



Goal Setting for 2008

Contribution by Joey Marc – page 24

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2008

"Making 2008 Great"



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Table of Contents

3 Lessons From My Mum Regarding Email – Donna Hanson	3
7 Easy Planning Strategies to Simplify Your Life – Donna-Marie Coggins.....	4
7 Great Ways to Get Healthy with Sex in 2008 – Marie-Elise Allen	5
10 Essential Wardrobe Items for Professional Women - Helen Robinett	6
A Practice of Radical Humility – Non Resistance - Karen Emans	7
Absolute Serenity - Illira Margarits	8
Abundance is Every Woman’s Birth Right - Melissa Heweston	9
Appreciate More for 2008 – Karina Stephens	10
Become Financially Savvy - Stephanie Retchless	12
Build Happy and Healthy Relationships - Wendy Alexander	13
Can Thoughts Really Create Your Future? - Debbie Carr	14
Choose Your Own LUCK - Leanne Watson	16
Colour Me Happy! – Irenne Sunn	18
Decluttering is Empowering – unknown	19
Energy More Than Just Cooking With GAS – Julie Kay	20
Feeling Stuck and Frustrated? – Debra Jarvis	22
Finding Inner Peace - Margaret Munoz	23
Goal Setting - Joey Marc	24
How to Get More Done - Lorraine Pihini	25
It Begins With A Vision! - Anna Morten	26
Learn to Love Yourself - Marian Kerr	27
Superwoman Syndrome or Savvy? - Adele Blair	28
The Power to Be – Winning the Game of Life - Bea Guanzon - Del Rosario	29
What do all ‘Super Women’ Have in Common? – Kym Kranen	30
Your Personal Brand ... - Rachel Quilty	31
Your Time To Shine! - Shelagh McNamara	33

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Thank you and have a Fantastic Year “Make 2008 Great”.

Compiled by Janet Rundle – Women Doing It Pty Ltd

3 Lessons From My Mum Regarding Email

I can barely remember back to the time when the only way we communicated was via the phone and snail mail – yes I am older than I look! Then came the fax....then EMAIL.

In the early 90's when we were introduced to this fast, cost effective means of communication it was revolutionary. We could send a message anywhere in the world, literally for FREE and the recipient got it in a matter of minutes or seconds!

Some sort of training on the "how" to use the features of email was provided to many people, but little was said about the when and how email should be used. What do I mean by that? Well, for example, when should you cc or bcc?

As a computer productivity specialist, I am privy to the inner workings of a number of national and international companies. Many of them have systems and processes in place for doing their day to day business but nothing to assist their staff with the silent business killer – EMAIL.

To make it easy, here are 3 Lessons From My Mum Regarding Email.

1. Switch off Your Email Notification Message

Why? Like Mum said, "if Johnny told you to jump off a cliff, would you do it?" The same applies to email. I might be accountable to my clients or colleagues, but I am a responsible adult who knows what I need to be doing each day. By switching off my email notification message (the one that pops up when you are part way through something else and entices you to read it!) I *determine* when I deal with email and don't let "Johnny" influence me.

2. Set Aside Designated time to Read and Respond

Mum always said "there is a time and place for everything". By setting aside some designated time to deal with your email, you know they will be done at a time that suits you. If I am out all day on a client site or traveling, I want to focus on what I am doing, not checking my email. At the end of the day, they will still be there and they will keep coming tomorrow.

3. Create Your Own Personal Email Protocol.

"Just because Johnny does it, doesn't mean its right". Mum's words apply to email too. We often just click the REPLY button by habit. A simple way to do is create your own personal email protocol. What does this mean? Every time you receive an email and are tempted to hit REPLY, ask yourself if email is the best way to respond? Would a quick phone call achieve the outcome you require more effectively? Decide WHEN and HOW you are going to use email – are you going to send confidential information? When will you use cc or bcc? Do you expect those people to take any action?

As Mum always said, lead by example. Show others how you use email and you will be surprised what happens. Make the choice **NOW** to change the way you respond to email. Not only will you be less stressed but you will be well on your way to RECLAIMing Your Inbox!



Donna Hanson is the author of *RECLAIM Your Inbox – 99 Ways to Save 5 Hours a Week on email*. Visit <http://www.PrimeSolutions.net.au> to sign up for her complimentary monthly computer productivity pointers.

7 Easy Planning Strategies to Simplify Your Life

If you're anything like me, life just seems to get busier every year. Yes, you could slow down a bit... do less... be less involved in your various activities, business groups, kids' sports or whatever, but do you really want to cut back?

I lead an extremely busy life but in all honesty, that's the way I like it. I enjoy being able to take part in so many events and activities, meeting and building relationships and lifelong friendships with so many people. So just how do you keep doing everything you want to, plus everything you HAVE to and still keep your sanity?

I've found several planning techniques that help keep me organised and on track so I thought I'd share them with you.

1. **Write lists.** When you lead a busy life it's so easy to forget things. I have lists galore – I should probably even keep a list of all my lists! There's my daily to-do list, my list of birthdays for the year, my list of household jobs I want to work my way through, my list of Christmas presents to buy, my list of 50 people I want to meet during my lifetime, my list of goals and my shopping list. What's more important than writing lists is that I actually USE them; I refer to them daily and cross things off or re-adjust them as I go.
2. When you're adding tasks to your list, **focus on WHY** you're writing them on there. Why do you want to include, 'Go for walk,' on your daily jobs list? Is it so you can cross it off at the end of the day? I doubt it. Is it to help in your overall goal to lose weight or to be healthy? Focus on the big picture and your reasons for wanting to do this task; focus on how you'll feel once you've achieved your goal.
3. **Delegate**, delegate, delegate! Do you really need to do all these things yourself? Let's work with household chores as an example. Grab a blank sheet of paper and write down a list of chores to be done. Now, cross off all those that don't really need doing, or asterisk those that can be done fortnightly instead of weekly. Next, what can other members of your household help with? Can you afford to hire a professional cleaner once a week or fortnight? These little things can make a huge difference to your schedule. If you run a business or are self-employed, look at employing staff or ways of outsourcing tasks. Your main duty is to manage your business, not to do absolutely everything to do with your business yourself.
4. When it comes to planning for your year ahead, begin by **looking at the big picture**. Imagine the date today is December 31st 2008; you're sitting here, looking back at what you've achieved over the last year. What are you thinking of? What did you achieve? Okay, now you can break each of those achievements down into bite size pieces. What can you do each day to work towards those goals?
5. **What can you get rid of?** Do you *really* need to do everything you write on your daily list? Remember: life's too short to spend it doing things you don't like. Sure, we've all got to do things we don't want to but surely there are some things you can let go of. I used to be the family 'neat-freak' until I realised how much time I was wasting ironing tea towels! (Bonus advice: the creases work their way out after you use them once and hung them up to dry). A girlfriend of mine recently told me that she wants her children to think back upon their childhood remembering how much fun they had and how their Mum always had time for them, not remembering how clean the house was.
6. **Buy a birthday book.** A small diary is fine too. Write in the birthdates of all your friends, family... anyone you would generally send a card or gift to. At the end of each month, see what birthdays are coming up next month and buy cards/gifts as needed. Then you can keep them somewhere handy, where they won't be forgotten, ready to mail a couple of days before the date.
7. **Have fun!** Don't forget to reward your achievements and schedule time for living life and celebrating.



Donna-Marie Coggins has authored two business books and runs Jacaranda Business Support Services and www.YourSmallBizExpert.com. Offering writing, editing, business planning/start-up support and networking opportunities, she can be contacted at <mailto:info@jacaranda-business-support.com>. For your free guide, 60 FREE and low cost ways to get your business noticed.

7 Great Ways to Get Healthy With Sex in 2008

1. **Burn Up Those Calories**

Enjoy a sexual workout and burn up 150 calories or more! Not much of a weight buster? Well, it is more enjoyable than 50 press ups!

2. **Don't Forget Your Stretches**

Having sex stretches and tones the body. Think of all the positions that can give the body a good work out. Indulge in a lot of kissing (uses more than 30 muscles)!

3. **Feeling Miserable?**

Sex is one of the best ways to get in touch with your emotions. Emotions that you may be stuffing down, will release when sexual energy is raised.

4. **Suffering from a Headache?**

Instead of lying in a dark room alone, enjoy a lovemaking session, where all the stress and tension that restricts the blood flow through the brain is released.

5. **Suffer from Asthma or Hay fever?**

It seems SEX is a natural anti-histamine— so get a whole lot of sex happening.

6. **Have an Affair - With YOURSELF!!**

Self pleasure is a great way to get the heart pumping and increase the blood flow.

7. **A Healthy Habit**

Oxytocins, pheromones and endorphins are all naturally produced when having sex. It is the best high you can have. Become addicted!



Marie-Elise Allen of Sassy Vibes – <http://www.sassyvibes.com.au>

Marie-Elise is a keynote speaker and freelance writer who inspires and encourages women to explore a deeper understanding of the sensual and sexual in themselves.

She is a member of A.S.S.E.R.T (The Australian Society of Sex Educators, Researchers and Therapists), and is passionate about her work and role as an educator in the field of intimacy and sexuality.

10 Essential Wardrobe Items for Professional Women

Take a good look inside that wardrobe of yours and be really honest about how much of it you are actually wearing. It's a frightening thought, isn't it? Most people (men and women) wear about 15 – 20% of the entire wardrobe. The reason for that is that we are seriously attracted to what feels good on the body and seems to work. Most of the time, we have no idea why it's working. It just is.

The fact is, the more you know, the less you need. So, here we have a list of 10 essentials for every intelligent woman:

1. **Stunning black dress at your best knee length**
 - Depending on your proportions this may be above, below or on the knee.
 - The fabric needs to drape well for your body structure. Too flimsy and it will add 5 kilos to your frame.
2. **Pashmina wrap**
 - Keep the quality high and choose a colour to flatter your skin or reflect your eye colour.
3. **Great white shirt**
 - Must have a collar – this adds structure and saves an aging neck
 - Choose your best white – this may be cream, soft white, ivory. A bright white may over shadow you.
4. **White V or scoop neck T-shirt or knit**
 - Round neck t's are for kids – avoid them for yourself
 - Keep the quality high and replace it every year
5. **Three quarter length trench coat**
 - Choose a neutral colour – grey, bronze, taupe
 - It will work with your entire wardrobe
6. **Soft knit skirt that flatters your best calf length**
 - This will work for smart casual, conferences, coffee
7. **Strappy evening shoe**
 - It will transform a business suit for you. Just add some great accessories and you are *done!*
8. **Stunning three-piece suit consisting of a skirt, pant & jacket in a dark neutral colour**
 - Must be the best fit and quality you can afford.
9. **Earrings that work with everything**
 - They will be gold or silver, appropriately scaled and shaped to suit your structure.
 - They may also pick up on colours in your eyes. This creates a further relationship back with the communication centre – for example, blue eyes would suit blue crystals or stones.
10. **Quality leather handbag**
 - Choose a neutral colour that serves your unique colour direction. This may be chocolate, camel, burgundy etc.

"The more you know, the less you need."

Australian Aboriginal saying



Helen Robinett is recognised as Australia's leading professional image advisor. Her ability to maximize the potential look and feel of individual personalities and corporate cultures is second to none.

Through dynamic presentations designed to inspire and enlighten Helen is known for her warmth, humour and impactful style. She has recently published a book on Personal Branding, *Apprentice to Business Ace*. www.ImageQuest.com.au

A Practice of Radical Humility

Non Resistance

So you want to have a great 2008? A great key to happiness exists in your own mind.

Electricity runs happily along a wire until you put a resistor in the circuit. Then the flow is slowed and turned into heat, just like a toaster. Consider the insistence '*I want it this way*' to be a resistor in your nervous system's circuit. It slows down the flow of vital energy, and creates a lot of emotional heat. You may feel this as tension and stress, or if you are intensely focused on what's happening around you & do not notice what's happening within, you may simply feel the end result as fatigue at the end of your day.

Have you noticed your mind has an opinion on everything? Even things that are not your concern at all? It tirelessly generates an ongoing editorial commentary on anything within its sights 'This is good this is bad'... 'That color does not suit her'.... 'He is taking forever with that job'.... 'Its too hot / dry / cold / wet'.

Imagine if you could surrender those mental judgments and simply allow what is, to be as it is. The weather is cloudy, she colored her hair purple, he is taking as long as he takes with the job. *It just is! And it does not disturb my peace.* This is the practice of non resistance, and it can be harder than you might at first think. It's a daily practice of Radical Humility, because you are surrendering the mental arrogance of deciding you know how something 'should be'. You are surrendering resistance to what is.

Try observing your mind for the next hour, and see how frequently it editorialises, sometimes innocuously enough, and at other times with deadly venom. Every one of these editorials is a resistor in your circuits, quietly using up your precious life force.

Have you seen those kids in the supermarket who scream and cry when their mother says no to a chocolate they want? There is a child like that in each of us who can scream and cry in revolt when things don't go the way we want. You don't believe me? Just think back to how you felt this morning or yesterday when things did not go the way you expected them to. How did you feel emotionally? What happened in your body? What thoughts went through your mind?

The reality is that no matter how hard you try to control your environment, things continually happen in a way you do not prefer. You could remain unconscious and live your life at the mercy of the child within, or you could choose to become conscious, and experiment with the practice of non resistance. Of course you can still make goals, take focused action to move toward a goal, change a situation or remove yourself from it.

The difference is not in what you do in the world, but in what happens to your peace!

There is a priceless gem that is gifted to you by this practice – your inner happiness and peace are no longer dependent on anyone or anything outside you. They become a function of your connection with your own Inner Essence, that silent observer which was previously obscured by the noisy commentary of the judgmental mind.

Karen Emans runs the Calamvale Natural Medicine Clinic in Brisbane where she specializes in women's health. Using the tools of Homeopathic medicine, nutrition & kinesiology she assists women who want to improve their energy, vitality and quality of life. Karen has a particular interest in supporting women to stay conscious and connected even in the midst of busy lives or times of stress.

www.NaturalTherapyPages.com.au/therapist/7558

"Making 2008 Great"

Absolute Serenity

The state of serenity is attained when we are able to release our fears, doubts and limitations. In doing so, we create more space within us for love to fill. Experiencing serenity allows us to feel a greater sense of connection to our self, those around us and the world. Serenity gives us the ability to engage with the people and experiences in our lives, from a place of inner centeredness, stability and an open heart.

Experiencing Serenity

So, what does it mean to live our lives from the space of serenity? Some say serenity is the state where they are calm, centered and certain of themselves at a deeper, insightful level. They are in touch with who they - their Inner Essence. Others say, when in this state everything seems do-able and their perception opens to life's infinite possibilities. **A problem is not a problem** – it is a challenge to be faced and overcome. Difficult people or situations are not difficult – they are an opportunity to grow, learn and gain insight into life. Living in the state of serenity we are able to support others with understanding and loving kindness, rather than our own judgment or critical mind. Serenity also gives us the freedom of choice – to choose whether to allow external circumstances to upset our inner stability.

Imagine taking care of your daily tasks, from looking after children, going to work, taking care of your health to spending time with family, in an easy and effortless way. How would it be if we could deal with those challenging situations or people from a centered and still place? Rather than responding from an emotional or conditioned response, we could respond by living in that moment, free from past negativities or 'bad' experiences.

To experience serenity in our daily lives we need to identify what is troubling us and creating inner turmoil. Is it past experiences, negative emotions or limiting beliefs? Once we identify what is influencing our behaviours and perception, we are in a better position to respond to life's experiences and the people in the moment. Instead of dumping our own insecurities, expectations and past negative experiences on a present situation or person we can see if what it is.

Why do we Resist Experiencing Serenity?

It's funny how life reflects back to us what we think and feel on the inside. It's like we project our inner world onto a huge screen called 'life' for all to see. When we are in turmoil inside full of fears, doubts and the pain of the past we project this onto the screen of our life. As a result inner serenity eludes us.

Each time we hang on to an argument, disappointment, regret, self judgment or that angry moment when we lost our cool we de-stabilise our serenity. If we allow these thoughts and unspoken words to continue unchecked our serenity becomes bombarded by a barrage of unresolved stuff! Under such a barrage there is little opportunity to experience serenity.

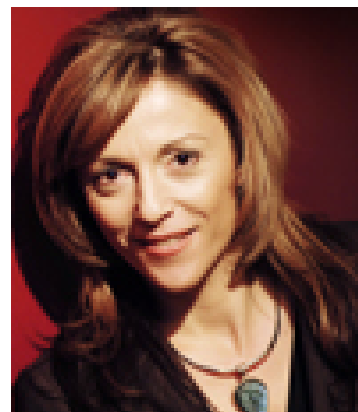
You can experience serenity right now! All you need to do is let go of the past baggage – all those hurts and pains, through forgiveness. Forgive and let go. The longer and tighter you hang on to these experiences the more difficult it is to give them up. Serenity eludes us when we are not true to ourselves and the other people in our lives. If we don't spend the time getting clear on what we want, what we value, what makes us happy and where we are heading, we are not living in our truth. Frustrated, rudderless and disenchanting with life we take it out on ourselves, our family, friends or the people at work.

We display little patience, understanding or open-mindedness the further away we get from our true self.

Cultivating Serenity

Start cultivating serenity within yourself!

- Identify what is troubling you – past experiences, negative emotions or limiting beliefs and make a list.
- Begin by selecting one issue you would like to clear.
- Write down why you no longer want this issue to impact you and your life. Why it limits your potential. Why you are committed to releasing it.
- Ask yourself was there a learning for you at that time?
- Can you utilise this learning in your life now?
- Step outside of yourself and become an observer. Visualise and feel the issue being released from your life, while you retain the learning you need.



Illira Margaritis – Director - VitaliseYou® <http://www.VitaliseYou.com.au>

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Abundance is Every Woman's Birth Right

Everything is energy! You are energy, all around you is energy. Your thoughts and feelings are energy too. The Law of Attraction responds to energy so it MUST respond to you. The way to understand this is to realize that Thoughts & Feelings Become Things.

You are a thought-powered magnet! Every moment you are attracting things via the signals you are transmitting through your thoughts and feelings. Every moment of your life you are a powerful transmitting device beaming out all your thoughts and feelings into the universe. The Universe, as the intelligent energy field from which everything comes, responds accordingly.

You can get what you want! Your thinking and your feelings are the cause and all you get in life is the effect. So to get what you want and stop getting what you don't want you have to gain more positive control of your thinking and feelings! If you always think and feel the way you have always thought and felt, you will always attract what you've always attracted.

The Law of Attraction works to a simple formula! Once you know how it works you can begin to attract what you DO want and stop getting what you DON'T want in your life. This is how to use the Law of Attraction to YOUR advantage.

Placing your order with the Law of Attraction is a very simple and powerful process as follows:

- 1. Decide What You Want**
- 2. Ask for What You Want**
- 3. Believe that It is Yours Already**
- 4. Receive It With Gratitude**

Do whatever it takes to feel good and celebrate every day of your life and all that it brings. The emotions of joy and happiness are powerful magnets.

Be happy now! Love yourself! Everything that **IS**, is energy. You are energy and your thoughts and feelings are energy. By having empowering thoughts and feelings, you send out a powerful energy signal into the universe which commands the Law of Attraction accordingly.

This infallible Law does not discriminate, it does not decide to act on some thoughts but ignore others; it simply turns thoughts and feelings into things. Whether the things it creates are good or bad rests entirely with the originator of the thoughts and feelings being acted upon.

YOU are responsible for YOUR life and all it contains. You can make it wonderful if you choose to and use your knowledge of the Law of Attraction in a positive fashion. The choice, and the rights, to be wealthy, happy and healthy are yours. MAKE IT SO!



Melissa Heweston has for over 25 years, been a scholar and practitioner of metaphysics and the spiritual environment within which we exist. Melissa is a passionate advocate of universal principles which she has learnt through a wide range of spiritual and motivational sources.

"Understanding where and who I am in this vast unlimited 'Universe' has explained exactly what and why I was getting the results I was getting. I then needed to find a way to 'cleanup' what I was creating in my life".

This is exactly what Melissa teaches in her courses using meditative techniques and the Power of the Mind. You can find Melissa here: <http://www.PowerOfLawofAttraction.com>

"Making 2008 Great" Appreciate More in 2008

Every New Years day for the last ten years I've sat down and created my list of goals that I would like to achieve for that year. I do it for every area of my life and I go back to it every couple of months to see how I'm going or if I need to add anything or change anything. It becomes like my road map for the year.

This year, as I approach my 40th birthday the day after new year's day, 2008, I've been reflecting back on the last 2 decades with some sense of nostalgia and I guess in an order to define those decades and put a title on them, I've come up with a theme for my 20's and one for my 30's and now one for my 40's.

For my 20's, I've decided that the title is "**Dancing in the dark**". I was a real party girl back then. I was a typical 80's chick, with the crimped hair, blue eye shadow and a hot pink "Choose Life" t-shirt. This is the decade where I came face to face with my shadow. We all have a dark side, neither good nor bad but just the opposite of our light side. Growing up I dealt with low self esteem like a lot of girls. My self-worth was attained only if I had a boyfriend or if a guy wanted to be my boyfriend. The only time I felt alive is on the dance floor of a nightclub on a Saturday night, with my friends. The only time I didn't care what anyone thought of me was if I had had more than a few drinks. Unfortunately that misguided liberation ended on a Sunday once the hangover wore off and I'd removed the black Koala eyes from my face. This is the decade where I found myself in an emotionally abusive relationship and I stayed in this relationship for 5 whole years. This is the decade where I hit rock bottom, my lowest of lows. This is where I looked at myself in the mirror and said, "Who are you?" I'd lost myself and the person I had become was not one I wanted to hang around with, if you know what I mean. Then towards the end of this decade as I started to progress to my 30's I began the journey of self-discovery. What a journey! My "Dancing in the Dark" decade, I loved this decade.

My 30's, I've titled, "**Sitting in my Shadow**". I basically sat and dissected myself into hundreds of particles. Imagine your beautiful grandmother has now moved on to a better place and left you her beloved jewelry box. Now you get to untangle all her jewels, silver and gold that she had collected over many, many years. Now as much as you loved your beautiful nana some of her jewelry is quite hideous and not something you'd like to hold on to. Some pieces are very tarnished, yet when polished with a soft cloth, their beauty shines through. Then there's the expensive, stunning diamonds. The ones Nan kept for good so they were hardly ever worn. These are the ones you want to get reset or resized because they are extremely valuable. And lastly, there are the pieces that aren't necessarily valuable in monetary terms but in sentimental value, they are priceless. These little beauties you clean up and put on display. So this is what I did to myself, cleaned out my own jewelry box. Actually, I don't think we ever stop cleaning it out do we? For ten years, I sat under the protective hand of my God and cried, laughed, sobbed, smiled, and forgave my way out of my shadow and into the light. I remembered some pearls of Wisdom I'd been given by people over the years. I recalled that the bible stated, as women, "We are worth far more than rubies and Pearls". I threw out all the old cheap imitation jewelry and replaced it with real diamonds, unique and priceless. And I polished off the tarnish that had covered my self-worth until it shone. My Sitting in my Shadow decade, I loved this decade.

Which brings me to the title for my 40's, "**Living in my light**". This is my decade to shine and to be all that I can be. It's also my time to give back to others. The only reason I've been able to see my light is because of the experiences and wisdom shared by so many wonderful people. All who've written books and created courses and shared their journey. This is what life is all about. It's about what you've got in your hand to give. I believe a story shared is an olive branch of empowerment for someone else. My Living in my Light decade, I'm going to love this decade. So how do I intend to live in my light?

Well I had titled 2007 "More of heaven in 2007". Quite catchy hey! I dedicated the year to work on who I'm being, not what I'm doing. Life isn't about what you do. You can't define yourself with the status of your job or lack of one. I was getting so caught up in my work and my "To do" lists that I forgot the most important thing.

We are human beings not human doings yet we put so much emphasis on what people do that we forget about the character of a person, about the attributes like humility and honesty and faith. We need to be in the NOW, not focused on the fear of the future or the regret of the past. Being present with our family and friends and living in the moment.

"Making 2008 Great"

So in 2008, I've decided that my theme is "Appreciate more in 2008". I'm going to focus on gratitude. This is one of the Universal Laws, which when I integrated, completely changed my life. I'm going to meditate on the states of Gratitude, love, certainty and presence. In the book "How to make one hell of a profit and still get to heaven", Dr John Demartini describes these qualities as the four cardinal pillars of the temple of your true inspired and awakened mind. He says "Whenever you bring these emotions into balance, you become grateful, you feel love in your heart, you have a certainty that can't be shaken, and you exude the power of tremendous presence".

When I look back over the last 20 years, I am filled with a knowing that everything happens for a reason, the hard times, the sad times, and the good times. They are all part of my journey and have led me to where I am now and where I am now is a beautiful place, because I can finally appreciate the gift of life. I hope that you appreciate your journey. That you truly get that your life is a gift and that you can appreciate everything in it.

This is my prayer for you.

So on January the 1st 2008, you will find me curled up on a couch, in my pj's with a cup of tea, writing out my goals, dreaming big dreams and appreciating another year of life, the best year yet.

Bless you,



Karina J Stephens (AKA) Miss Potentiality - Karina J has over 20 years experience in the health and well-being industry.

A nurse by profession, she has owned and operated a personal training studio for 5 years before becoming a Business Development Manager for an adventure therapy facility for people struggling with the stresses of life.

She is a businesswoman and author, with a gift for creative communication.

<http://www.MissPotentiality.com>

"Making 2008 Great"
Become Financially Savvy

Tips for 2008:

1. Teach your children about money and in particular the word, Save.
2. Never sign a loan document without independent legal advice particularly if asked to do so by your husband/partner.
3. Never borrow money when you realistically cannot afford the repayments and don't fool yourself into thinking that you can.
4. Keep your own finances separate from your husband/partner.
5. Have a joint bank account to cover conjointly responsible domestic expenses.
6. Keep records of everything you purchase conjointly or individually.
7. Get your own bank (monthly) statement of conjointly held loans or savings accounts – to ensure that no irregular payments occur that you cannot identify.
8. Never give your partner a secondary credit card to your own credit card account.
9. Have an up-to-date will and review it annually.
10. Give an enduring power of attorney to someone you completely and totally trust – which may or may not be your husband/partner.
11. Never have more than one credit card.
12. Negotiate a better interest rate on your home loan and if you don't know how to do it – find someone who can explain how this can happen.
13. Never lend money to a friend.
14. Regularly contribute to a superannuation fund – even when in your teens – it all adds up over time.
15. Continue to contribute to a superannuation fund – even when you find yourself pregnant or whilst being a home Mum.
16. Increase your superannuation contributions steadily once you get to thirty and continue to do so.
17. Join a private health fund.
18. Ensure you have an insurance policy on your partner particularly if they are the sole bread winner – as a minimum at least enough to cover your mortgage.
19. Have an insurance policy on your partner anyway.
20. Find a good independent financial advisor i.e. someone who will recommend investment within and outside their employer's recommendations.
21. Only invest in property/share market if you know what you are doing, if you don't know – find out how to with a professional.



Stephanie Retchless has had a thirty six year career in banking, wherein she spent fifteen years as an on again, off again lender, ten as a bank manager and the rest – trying to survive as a woman, and having spent the last three years in the mortgage industry.

Author of "Are All Banks Bastards" more information at:

<http://www.TheFinanceFairy.com.au>

"Making 2008 Great" **Build Happy and Healthy Relationships**

2007 started out with a vision board and a mind map of all the goals, dreams and wishes I wanted to see happen for this year. I've accomplished many. I've been frustrated at not coming close to starting some of the big ones on the list. I've discovered yet again that life's many twists and turns have brought some surprises and also a rethink on the priorities in my life.

I wasn't planning on a diabetes diagnosis this year, but there it arrived knocking the wind out of my carefully steered goals journey. I was supposed to have x-many properties in my portfolio. I was supposed to be on the best-seller book list and be a guest on Oprah Winfrey. My soul mate was meant to find me this year. Those last three very stubborn kilos were going to disappear due to my regular exercise and healthy eating. I was going to be glowing with health and vitality and turn heads wherever I went. Family and friends bonding soirees were going to liven up my home at least twice a month. Various streams of income were going to add those extra zeroes to my bank balances. I was going to get the single mum of the year award by the time 2007 closed. I wake up on this November morning and wonder what happened. Almost immediately John Lennon's words "Life is what happens to you while you're busy making other plans" flash into my mind.

As I tried to mentally tick off the things I was supposed to have achieved in 2007 it dawned on me that the life that was happening to me while I was making other plans in fact held a wonderful treasure. It's a treasure I want to carry into 2008. Through the challenges of getting my health back on track and coming to terms with an illness that will be with me for a bit longer than the common cold I've discovered that relationships and connections with people are the pots of gold in this rainbow of life. They give meaning and purpose to all the other things on any goal or wish list. Even the great motivator and super successful Anthony Robbins shares on his "The Edge" series how he discovered an emptiness in his soul amongst a crowd of thousands when he realized that he was missing that special connection with a love in his life.

So I don't have a hard and fast goals list for 2008 except one – to build happy and healthy relationships with all those I hold dear now and all those I will meet on the life I am planning less and less. After all people exist behind every computer, every piece of equipment manufactured everything that is bought or sold. Whether you're a prince or pauper your long-term success in all areas of life depends on relating to and understanding people. Perhaps some of the goals from 2007 that I thought I missed will unfold a lot easier in 2008 as a by-product of a relationship and people focused life.



Wendy Alexander – IT Project Consultant, Entrepreneur, Speaker, single mum and author of *Chocolate and Vanilla* – a powerful book on building healthy and happy relationships in all areas of life with people from all walks of life.

Wendy holds the belief that long-term success in our personal, business, community and global lives can only be sustained through relating to and understanding people.

www.MyChocolateandVanilla.com

"Making 2008 Great"

Can Thoughts Really Create Your Future?

You bet! Can I create a million dollars by sitting on my backside and meditating each day? No way!

With all the hype about *The Secret* and the Laws of Attraction, there have been many people jumping on the bandwagon to make a quick buck. All of a sudden there are experts in abundance thinking appearing everywhere. I like to consider myself as one of those people except I am not foolish enough to talk about something I have not experienced results with - and I am talking about in the real world, not some massive internet marketing exploit.

In 1987 my late brother told me about affirmations and how everything you think becomes your reality. I noticed at the time that when I concentrated my thoughts on happy positive things, I was happy and people smiled at me constantly. I have also experienced the Law of Attraction working its magic in the reverse i.e. whenever I have had doubts about myself and worried, I got more of the things I worried about. If you were to sit back and think about this with regards to your own life, I am sure you would find the same thing.

Let me explain how the *Law of Attraction* really works. Firstly, words alone won't change things for you but they will help you **feel** better, if you constantly think happier and more positive thoughts. **Feeling** happy is what attracts more into your life of what you want. **Feeling** bad attracts into your life what you don't want. Put simply if you concentrate on your doubts, insecurities and your problems you will **FEEL** terrible, hence you will get more of what you don't want because that is where your thoughts are focused. **Like attracts Like.**

Try this experiment for just two weeks. Every time you worry about your business or something that you are not happy about, concentrate on something you would like. Erase all doubts and worry from your mind just concentrate on something you would really like. It's not easy to do this, you have to make a commitment to yourself and believe in yourself. Whenever you start to **feel** a doubt you have to erase it immediately and think and visualize of what it **feels** like to be in the place you really want to be. You have to reverse your thinking of what you DO want. For example, instead of concentrating on the \$10,000 credit card debt you have, you switch to thinking thoughts like "I love the thought of paying off all my debts".

What happens when you apply these laws of attraction is; that you start to meet the right people, you start to have creative ideas, you are in the right place at the right time and hence you start to grow your business, your career improves or some other great positive change happens. Magic happens!

I have been to the edge of despair and back many times. Firstly with my brother committing suicide, my marriage failing, being diagnosed with Crohn's Disease, finding out one of my other brother's baby isn't really his and struggling to build my business which was far harder than I had ever anticipated. There were times I just wanted to walk away from it, when I didn't want to wake up in the morning, but once I really started using the laws of attraction, things changed dramatically.

I will put this to you in a nutshell. What you worry about makes you **feel** bad, the bad vibrations attract more of what you don't want. If you are worrying try and change your thoughts to **feeling** what it would be like to experience your desire. Maybe you are in business and want it to take off. How does it **feel** when it has taken off? What do you see? Where are you? How many staff do you employ? Who do you meet with? How many customers do you have?

Please do not be fooled into thinking that you will win the lottery or some miracle will just appear. If you really use these laws, things will happen to you and at first you will think it is coincidence, but you will soon learn that the things are happening because of your own positive mental attitude. This is not some New Age waffle either, it is a proven science.

Some Tips to Help You Stay in an Abundance Way of Thinking:

1. **Write out I AM statements.** This is very powerful. For example, *I love the thought that I am driving my brand new Peugeot 207cc, green in colour with a black leather interior. I feel the sun's rays on my face as I drive with the top down. I AM feeling exhilarated and happy, feeling and hearing the wind rush by as I drive up the coastal road, on my way for a week-end in the vineyards* . Statements like this are descriptive, and you can FEEL what it is like in your vision. Note I said "I love the thought of" this is because if you say I AM but believe deep down it's a lie it will be, but the thought of isn't – it's feasible and hence your vibration is positive not negative.
2. **Have a vision board,** get a board and stick pictures of all the things you want and look at it whenever you can. Every time you look, make sure you feel like you already have it.
3. **Jump at opportunity.** Once you start using these laws opportunities will be given to you all the time - seize and act on them.
4. **You still have to work at it** - \$1,000,000 isn't going to magically appear whilst you are sipping cocktails in the hammock.
5. **Read!** Every day, read everything you can on these laws. Try this free e-book to start with [As A Man Thinketh](http://www.asamanthinketh.net/index.html?KBID=4133) <http://www.asamanthinketh.net/index.html?KBID=4133>
6. **Don't give up!** It's hard going to keep your thoughts on what you want when the chips are down. Don't stop.
7. **Be grateful!** Recently I was pining over a broken heart and I have always taught my girls the Law of Attraction and the importance of gratitude. I came home from work and was crying on my bed when my 12 year old came up to me, put her head on my chest and said "you know mum, just look at all the things you have to be grateful and then she proceeded to rattle off all the wonderful things I have in my life". This was a big wake up call for and a thrill to know that what I teach my girls is sinking in to them. The very next day I was back to my old powerful, happy and lover of life self! It's an amazing power.

If you would like to learn more about these laws of attraction visit www.coyote.com.au and go to the motivational products page.

How do I know these Laws work? Here is just one example how it has worked for me. How much do you value your health? If you were diagnosed with a debilitating, incurable disease what would you do? Would you say to yourself "Oh woe is me, I am sick, I can't work any more, and I have an incurable disease"? Or would you, like I did, say "Oh, well I will keep really fit and that disease won't bother me". I can assure you I am extremely fit for my age and have had the disease diagnosed for over 8 years, but I rarely suffer from it. You see my BELIEF is that I'm fit so it can't affect me.



Debbie Carr the director of Coyote Management International Professional Speakers and Entertainers Bureau.

She is also a recruiter specializing in temporary and permanent office support staff, a profession she fell into and loves with a passion using the powers of The Laws of Attraction.

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"Making 2008 Great" Choose Your Own LUCK

One of the foundation stones of personal mastery is taking responsibility for yourself and where you're at in your life. When you're in charge of yourself, you're in charge of your life. Once you've decided now, that you're in charge of your life, you're on the path to joy and fulfillment. And yes, it is this simple.

In taking responsibility for yourself and where you're at in your life, you take control of how you think, feel and behave. This is what puts you in charge, because this gives you the power to choose and therefore to choose to receive.

When I first heard about taking responsibility for myself and how I now felt, I got very caught up in the "excuses, guilt and blame game." All the anger and resentment I had felt towards outside circumstances, I re-directed at myself. Surprise, surprise, this got me nowhere and was very far removed from taking 100% responsibility.

Taking responsibility is about:

- creating and maintaining a productive internal relationship between you and yourself, and
- developing a trust between you and your unconscious mind so you become fully integrated on all levels of being; mind body and soul.

In developing this relationship with yourself, you develop a reliable resource for moving forward in your life, allowing you access to incredible sources of knowledge, judgment and wisdom. It's this trust in yourself which allows you to feel the strength and centredness of your own increasing personal mastery.

If you've taken the time to read this, then you, as well as I are on the path of personal mastery and as a result making the world a better place. For some people that means grand and visionary, for others that means impacting the lives of those less fortunate than themselves. And for yet others it could be as simple as recognizing the beauty and wonder of the world around them.

Because you too are on the path of personal mastery that also means you're aware of other successful people around you and you'll also know now that taking 100% responsibility for themselves and where they're at is one very common trait of successful people. When something goes awry for a successful person what you'll hear yourself say are things like:

"I took my eye off the ball."

"I allowed my focus to become scattered."

"I didn't do my research thoroughly."

"I didn't listen to my intuition/gut feeling."

"This happened, but it allowed me to do this, and that's meant I've now been able to"

Right here, right now you can begin letting go of excuses, blame and guilt and begin taking 100% responsibility for yourself and your outcomes, reclaim your personal power, and watch your whole life change.

From this position of personal mastery and power you will enable yourself to let go of your limiting beliefs and decisions, and the stories and excuses you've created to account for where you're at in your life.

If you really want to create the life of your dreams the bottom line is you have to be willing to draw your line in the sand and say to yourself, "That was then, this is now. I am the creator of my reality."

The process is this simple. I am not here to convince you that this is so because whatever you choose to believe you'll be right. If you choose to believe this process of adjusting what you believe is hard, you'll be right. If on the other hand you choose to believe it is easy you'll also be right.

So, what do you choose?

"Making 2008 Great"

A useful belief to take on, to fast track the creation of the reality of your dreams if you choose now is believing that *you and only you are 100% responsible for the creation of your reality and that you achieve this easily and naturally right here, right now.*

I dare you to make a commitment in 2008, to Choose Your Own "Luck."



Leanne Watson is the creator of the Peak Performance audio [Feeling Great for no particular reason](#), an audio designed for busy people to take charge of the way they think, feel and behave.

Subscribe to her powerful newsletter [The Secrets of Your Successful Mind](#) which is full of tips, tricks and techniques for accelerating learning and change and receive free access to Feeling Great the movie preview #2.

"Making 2008 Great" **Colour Me Happy!**

DID YOU KNOW ...

Most people dress entirely in black as if in mourning for the lost freedom of colour within themselves.

Colour is very important throughout all phases of our life. Colour has more influence upon us than we can possibly imagine. What do we really know about colour? How do we see colour? What does colour mean to us? Are we comfortable in the colours we wear or use in our environment? How do we respond to various colours? What are our favourite colours? What colour do we reject? The colours are talking to us and saying something about us. If we look around, colour is all around us. We live in a coloured world; our environment; the trees and flowers; the foods we eat; clothes we wear; our decor; even our speech; "I'm feeling blue" ... "green with envy" ... "in the pink" ... "I'm in a black mood". We use colour to enhance and create, but most importantly, colour has the power to heal.

Colour is all around us influencing and affecting our lives. Often we are not aware of this, but at times we are stopped in our tracks by the beauty of a sunset, the blue brilliance of the sky, the tranquil colours of the sea, the arresting colour combinations worn by someone, moving mountains or an inspiring rainbow. If we are observant we notice the response that emerges in us. We become aware of this because of the feelings that rise up in us. On the other hand there are some colours we do not want to have in our environment, for we feel threatened by their presence. Our response to colour is personal, just as each of us is unique.

Developing colour consciousness is becoming aware of the colours and energy around your environment.

With colour consciousness comes the responsibility for creating environments that encourage growth and development. We often fail to appreciate its impact on our lives and understanding the power of colour brings a new awareness of ourselves, our environment and ways in which we can transform our lives for the better.

The new information on light and colour, on their essentiality, their health benefits, their specific physiological effects, provides us all with an opportunity to rework our lives and environment. Each of us can take this chance to modify our lifestyle, or we can continue to decay in the dark.

It is likely that by using colour and sunlight together, plus some commonsense adjustments to our lifestyles and sensible nutrition, we can make our lives more liveable, healthier and, of course, happier!

Take the time to think about your colour choice and reflect on your feelings for the colour. Dare to be different. Colour is one of the natural delights of this world and much of the good life resides in it. Think colour and you are on your way!



Irene Sunn is a Chromopath/Counsellor.

Irene trained in London in 1993 and has spread colour through newspapers, radio and television in Australia and overseas.

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"Making 2008 Great"
Decluttering is Empowering

I believe life can be simple and easy. That we can live a life of peace and happiness. That we can be free of complication and confusion.

I also believe that to allow life to flow easily and effectively, the foundations have to be right – there has to be order and organization around you to let you live your life with purpose and vision.

Everything has to grow from a seed and for everything to grow well and healthily, the environment and foundations have to support and nurture every step of the way.

I ask you, how can your life support you, if the environment around you is falling apart?

When you are building a house the foundation and the structure have to be solid and stand firm, otherwise the house will fall down.

It is the same philosophy with life!

If you have clutter, chaos, disorganized mess around you all the time – it may be very difficult to imagine living in a tidy, organized environment.....

Liken the clutter to a grey, heavy, humid, cloudy day and then.....

Imagine a bright, sunny, warm, fresh day.

You feel fresh, free, light and easy. You feel great!

That is how decluttering will make you feel **instantly!** Try It!

Clutter zaps your energy and erodes your spirit.

Clutter makes it difficult to get things done.

Clutter adds to your stress, slows you down,
and drains your physical, mental, emotional and spiritual strength.

Clutter is Disempowering.

I ask you **not** to think of decluttering as a tremendous chore – Think of it as one of the most effective self-improvement tactics available to you.

Every item you release creates space in your life for a new insight, new energy, joy and new experiences to come!

Decluttering is Empowering!

Decluttering will:

- ✓ Simplify Your Life.
- ✓ Help you Think Clearer.
- ✓ Give you more time to enjoy life.
- ✓ Eliminate Stress.
- ✓ Boost Your Confidence.
- ✓ Let you have more fun!
- ✓ Improve Your Productivity

Clear that clutter and create the space to allow the energy to flow freely and to help you discover your true path in life.

Life should be simple - we come with nothing, we leave with nothing - we just have all that "stuff" that happens in between times.

Wouldn't it be great to create a world of simplicity, contentment and happiness?

A life without "Clutter"!

Energy More Than Just Cooking With GAS

Lift Your Energy Instantly

The word energy really has become a buzz word. Quantum Physics states everything in the universe is energy...you...the chair you are sitting on...this ebook you are reading are all just different forms of it.

Energy and matter take on different forms and can change depending on the influence of other energy it attracts or comes into contact with. Water as a liquid when heated, changes the energy form and becomes steam, cool the water down and the energy changes again to solid ice. That's right ladies that's why when hubby comes home in a bad mood, your mood can change instantly to match his.

This simple understanding of energy and how energy is influenced can be adapted to your holistic health of Body, Mind and Soul to lift your energy instantly. The advantage is a life more in alignment with peace & happiness and more energy.

Energy of the Body

Most of us are aware that a healthy well balanced diet provides you with consistent energy. Eating foods loaded with carbohydrate and sugars will ensure your digestive system uses all your energy just to digest and store what you have eaten. i.e. Christmas Day... Afternoon nana nap anyone? Over 85% of our body mass is water, water is essential to our energy levels. Some liquids deplete our levels because of the energy used in the process of elimination. i.e. After a big night drinking. Everything is fine in moderation.

Healthy Hint - Try putting a little lemon juice in your water, lemon juice helps the body to become more alkaline and reduces acidity. Virus, infection and disease can't survive in an acidic system.

If you are person who is constantly stressed, this is something you ladies might want to know. Stress will make you **gain weight** and **age rapidly**. When stressed the body releases the stress chemical catecholamine otherwise known as adrenalin. Constant low level stress will cause the body to work harder to eliminate this hormone from our system. The body shuts down non essential functions and the first things to go are food digestion and cell renewal. So throw away those face creams ladies and get rid of the stress in your lives instead. I can already hear a lot of you saying "but he won't move out!"

Exercise is a great way to increase your energy. That's right, no more excuses that you are too tired to exercise. To create energy you need to expend it. The more energy you use, the more you create. Those of you who get out of bed early and go for a walk will agree that you have more energy for the rest of the day.

The environment we place our selves in can also have an affect on our energy levels. An environment full of electrical equipment and fluorescent lighting is very draining. Electromagnetic field pollution produces positive ions, that drain our energy, visit the beach were the combination of natural salt, fresh air and abundance of negative ions will have you feeling uplifted. Associating too much with negative people will also drain your energy levels. Spend more time with people who inspire you and are in alignment with being positive.

Energy of the Mind

A fit and focused mind is more able to concentrate and retain information. Use it or lose it. You can use your mind to worry or create which ever you choose the universal law of attraction (The Secret) will assure you manifest your thoughts in your future. Filling your mind with negative junk will clog your mind with negative thoughts; limit your watching and reading of this type of material. (How depressing is the news?) Positive thoughts, affirmations, meditation and visualisations are proven ways to bring your mind into a peaceful state. An American study has also found that meditation reduces the rate in which you age, another great reason to give it ago ladies.

"Making 2008 Great"

Try these tips as instant mind/mood lifters - watch a comedy or read a joke book, laughing releases serotonin in the brain and serotonin is our natural happy drug.

Relax in bath, burn some candles and let your mind wander over everything you are thankful for. Gratitude amplifies the energy of the law of attraction. You will attract more into your life when you are grateful.

Energy of the soul

Your soul is the core of who you are. Your emotions are the signals and sign posts that your soul is giving you to indicate if your life is vibrating in the energy of peace or pain. The soul is your connection to all that ever was and all that will ever be. It is your connection to your creator the most powerful energy available to all. Understanding who you are and following your souls direction can free you from that feeling "there just has to be more to life than this".

Everyone has intuitive ability and the ability to self heal. We often look outward to why we are not happy. It's his/her fault, I will be happy when I don't have money problems. I will be happy when...happiness and peace can only be achieved and experienced in the now. Projecting happiness into the future will keep it right there, in the future and just out of your reach. Make your self happy today, right now and remember ups and downs are a part of life. It's your attitude and the way you react or respond to the challenges that makes all the difference.



Julie Kay is an Inspirational Metaphysical Speaker, Teacher, Psychic Medium, Healer and Author.

Julie helps people find inner peace, direction and success by showing them how to tap into their subconscious and the Mental, Physical and Spiritual powers of self.

Julie wrote 'The Missing Link' – for more info:
<http://www.TheMissingLinkBook.com>

More information about Julie is also at <http://www.dlfTherapy.com.au>

Feeling Stuck and Frustrated?

- Things Not Working Out?

Seven Essential Questions:

You must ask about everything and everyone in your life!

Inevitably the reason you feel your life is not how you would like it to be, is because there are things and/or people in your life creating resentment, that consciously or unconsciously are adversely impacting you, inhibiting your ability to move forward and to Be, Do and Have anything and everything You have ever desired or wanted in Your Life!

If You truly desire to move forward, to make 2008 your best year ever, if You really want things to change for the better, You owe it to yourself to take the time to work through this checklist, listen to the guidance of your inner knowing and take action today!

1. Do I love it?

- Or am I holding onto this item/person out of **GUILT** and **OBLIGATION**?

2. Is it useful to me now?

- If not, and it is useful to someone now, then give it to them!

3. Does it reflect who I am now in my life?

- And who I am choosing to become or is it a reflection of where I have come from?.....
- And do I wish to recall that energy in my life?

4. Does it act as an environmental affirmation for me?

- Is it uplifting? Do my energy levels drop when I see the object?

5. What positive and/or negative thoughts, memories, or emotions do I associate with it?

6. Does it need to be fixed or repaired, (28 days)

- And am I willing to do so now?

7. If I moved tomorrow, would I choose to take it with me?

- If it is time to let it go, am I going to dump, sell, lend or give it away and if so how, when and who to?



Debra Jarvis, founder of Feng Shui Miracles P/L and author of the publication "ABC of Feng Shui" is an accomplished professional speaker who educates and inspires her audiences.

A strong advocate of the practical application of Feng Shui to Australian conditions while honoring the essence of its Eastern heritage, her work is practical and effective.

Website: <http://www.DebraJarvis.com.au>

"Making 2008 Great" **Finding Inner Peace**

The end of war? That could really make 2008 the best year yet. And what if you could make a real and lasting contribution to world peace? Yes, there is a way – but only one way - and that is by finding peace in your own world. If you pay close attention to yourself you will find that it is you who are at war: at war in your head, at war with yourself, at war with your life, your family, the weather, the government, your boss, the traffic

What if 2008 was the year you ceased the endless internal conflict, the violence in your mind, in your thoughts, that spills over into the emotional and physical world? How would your year be if you made a commitment to **Find Inner Peace** amidst the tumult of every day life?

Here are some pointers to help you take action on that commitment:

- Recognise that when you are up in your head thinking, (probably most of the time), you are either in the past or the future – neither of which exists (except inside your head!) It stops you from being present now, the only moment which does exist. No wonder it sometimes seems that life is passing you by.
- Anxiety and fear are created by having catastrophic thoughts about the future – and you can't possibly deal with it because it hasn't happened yet, so take a breath and realise you only have to get through the breath you're taking. There, isn't that a relief?
- Notice all the stories you make up that aren't true – "**I should have more money**". If you were supposed to have more money then you would, so stop arguing with reality.
- Go to a **meditation, yoga, tai chi class** or anything else that helps discipline and calm your mind.
- **Practice being mindful** when doing every day activities that you normally do automatically, such as eating, showing, cleaning your teeth, walking, doing the dishes. Bring your total focus to the action you are taking.
- Ask yourself the question "If I were being kind to myself right now, what would I be saying to myself or what would I be doing? And then say it or do it!
- **Make a note to stop defending yourself** – know that there is nothing to defend.
- Decide to practice acceptance instead of resistance – for instance accept your feelings, other people's behaviour, events, the weather, instead of complaining and criticising. Acceptance is not about passive resignation, it's a highly dynamic state that leads to a deep inner peace no matter what the external circumstances are.



Margaret Munoz of Tangible Results is a consultant, speaker and author of "The Power of Tapping" and "Create Prosperity".

Using the latest developments in the field of human potential she helps her clients to eliminate the internal barriers to their success so they can optimise their personal performance.

<http://www.tangibleresults.com.au>

"Making 2008 Great"

Goal Setting for 2008

The end of the year is drawing closely and many of us may be thinking about a New Years Resolution. Have a think back to last year, what was your resolution that you set? This year when you make your new years resolution, think carefully about setting not only a resolution but think about setting goals. Goals to what you want to achieve to make your 2008 your best year ever!

When writing goals it is important to have a strategy to assist in sticking to achieve them. **Here are 5 simple steps to successful goal setting!**

Step 1: Categorise your goals.

Categorising your goals is very important. The best way to do this is to be specific by placing each goal in a category such as:

1. Health
2. Financial
3. Social
4. Personal

Step 2: Set a REALISTIC goal in each Category.

Once you have chosen your categories it's time to set a few goals in each one. Such as:

Health – Starting the 3rd January 2008 I will walk on a Monday, Wednesday and Friday night around the block of our neighbourhood straight after dinner. It is important when writing your goals that they are realistic within the timeframe that you have set.

Step 3: Set a timeframe

When setting goals, you need to set a time frame or a date of when you want to achieve that goal. For instance in the example about regarding health, it states by 20th March 2008. By setting a deadline it will assist you in keeping focused in achieving success with your goals.

Step 4: Read your goals.

Reading your goals is vital! Many people will write their goals on a piece of paper and then leave them in a book or their desk draw and never look at them again. If you are serious about achieving your goals, it is important to display them in a place where you can read them everyday. For example on the fridge door, in your wallet or at your work desk. And remember to read your goals daily to keep you enthusiastic about wanting to achieve them.

Step 5: Record your goals.

Do you find that you may not have time to read your goals? Well then record them! Most computers today have recording devices where you can speak and record your voice. By recording your goals, you can then burn them onto a cd and listen to them in the car on the way to work or place it on your ipod and listen to them whilst you are walking or at the gym. Make it a priority to take time each day to listen or read your goals, this will be a huge factor in motivating you to wanting to achieve them.

So there you have it, 5 simple steps to kick start your goals towards making 2008, your best year ever!



Joey Marc - Marc Wellness International

Website: www.MarcWellness.com

"Making 2008 Great"

How to Get More Done

Accelerate your success in the coming year by working smarter, not harder. Everyone says they are 'busy', but busy doing what?

Don't waste your most precious resource....time. **Get organized now and get more done in 2008** with these top tips.

1. Write down what matters most to you; what you consider to be most important (your values) i.e. health, family, wealth etc.

- Then fill in a [weekly planner](#) (or make up your own version). Enter what you're doing each hour for the next 2 weeks.
- Then review it and cut out the activities that take you away from what you consider to be most important to you.

2. Write down your goals both business and personal.

Choose the top 3-5 and focus your time, energy and resources on them.

3. Learn to say 'No'.

You can't take time for your life and what you want to achieve without learning to say 'no' to others.

4. Seize Control of Technology and Telephones

Turn the phone and email off so you can focus on what counts. Have technology and telecommunication free periods throughout the day.

5. Delegate or Outsource

Get assistance in areas outside of your core expertise. Don't waste time on '\$10' an hour tasks. Your time could be worth \$100 or more an hour so don't waste it fiddling around on activities which fill your day and don't provide you with a good return on your time.

6. Spend Money to Save Time

Shop on-line and pay for the extra freight or postage. Use a courier. Find someone else to do the 'running around'.

7. Clean Out the Clutter

Excess clutter costs you time searching for things, cost you money because it takes up valuable space and you buy more of what you already have but can't find, and it distracts you. Get rid of things...now!

8. Become the King or Queen of Checklists

Write checklists for tasks or activities which are repetitive i.e. invoicing, client and team meetings, assessments etc.

9. Diarise Yourself First

Take time out for your own health and well-being each day. Allocate time in your diary for yourself first.

10. Plan Daily

- Plan in your diary what you want to achieve each day.
- With a plan you will have a clear focus, without it you could end up anywhere.

11. Get Coached

Every top performer gets coached. You cannot be on top of your game just on your ability alone.

THE FINAL WORD

Consistently take action on these tips each day and you will be happier, healthier and wealthier.

Lorraine Pirihi is Australia's No. 1 Productivity Coach. Lorraine specialises in working with small business owners and entrepreneurs showing them how to dramatically increase their productivity so their business is profitable and they also have time to enjoy a life. Visit LorrainePirihi.com now for powerful productivity tips to save you time and make you money or contact 1300 857 756.



"Making 2008 Great"
It Begins With A Vision!

How to Create a Year of Progress, Achievement and Satisfaction?

The pursuit of your vision will create the dedication to do what it takes to become successful and happy. The most important ingredient is having a strong set of values, positive attitudes and a habitual behaviour necessary for your vision to become reality.

Create a Bigger and Better Future!

Make your future bigger, brighter, and bolder than anything you've ever done before.

The past is rich with experiences and offers great insights for creating a bigger and better picture. Use the past as a foundation for what lies ahead and use the experiences and insights to start thinking in new ways.

This will help you create a better future and you will separate yourself from situations, relationships and activities that cause you to feel trapped.

Make Valuable Contributions to Other People's Lives!

Success is built on the commitment to be of service to others. Begin now to make your contributions bigger than your personal gain. As your success keeps growing, many rewards will come your way. To create a fulfilled life you need to concentrate continuously on making ever greater contributions into the lives of your family members, friends, associates, country and the world at large. Look for ways to empower people, help others eliminate their limitations and become a living example of the principles of human decency.

Continually look for opportunities to share what you have learnt with others.

Raise Your Standards!

Raise the bar high and astound yourself by your performance. To ensure that you have more, you must first be more. Be committed, focused, disciplined and relentless. Be the authentic person you are and were meant to be.

Have an Appreciation for Life!

Gratitude is essential to creating success and a fulfilled life. Long-term successes maintain a natural sense of gratitude and understand that many people have contributed to the creation of their success. Continually acknowledge others' contributions! You will automatically create greater success and a greater quality of life if you acknowledge others' contributions and stay motivated to achieve even more for those who have helped you.

Focus on appreciating and thanking others and the conditions will always be favourable for your increased success.

Treat any Increase of Comfort in Your Life as Temporary and Strive for Higher Goals and Achievements!

Place yourself in a position where you have to grow, learn and perform and life will always be an adventure.

Incorporate these guidelines into your life, and share them with others so that you and they will be able to enjoy life and all it has to offer.



Anna Morten - Empowering Women

Her work provides compelling food for thought, soul-finding information beyond the usual thinking, lends comfort and enlightenment, and offers the tools to manage everyday issues in a new, empowering manner.

Anna faced and overcame obstacles that defeat most people, and showed what a strong spirit and the refusal to be a victim can achieve. She has lived a life with remarkable turbulence and, seeing it for the asset it is, applies it now generously and expertly to easing human suffering.

Website: <http://www.AnnaMorten.com>

"Making 2008 Great"

Learn to Love Yourself

Below are **Seven ways** we can learn to love ourselves and become all we were meant to be; free from self doubt and living with renewed satisfaction.

1. Accept who You Are:

You are a person of infinite worth and value, just because you exist. Spend some time this year getting to know yourself and reclaim your dreams.

2. Suspend Judgement and Forgive Yourself:

Forgive yourself for past mistakes and leave them behind. Stop being so hard on yourself; it frees up huge amounts of energy to live and to enjoy life.

3. Take Responsibility for Yourself:

Take responsibility for your own actions and your own happiness. Being prepared to take a risk, and fail, will give you the courage to try, and succeed.

4. Respect and Honour Yourself:

No-one else can do the job of being you. No-one else can fulfil your purpose but you. Become committed to your own best good and invest in yourself.

5. Care for Yourself:

Look after yourself as you would your most precious possession. Practice extreme self-care and give yourself permission to enjoy being you.

6. Be Grateful for Who you Are:

Celebrate who you are – take delight in your existence. Be grateful for each day you are alive and enjoy your achievements along the way.

7. Open up Your Heart and Embrace Life and All its Possibilities

Philosopher, Johann Wolfgang von Goethe said 'Trust yourself, then you will know how to live'. Learn to love yourself and you will love your life.



Marian Kerr – Contemplate Life Coaching – enhancing self-acceptance and positive thinking; empowering people to find their own answers, uncover their inner beauty, connect with their authentic power and gain focus, clarity and direction in their life.

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"Making 2008 Great" Superwoman Syndrome or Savvy?

Starting the New Year with renewed energy and a zest for life is the best feeling ever.

You are bursting with enthusiasm; there is a clear stretch of 365 days ahead, you have a perfectly clean sheet on which you are going to write in your best script everything you want to achieve this year. The list ends up filling several pages of your beautiful new note book purchased specifically for this task and you are just dying to start ticking things off. The challenge is there and you are ready - "bring it on"!

Ding, Ding, Ding – reality check! This arrives about 1 March when you've probably lost the book, you are gorging on chocolate cake as punishment for not sticking to your diet and you have only had one of those monthly massages you promised yourself, let's not even talk about the gym membership.

I think we have a touch of the Superwoman Syndrome here. We are all absolutely convinced that there is no reason whatsoever that we can't achieve everything in that beautiful notebook, and believe it or not it is actually achievable. We just need to remember that being a Superwoman just takes a bit of savvy and planning. There is of course, about 0.2% of the female population that are naturally born Superwomen, but for the rest of us it is a skill we need to learn.

Lesson 1 – Don't try to achieve all your goals in the first 6 weeks of the year. Plan a new goal for each month so you have something fresh and new to put your mind to.

Lesson 2 – Make your goals realistic, hey dream the biggest dream you can for yourself, but again its one step at a time.

Lesson 3 – Share your goals with your partner, family or friend. Let them know you are serious about achieving these goals and that you "demand" their support – why not you deserve it!

Lesson 4 – Make time for yourself. It is too easy to get caught up in family and work commitments, but in order to give your best to these you need some time to recharge. Schedule time in your calendar for yourself to give you the best possible opportunity to achieve your goals.

Lesson 5 – Don't Beat Yourself Up – if you miss a gym session or don't get to clear out that cupboard this month, don't be too hard on yourself. Keep the task on your list and keep working towards it.

Lesson 6 – Outsource. If you can afford it, get help. Whether that is a cleaner, gardener, personal trainer, ironing lady or a Personal Concierge, get help. Pass the chores you don't want to do or don't have time to do on to someone else, and free up more time to focus on your goals.

You can be a Superwoman! There is absolutely no reason you can't achieve all your goals, and succeed in everything you wish for yourself. All it takes is a little bit of savvy.



Adele Blair of Blair Lifestyle Management
Director/Personal Concierge

Website: <http://www.BlairLifestyle.com.au>

"Making 2008 Great"

The Power to Be – Winning the Game of Life

In our interactions in this world, we are being defined by the perceptions of others. For some inexplicable reason, we try to be what others want us to be – perhaps to gain approval, to be appreciated, to get what we want, etc. In a way, we surrender our power to another. We also give power away when we manipulate, control people and events, ask for favours, depend on others for advice, emotional, financial or physical support. All types of dependencies on people or things suck our power away. This is one reason why many men and women are unhappy and spend their lives struggling with inner conflicts.

More often than not, a person is not even aware that he or she has personal power. Take a look at the submissive wife who gives in to a dominant husband, or the person who gives in to peer pressure or an employee who could not voice an opinion. In my observation, the basic reason why we give away our power is rooted in fear. The moment when fear has come to pass (for they will surely come), when we have no choice but to confront our deepest fear or else perish will be the moment of truth. It is at this stage that we discover our personal power within.

When we give up our power to another, we are not being true to ourselves. We are in bondage. It is like a daffodil trying to be a rose. Essentially, we will never become what we truly are. If our essence is that of a daffodil, we can only try to pretend to be a rose. We will only try to pretend to be that which we are not if we think others prefer roses or if we fear that the spring's golden daffodil is a lesser expression than a summer rose.

Common concept of power is the need for personal gain, and personal survival, the need to gain control over external forces and events. This concept is an illusion because we cannot receive or hold power from an external force.

“True personal power” is spiritual power that emanates solely from within.

People living in the illusion of power are always disappointed, for their hearts are never satisfied, no matter how wealthy or successful they have become. Material things do not feed the soul. The soul thrives on the essence of life itself and our spirit knows this.

My “Aha” moment was given to me by my eight-year-old daughter one summer day at the beach. We were looking for something to do, when we realise that beneath our feet was virtually the clay of creativity – the pristine sand! So we started building a sand castle. We had a wonderful time doing it and we were delighted with our labour of love. But later, the waves came in from the sea and washed away our sand castle. I thought my daughter would break into tears because her marvellous creation had been destroyed. Surprisingly, she did not cry. Instead she said, “Ma, the sea washed away our sand castle so we can build a much bigger, sturdier and more beautiful one.” So we started building anew with renewed vigour and enthusiasm.

I realised then that building that sand castle is like living our lives. We become fully empowered by taking responsibility for our life. I am in charge of creating my own reality. It is not power over others that are important, but rather the power of creation of our own reality and that we can derive great enjoyment in the process.

I see now, that the whole reason for creating something is not so that I can have a better sand castle than others, but rather so that I can enjoy the process of self- realisation through creation. I believe this is the personal power that we all continue to seek.



Bea Guanzon - Del Rosario –

Master Results & Performance Coach/consultant,
Bea is a Master Practitioner of NLP. (her area is coaching people who are undergoing transition or crossroads in life).

She is also a trainer, teaching /motivating women going back to the workforce, design, delivery of cross cultural awareness packages, productive diversity (how to do business across cultures).

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What do all 'Super Women' Have in Common?

----- Great Delegating Skills!

Read on to find out how to get others to help you get the job done... right!

Whether you run a corporation or you are the managing director of *operation home*, there is absolutely no doubt that we all need help from time to time. I know just the thought of this can send some of us screaming for cover. I'm hearing comments now, 'they won't do it properly & I'll just have to do it myself anyway', 'what's the point, by the time I get him to understand what he has to do, I could have had it finished 3 times over'.

'**Super women**' have a different way to approach this challenge, the challenge being, there's only one of you & so much you want to achieve! These women know if they don't enlist the help of others they will be limited in their efforts. So, what's their solution? Planning! It's that simple. Take a little time now, to make yourself a lot of time later.

Here are a few tips to get you on your way:

Decide that you're going to delegate.

You need to admit that you can't do everything & you need help.

Decide what you're going to delegate.

Is there a particular area where you need help or something that you don't like doing much? It could be a good candidate for delegation. If you are a business woman, remember that you don't want to delegate the things that bring in the 'bucks'.

Be as specific as possible.

It's no good hiring someone, to *help around the office*, and then complain because they haven't done what you wanted them to do, or asking the kids to do the gardening without telling them which garden needs weeding. You'll need to be very clear about what you would like done and how you want it done if the delegation is ever going to be successful.

Let the other person get on with it.

When you delegate something, it's literally out of your hands and you need to avoid interfering with the process of getting it done. As hard as it is, wait for the end product before you judge how successful the delegation has been.

Start slowly.

In fact, if delegation makes you uncomfortable, start by delegating one thing **only**. Your *delegation comfort level* will build over time as you see the jobs getting done 'the right way'. Then you'll be ready to give away more.

Before you delegate any job, ask yourself these questions:

1. To whom will I delegate this task?
2. What preparation is needed before delegating this task?
3. Will I give written or verbal instructions?
4. What will the instructions be?
5. What training (if any) will be needed?
6. When will I follow up?

So, take a deep breath & enlist some help. You have to make delegation a priority if you're going to do all the things you want to do AND stay sane and happy ☺



Kym Kranen - <http://www.solutions4success.biz>

From the age of 18 Kym has been either a business owner or a manager of someone else's business. Her experience ranges from retail, to hospitality, to the fitness industry and a few others in between.

Being a business owner herself, she understands the issues and challenges that SME's are faced with on a daily basis. Kym can assist you to solve them or, avoid them altogether. One of the reasons business owners choose to work with Kym is that she has the passion & drive to help them achieve their goals.

"Making 2008 Great" Your Personal Brand ...

The right image amplifies your credibility and improves your personal persuasiveness.

The right brand image strengthens and supports your message. Personal success relies largely on our ability to communicate ... you can express your potential quietly and effectively without saying a word.

A good brand name gives a good first impression, is easy to remember, and evokes positive associations with the brand. You are a product. Ensure you brand your potential and future worth.

The purpose of branding is to:

- differentiate yourself, and
- achieving desired personal or professional results.

Research indicates that 70% of a market will pay an additional 20% premium on branded products, 40% indicated a 30% premium.

Why not consider Yourself a Brand? You are your number one asset!

It pays to design your image to sell. It is well known, more presentable or professional people are more persuasive.

Why is image so important? Why does someone's perception of us matter? In those first 6 seconds decisions are made about you:

1. Do we like you?
2. Do we trust you?
3. Do we want to do business with you or spend time with you?

If you have a positive personal brand, you are attributed with other positive aspects. This is known as the Halo effect. For example if you look confident, you will be perceived as competent and intelligent.

If you have an excellent brand, reputation and references you will be:-

- Hired first
- Promoted quicker
- Afforded more authority and respect
- Your suggestions will be given more weight
- Your word becomes gospel.

Your image directly influences your thinking, what you feel, your behaviour, and others we interact with and their thoughts, feelings and behaviour.

Social psychologist confirm our first impression is made up of:-

- 55% visual
- 38% tonality
- 7% the words we use.

Within 6 – 30 seconds a person has formed an opinion of us and we have made an irreversible impression.

"Making 2008 Great"

Refining your personal brand is easy.

Your leading attribute is your Personal Image. What people see is what they expect to get. The best personal brand is determined more by what your clients expect to see and what positions you favourably in their mind than just looking professional. What is your signature style and what will brand you as professional, individual and credible.

As Judy Garland said, 'Always be a first rate version of yourself instead of a second rate version of someone else'.

Importantly, research indicates that 67% of first impressions are accurate. Your image tells the world who you are and where you're going. Is yours an accurate reflection of your existing abilities and potential?

Becoming your own unique brand is essential! Improving your image is an investment in building your personal profile, reputation and the results you will achieve. And deserve to achieve.



Rachel Quilty is the General Manager of Jump the Q, a Professional Image Consulting and Finishing School. As an author and speaker Rachel regularly advises business owners/managers to review their professional image and personal branding ensure a positive response, successful promotion and business positioning.

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Call 1300 655 755 today!

Email info@jumpteq.com.au to arrange a FREE Image Audit & Information kit

Visit www.jumpteq.com.au for free ebook

"Making 2008 Great" **Your Time To Shine!**

Every year around this time, we begin to reflect on the year that was, sometimes with pride for a job well done and sometimes with regrets. We wonder why it perhaps didn't turn out the way we had planned – AGAIN! How come I didn't quite reach the mark! And each year you reflect and dream again for what might be for the next year, knowing deep in your heart, you don't quite believe it, but you hope it will come true this time - sound familiar?

Therein lays the problem – HOPE. Where most people fail is that they dream that 'one day' or they hope that 'some day' well some day usually never comes. To truly immerse yourself in the belief and KNOWING that you can BE, DO or HAVE anything we can imagine, is possible if we do **the work**.

By **the work**, I mean, be prepared to 'roll up your sleeves' and get down to being totally honest with yourself. Start by looking at where you are a right now "the good, the bad and the ugly" Look at what you did achieve, what you didn't and why. Ask yourself - What was holding YOU back? The challenge is to answer this question without BLAMING others.

External circumstances are not usually what prevent success - more often than not, the problem is within! Look at the effect of:

... **self doubt** ... **lack of confidence** ... **negative self-talk**

These can all contribute to a mindset which will sabotage the best intentions and plans.

Whatever your goal, whatever your dream, everything is possible when you mindset is right!

In order for you to create amazing results, you must first become the kind of person who truly believes you deserve this success, before you ever have a chance of making it happen.

Just for a moment put aside your doubts, your fears all the 'yes buts' and ask "if I absolutely KNEW that I couldn't fail what would I truly dare to dream? What goals would you set?"

In 2008 let's try and do it differently. Before setting goals, firstly identify whether these goals are in line with your current thoughts, beliefs and attitudes. Understand that what we think about, what we focus on, is basically what we get. Think of it as a magnet, drawing these things to us.

Goal setting plays an integral part in the manifestation of true success and personal power. By setting and achieving your goals, you not only radiate inspirational abundance, you will find that others want to aspire to be just like you and/or be mentored by you!

The achievement of your goals is enhanced by using the CREATE formula below. It is critical that you write it down!

- C** **CONCISE:** - Be specific about what you want
- R** **REALISTIC:** - "Do I believe I can achieve this goal in time frame I want"?
- E** **ECOLOGICAL:** - "Is my goal safe for those around me, will I hurt anyone, or the planet in achieving this goal. If not – go for it.
- A** **AS NOW:** - Write your goal in present tense, as though it has already occurred.
- T** **TIME FRAME:** - Write in the date that you expect your goal to occur
- E** **EVIDENCE:** - "How will I know that this goal has been reached? "Where will I be, what will I be doing?"

Start it by saying it is now ...(insert date) and I have/ and I am.....

"Making 2008 Great"

How awesome will it be to look back at your goals this time next year and realize that you achieved each and every one of them! 2008 is a clean slate, a slate for you to draw anything and everything that you so desire, as the saying goes just do it! Take action NOW - set those goals and know that you are EVERYTHING that you want to be.

Wishing you all every success and happiness that you have the courage to dare to go for in 2008!



Shelagh McNamara is a Real Estate Mentor; Corporate Trainer and master NLP practitioner. She has assisted CEO's and entrepreneurs in developing their strategic plans, professional objectives, and exceeding sales quotas.

She is skilled in strategies that address the physiological underpinnings that block people's success, empowering individuals to overcome limiting beliefs and unleash their full potential.

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