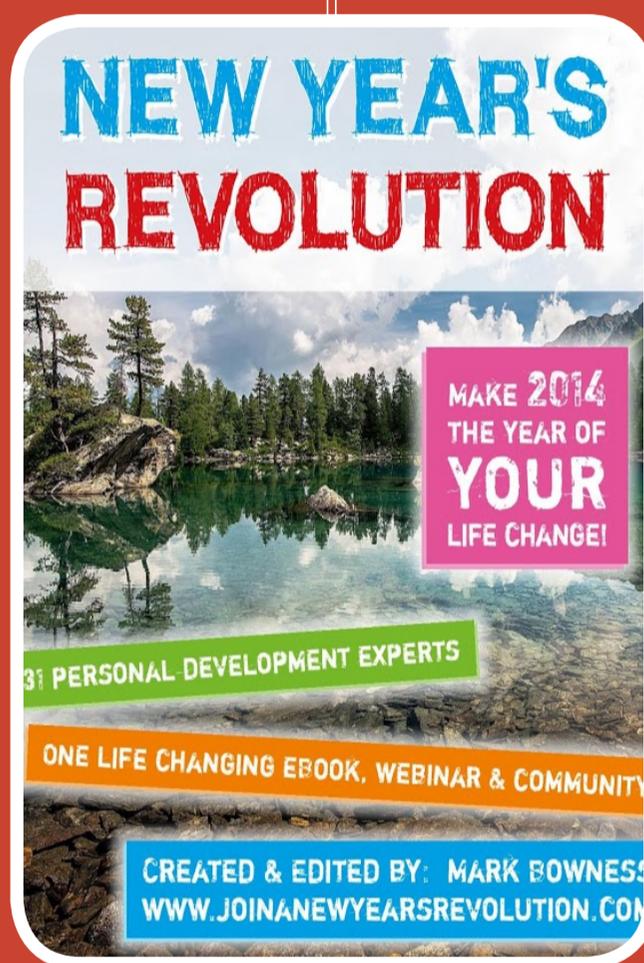
When life takes you to the darkest places, absolutely no one around you can understand how you feel or what you are going through. Others may have had a similar experience, but only you can react to your situations the way that you do. During our tough times, we are

forced to stare at ourselves eye-ball to eye-ball, as though we are standing in the mirror and gazing deep into our very soul. As we engage in these moments of forced self-intimacy, we make crucial decisions that redefine who we are, what we want and what we are willing to accept or not accept for our lives. It is the choices that we are forced to make, during this dark period, that lay the foundation of our powerful life change.

## Blank canvas opportunity

We absolutely take life way too much for granted. Trying to end my life was my awakening moment to this truth. I truly recognized with my head and my heart that we live life

only once and so I made a decision to view my life as a blank canvas, to start again and paint whatever picture I so desired for my future. The result was that I created an eco-island business in Fiji that gained worldwide media attention, was filmed for 18 months and became a TV show that aired in the UK, Australia and America on BBC. My darkest moment became my catalyst to pursuing life in all its fullness, and as a result I embarked upon a crazy adventure.



## Benchmarked experience

When we experience a powerful life situation and nothing feels as though it could get any worse, we have then built a foundation of experience on which to construct the rest of our lives. Nothing could be any worse than trying to take your own life, and so I launched a bold and daring business idea - if I went bankrupt it could never be as bad as non-existence. The tough times that we endure give us a place of reference and offer the motivation to continue. When we realize that we have endured 'X', and 'X' was horrific and terrible, yet we are still standing--then we are filled with the hope that we can get through the smaller battles each day.

## A moment of awakening

There are times in our lives when everything piles on top of us, and as a result, we make decisions for our lives that are not healthy, nor wise - wrong relationships, poor choices in behaviour patterns, addictions and more. Friends and loved ones may tell us we are on a destructive path, but we don't listen, as it is a path that brings us comfort in the moment. I truly believe that there are times in our lives that we are given a place to breakdown. It is through this "breaking down experience," we undergo a powerful transformation, letting go of all that no longer serves us, arriving at a moment of awakening. Now we rebuild ourselves, truly discovering who we are, what we are about and everything that we stand for--from the ground up. These are the powerful moments of true awakening.

During my darkest moment in my life, the only person who may actually have experienced much of what I was going through, was the poor guy who wrote that post on Google. If you are on the precipice as we approach the dawn of this new year, I encourage you to not simply endure your life, but to embrace it.

In fact, so you won't need to go through this alone, I've created a free online community called [New Year's Revolution](#) where you can find the support you need from experts and other people just like yourself who are working to get over the hump! You'll find a community of people, a life-changing ebook, webinars and plenty of encouragement to start your new life. It was a New Year's resolution

which changed my life!

So don't wallow...grab life by the horns, wrestle it to the ground and overcome your demons. I truly know that you will look back and be able to say that this moment, right now, was the best thing that ever happened to you. I believe in you.



*Mark Bowness is passionate about changing people's lives. After trying to take his own life, he made a New Year's Resolution to totally turn his life around, and only three months later, he had created an international business which was featured in media around the world and became a five-part time series that aired in the UK, America and Australia on BBC. This year Mark has brought together 31 life-change experts who have created a FREE eBook, Webinar and community that will empower YOU to radically transform your life in 2014. Register for free NOW: [www.joinanewyearsrevolution.com](http://www.joinanewyearsrevolution.com)*

# 9 CLEAR STRATEGIES TO MAKING BETTER DECISIONS

by Ali Brown



How do you usually make a decision? Do you act impulsively, or overcomplicate? Knowing our personal quirks and decision drivers can help control irrationality and impulsiveness, which can then lead to better decisions in tough situations. Let's take a look at nine strategies for making better decisions in crucial moments.

## 1. Weigh the consequences.

If you start at the end first, it can help simplify a decision. For instance, think about what you CAN and CANNOT live with. This can help eliminate options and keep things in an appropriate perspective.

## 2. Think first.

This one is for the impulsive decision makers out there. When you're caught up in the momentum of something, try to take a deep breath. Give

yourself a few seconds to re-evaluate the choice. Even better to sleep on it or at least give yourself some space to process the decision with a walk or some quiet time.

## 3. Do what's right.

As they say, "You can do what's right or you can do what's easy." The whistleblowers throughout history (think Erin Brockovich, or those at Enron or Bernie Madoff's office) had to choose. While their lives became tough for a while, they could look at themselves in the mirror and sleep at night knowing they'd done the right thing. We all deserve the same peace of mind. Choose right over easy.

## 4. Listen to your intuition.

Malcolm Gladwell's bestselling book *Blink* publicized what most of us already knew—sometimes that gut feeling is the right feeling, even if we don't know why. If perfectly logical choices—to take a job, date someone, or purchase something—have our stomachs in knots, we need to examine that red flag. Many times what we can't consciously explain can be the difference between a good choice and something we'll regret.

## 5. Understand emotions.

Understanding our feelings and how they motivate our behaviors can be the key to changing personal patterns. We may be surprised by how much of what we do is based on irrational emotions. Think about that intelligent girlfriend you know who always dates the wrong men. (Or, perhaps it's you. ;))

## 6. Feel the pressure.

Knowing what is driving the people around us can make a big difference in the way decisions are made, and the outcomes down the road. Are things being driven by pride, desire to advance, greed or power trips? Or, is there a truly sensible reason that the pressure is on? Knowing the answer can help you move forward or stand clear of unnecessary stress and drama.

## 7. Know your motive.

Deciding something to keep up with the Joneses, because it's what our parents want, or to prove something to somebody, can be the right course of action, but only if we understand what we are doing. Looking at our personal motives behind a

decision can help us evaluate if it is a good choice. If the answer to “Why am I doing this?” isn’t a motive we’d be proud of, it is time to re-evaluate that decision.

### 8. Decide not to decide.

When it comes right down to A or B, sometimes the right decision is—C. Simply say, “I don’t care for either at this time” or suggest a third option to alleviate the pressure and get a better outcome. One thing I’ve realized over time is that one opportunity follows another, so there will always be another one

coming. It just may not be as big or perfect as the one you see now.

### 9. Flip a coin!

Yes, really. I’ve done this myself. When you get down to A or B and flip a coin, it does more than give you a choice. It shows you how happy you are with that choice. If you get the outcome and your heart sinks, then you get an instant read on what your gut thought of the decision. Works every time!



*Entrepreneur mentor Ali Brown teaches women around the world how to start and grow a profitable business that make a positive impact. Get her FREE CD “Top 10 Secrets for Entrepreneurial Women” at [www.AliBrown.com](http://www.AliBrown.com)*



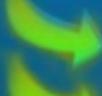
**Healthy Wealthy nWise**

*I Am Healthy Wealthy nWise is the world’s most dynamic online community for self-help and personal development today.*

*Founded by Liz and Ric Thompson, it’s driven by an amazing collection of people who want to share the things that empower them and simply enjoy discovering the little treasures that make us all a bit healthy wealthy ‘n wise.*

## WHAT TREASURES HAVE YOU FOUND TODAY?

*In the past three days alone you may have found:*

-  *A lovely little book that brings the spark of continental romance from the far flung reaches of the globe back to the cozy comforts of your home*
-  *A picture that speaks a thousand words about happiness, faith and contentment*
-  *A meaningful poem that puts frustrations into perspective and makes you realize that you are truly a unique person with unlimited potential*
-  *A short video by one of the most inspiring people on Earth*
-  *A secret method to losing weight the wise and healthy way*

Will you keep these gems to yourself or share them so others can also taste the positive side of life?

**FREE Instant Access**