



SHE HUSTLE COLLECTIVE MAGAZINE

"We Are A Dynamic Community Of Creative & Philanthropic Female Entrepreneurs!"

A portrait of Larisa Miller, a woman with short, styled blonde hair, smiling at the camera. She is wearing a light beige trench coat over a white top, accessorized with a gold chain necklace and a large yellow pendant. The background is a soft-focus green outdoor setting.

LARISA MILLER

A Woman Shaping the
Future of Business

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VOLUME 1

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& Determined to Succeed!



LARISA MILLER

A Woman Shaping the Future of Business

Written by Jules Lavalée



How did you reach your level of success?

Success is a very personal definition and destination. What one person perceives as success, to another may just be one stepping-stone on their journey. Each undertaking, project, or goal will have its own measure of success. For me, where I am today is a culmination of good and bad decisions – with many mistakes along the way. I've come to recognize that success means being brave enough to try new things, even if you are unsure or have a measure of self-doubt. Every triumph in life is the end result of a recipe made up of vision tinged with fear...small victories, occasional failures, detours, the courage to discard old ideas, and incorporate new ones. I still have plenty of 'bad ideas', and in many ways, I am still learning. But, as the saying goes, "life never stops teaching, so you should never stop learning". I look forward to new endeavors, adventures, projects, and opportunities, and each one will have their own criterion for success.

In the end, if I made the world a little better for humanity, that will be the true measure of my success.

When did you know your value?

That's a tough question because I don't think you realize your value and understand your worth at a specific time that can be firmly defined. It's a process of growth, knowledge, experience, highs/lows, trials, and errors. Recognizing your value is a very individualized realization. How we each get to this realization is a personal, internal journey. Helping women to improve their feelings of value comes from giving them confidence by making them feel appreciated, respected, and significant – both in the workplace and at home. Having groups, clubs and working environments which allow women to interact with one another in a positive and encouraging manner will go a long way toward establishing, promoting and furthering a culture of confident, empowered women.

When I stopped trying to compare my value against others – when I stopped believing that I had to be generic and 'fit in', I started to understand the power of my 'self'. Just because a

woman is feminine, wearing high-heels and lipstick, does not mean that she is not equipped to be a strong leader, innovator, or respected contributor. We are emotional, we are nurturing, we are soft and compassionate at times, but make no mistake, we can be equally fierce and tough when needed. Being feminine does not mean that a woman is not strong, powerful, or valuable. Quite the contrary. Many of the greatest female leaders in the world thought history have been authoritative, dynamic, and forceful, while remaining ladylike. They understood their value without having to fit into a perceived mold of success. As women, it's okay to have a bad day. It's okay to be emotional at times. Cry it out, put your lipstick back on, and try again. When you are respected while being true to yourself, that is when you will begin to recognize your value.

Tell us about Phoenix Global, LLC. What is your vision for 2020?

Phoenix Global is an international boutique consulting and investment firm, with clients in over ten countries, on five continents. We work with clients – public and private sector, to capitalize on gaps in the market; develop innovative business strategies; facilitate market expansion, allowing domestic businesses to enter foreign markets; and, help governments and companies to integrate models of sustainability into their growth strategy.

With regard to our priority projects here in the USA, we are working with municipalities and businesses to formulate short-, medium- and long-term strategies for growth and sustainability in the areas of agriculture/agritech; technology & e-government; sustainable, affordable housing; waste management; energy, etc., allowing our clients to emerge as leaders in this challenging and disruptive market space. A municipality will only be as strong and vibrant as the environment it creates for its residents...an inclusive environment of services, efficiency and access to resources. Cities, municipalities, and communities adopting Smart City strategies will lead the way as we move forward into this transformational era.

As we are all well aware, 2020 has been an unprecedented year of disruption, uncertainty, and forced transmutation across the globe. As the proverbial lights begin to be turned on around the world once again, and we begin to think about our recovery and resiliency strategies, it is my hope that businesses will recognize the value in adopting a more globally collaborative mindset, incorporating methods, ideas and recognizing the value in knowledge-transfer that we can gain from one another. It is only by stepping out of our comfort zones, looking at the bigger picture, that will allow us to find new ways to innovate, expanded networks of opportunity, and integrate strategic solutions to the challenges that we are facing in our customer-base, supply chains, and operations. It is essential for businesses to recognize that we must come together today for a stronger, more resilient tomorrow.

As managing partner of Akon Global, in partnership with global superstar, Akon, and as a partner in K&L Partners, a global boutique consulting firm headquartered in Miami, Florida, you consult with public and private sector clients around the world to expand and accelerate their positions and market access, revitalize their business plans and models, and build or integrate recovery and resiliency strategies. What are your clients' key concerns today?

A year ago, my answer to this would have been decidedly different than it is today, in the midst of a very disruptive and unprecedented year. Concerns today? Staying in business, keeping employees on the payroll, finding gaps in the market to help drive a way-forward, and being brave enough to pivot into this new direction.

Small businesses are the backbone of our communities, and we have a collective responsibility to support and embrace small businesses and entrepreneurs who are struggling to regain their footing during this challenging time. As a global consultant, we work with clients of all sizes on their business development, revitalization/growth strategies, sustainability plans, investment opportunities, market expansion, reputation management, and other customized services and values designed to enhance their operations. For me personally, the most rewarding feeling is having an opportunity to work one-on-one with clients, assisting in the transformation of their business, taking them from a position of vulnerability to a

position of strength. These are the times when fortunes are lost, and fortunes are made. It is my personal commitment to our clients to ensure that they are equipped with the strategies, tools, and knowledge to allow them to navigate the rough waters of the present, to prepare them to be the vanguards of the future.

When businesses are enduring difficult times, either due to internal or external catalysts, our firm has a distinctive approach to confronting these challenges and crafting customized solutions. While many Consultants look at a client's situation from a linear standpoint ("How can I take what you already have and just tweak it to find a solution?"), we prefer to approach the challenges using an out-of-the-box thought-process. When revitalizing business plans, innovating models, or helping a distressed business to recover and accelerate, we focus not only on ways to do it differently, but we create a unique roadmap for the company, staying with the company through integration and implementation. It's one thing to say "this is what you should do", but it's quite another to formulate a strategy, assist in the implementation of that strategy, benchmarking the success along the way to ensure that the client is receiving measurable impact, and then quantify the results after a designated period of time. I don't want to simply improve or solve a problem for a client, I want to find ways to differentiate them from their competitors, carving a unique niche for them in an overcrowded market space. This not only increases their profitability, but it creates value for their stakeholders and customers, as well.

Throughout your career, you have been a Mentor. What advice do you give to millennials?

What you expect to be...the life plan that you've drawn for yourself...will be as ever-changing as a Dubai street map. Be open to adjusting your route, relishing the unexpected detours that life bestows. These detours will lead you to unimagined experiences, destinations, and people, often missed by those who are too inflexible, fearful, or distracted to see these diversions as opportunities. Put down your phone. Look up. SEE the world. Destiny will walk right by those who are too busy taking selfies.

How do we move forward when everyone is telling us that our idea won't work?

In this world laden with psychological terms that have turned into overused buzz words, such as 'validation', we've lost the courage to resolutely forge our own pathway. We need approval and validation, from others before we make a decision. We compare ourselves with our peers and colleagues. We struggle to keep up with our neighbors and friends molding ourselves to fit into the cookie-cutter definition of success. Too often, we spend a large portion of our lives living like a square peg, forced into a round hole. However, it is only possible to achieve your full potential when you shut off the 'noise' and learn to listen to yourself... your instincts, past experiences, and that little voice inside of you that you silence way too frequently. I'm sure there are those who disagree with my choices, or who would propose to do things differently, but one thing I am resolute on is that when I have a decision to make, I think about, consider it from multiple angles, and then make my decision alone without asking other people for their opinions. When you seek 'validation' from others, that only serves to drive down your confidence, reduce your ownership of your decision,



and muddy the waters of thought. Make a decision, stick to that decision, and see it through to the end. Sometimes the end is bitter, and sometimes sweet, but each conclusion you reach will leave you strong than you were at inception.

This year...2020, is an evolution of change. Change is inevitable, however, to be resilient in the face of



change will require us to adjust our priorities and be less focused on what we others think we should do, possessions we acquire, and our "image" and more focused on creating fiscal responsibility, plans of contingency, and building communities based on social, economic and political inclusion. This will mean that we must be resolute in the face of difficult decisions, forging ahead – even when others tell you "it won't work".

Share a few stories of how collaboration in business is important to the way business will be done in the future. How has collaboration with business organizations and woman-to-woman networks have strengthened your business?

Collaboration is a very important buzz word in our business vernacular at this time – and for good reason. In any given sector or industry, there are experts, innovators, engineers, and strategists working on game-changing concepts, designs, and inventions, accelerating any given field well beyond the small contribution that one individual or business can contribute. It is only through inter- and most importantly, intra-sector knowledge-sharing that we can remain relevant and viable.

For me, as I prioritize global collaboration, embracing the fact that there is an abundance of knowledge, skill and vision well beyond what I bring to the table, working with others in a mutual cooperation – even if they are perceived as competitors, has provided me with enough perspective to be able to envisage and potential gaps that I can help my clients to capitalize on. When you mix a recipe the same way that everyone else is mixing it, you get the same end result. But, if you take that recipe, look at how others



are doing it, weigh the variations in the outcome, you can conceive of new ways to combine the ingredients so that the end result is unique, unexpected, and quite potentially, revolutionary.

The easiest way to incorporate collaborative strategies into your business is to grow your global network through online platforms such as LinkedIn, but even more importantly, through membership in business and professional organizations where you can interact, glean and contribute knowledge to other professionals in your community, nation and around the world. Membership in such organizations enhances your business strategies and models, but it also allows you to expand and enhance your supply chain, off-take market, customer-base, and exit potential through exposure to markets outside of your current base.

As for the value in woman-to-woman business organizations and networks, this is one of the most important tools in our toolbox. Women possess strength, tenacity, courage, and leadership. We are shameless multi-taskers, juggling professional obligations with family responsibilities. At times, women are fierce and fearless, and other times we can be compassionate nurturers. Because we always feel the need to "prove" ourselves professionally, sometimes women struggle to support one another, and I firmly believe that through organizations and groups catering to business and professional women, we can encourage the unity of women, helping to build cross-sector support networks, mentoring one another, supporting one another, and forming life-long friendships which will allow us to continue to grow as business leaders and individuals. If we recognize the importance of our own uniqueness and originality, we will stop comparing ourselves with other women, as too often we measure our abilities and worth of the abilities and worth of others. Participating in networks catering to other women, we expand our resources, gaining the necessary tools to allow us to focus on building our own talents, strengths, and perspectives. If we share our knowledge, experience and struggles with one another, and if we can help one another to confidently respect our individuality, embracing our own talents, caring for ourselves as much as we care for others, and if we aren't afraid to have a different view or opinion from others – even if that view is unpopular, we will be unstoppable.

What would people be surprised to know about you?

I guess it depends on who I'm talking to, as so many people know me in a variety of different capacities – as a businesswoman, humanitarian, friend, and mother. Because I prefer to keep my personal life, well...personal, most people do not know that I am the mother to three incredible young adults. My daughter is a graduate of University of North Carolina Chapel Hill, heading off to law school in the fall. My oldest son will start his university adventure in the fall and is a serious (on the way to professional) e-sports gamer/competitor. My youngest son, who has one more year until he heads off to university, is the comedian of the house – when he isn't playing football or basketball. I also have a few serious hobbies as a calligrapher and quilter – both of which I try to find time to pursue in spite of my crazy business schedule.

What does leadership look like for women in 2020?

This is a very exciting time for women! In this UN-declared Century of Women, this is our time to directly have a say in the shaping of our global future. The significance of declaring the most tumultuous century in the history of mankind to women, recognizing that we have the power, attributes and ability to introduce a solution, should not be lost on any one of us.

The present circumstance that we are facing around the world has proven to be a great equalizer. We are facing the same challenges, the same worries – and struggling to meet our obligations and responsibilities in our very fractured societies. It is essential that we start to see past gender disparity, recognizing that we must come together to be a part of the solution. Men and women will never be "equal", as we are so different from one another, however, if we embrace these differences, respectfully working together, uniting our diverse perspectives and thought-processes, we will effectively end the need to discuss disparities in gender and equality, and we will be better equipped to strategize our recovery and resiliency, globally.



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As a woman, I believe that if we focus on our own personal development, constantly building our knowledge-bases, refining our personal traits such patience, empathy, and perspective, and if we can encourage our businesses – either as leaders or employees – to appreciate and respect that men and women can ‘work together’ rather than feeling the need to compete with one another, we will create a more cohesive society. This will, in turn, help us to realize greater business success, and finally be able to do away with the preverbal and cliched concepts of “glass ceiling” and “gender balance”.



LAUNCHING DURING A PANDEMIC

I'm a birth doula, mother, grandmother and animal lover. I've lived all over this beautiful country, but Alberta is where I currently call home. I reside in Spruce Grove with my husband, my 3 teenagers, a couple dogs, a cat and a couple of other smaller critters. Our house may be a little chaotic at times but we have each others back always.

Bundle of Joy Box Website and Social Accounts

<http://www.bundleofjoybox.ca>

www.facebook.com/bundleofjoybox

Bundle of Joy Box has been in the works for over a year, starting as a fun idea being mulled over between a mother and daughter. Our fun discussions very quickly became lists, solid ideas and product testing. We didn't know much (anything) about starting an online store, subscription box or even how to market ourselves, but we couldn't stop. We came up with a brand mission; to connect Canadian families with Canadian makers and creators and we focused on the products that expecting families would want and need. Both my daughter and I try to reduce waste, use more natural minded products and lead a sustainable and affordable lifestyle, so we knew we wanted to incorporate that into our boxes as well. As a doula, I've seen how more families are moving towards this lifestyle as well. We've also noticed how it can become difficult as a new family to find, test, and figure out what locally (Canadian) made products work well and are worth the money. Winnie (daughter) and I decided to solve this problem for new parents.

December 2019 we got real. Both of us figured if we don't officially set a date to launch, it would never happen ('cause mom life). We set our sights on spring 2020, with pre sales starting March 25. A lofty goal for two non entrepreneurs, seeing as our release date was less than 3 months away and we still had everything to do!

January 2020 started off really great! We were able to make solid connections for suppliers, booked our banking needs, we even got hooked up with a couple local entrepreneur centres which gave us insight on what business aspects to focus on and where to put our limited financial backing. We built our website and social media to announce the Bundle of Joy Box launch, and started ordering for our first line of subscription boxes. By February, we were feeling the strain



of long nights planning, raising our families and learning the ins and outs of business legalities. I'm not a half in type of person, so once we had our dates for launch, I was determined to make it happen. Winnie was and still is, the common sense to my "get shit done at all costs" mentality. Working side by side for so many hours/days/weeks solidified our bond for sure, which was beyond important considering what was about to happen.

March hit, and while we were still determined to launch by the 15th, we realised things might be changing. And as with any business venture, timelines and due dates look great on paper but in reality they like to do their own thing. Supplies were coming in, meetings were happening, and we felt like we were in some minute way, in control. That lasted a hot minute.

By the middle of March, Covid-19 hit Canada and the word was given for people to start social distancing. Events went from being minimized to 250 - 50 - 15 people max. Schools were closed. Non essential business stopped. It was a bit of a panic attack for myself and daughter, we had planned to do a big launch with giveaways, social media blitz, the full fanfare for an online business. It was honestly the first time real serious doubt crossed our minds. We thought "How can we try to sell something while everyone is in an economic crisis?" Believe it or not, this was the least of our worries. We wallowed in self pity and doubt for a few days, setting behind our launch slightly, but we opened our website anyways. When it came right down to it, we

saw that now more than ever was a perfect time to release an online business. With other retailers and makers just learning to put things into an online store front, we already had the platform set up. With social distancing taking priority in our society, and people not having the ability to shop around for pregnancy and baby needs, we already had what they were looking for ready to go.

The hardest part in navigating our new business during covid-19 wasn't actually the marketing or selling, it was getting our products and supplies into our shop in a timely fashion. Not only were we seeing delays from vendors, the vendors themselves were also seeing massive delays getting their own supplies to create products. We were feeling a tad overwhelmed thinking that while people were buying from us, we may not actually be able to live up to our promises. Neither myself or daughter are ones to back down from a challenge, some may call us stubborn, but that's another story. We decided to expand our vendor list. In doing so we actually increased our customer base as well. Meeting new vendors from coast to coast has given us options for similar products to be shipped from various locations and with these partnerships, the vendors are also sharing our website and social media since their products are getting views as well.

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fast in this ever changing climate. And, we all know in the small business world you need to stay on your toes to stay afloat.

I know Bundle of Joy Box hasn't been off the ground for very long, but people have still asked me "What advice do you have for new entrepreneurs?" The only solid advice I can give is, if you have a solid idea, built on a solid foundation, then just keep moving forward. Some days maybe tiny baby steps, but when you look back you'd have covered

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football fields in growth. Our motto seems to be: "Just keep swimming" - Dory

Terminate With Empathy

Author: Ashley McKarney, BComm. & CPHR Candidate

Involvi Consulting

Whether you are in a leadership role, or solely an HR role, at some point or another terminating an employee will become your reality. In the early stages of a career, young professionals usually ask themselves questions like, "Will I be able to let someone go?", "Will I hurt their feelings?", "How will I handle the situation?", or "What should I say?".

I have had the unfortunate experience of terminating many staff, and I myself have been let go from a job and a team that I loved. This experience has given me time to reflect and look back at my previous actions as an HR professional. That reflection, let me tell you, has been enlightening.

I am not about to tell you that the terminations all went well, because they didn't. No one is perfect, we will all make mistakes. What I did learn however, is that there are people out there, with many more years of supervisory experience, that have not learned the art of the termination. Yes, there is an art to it, and I believe that through this article, and some experience, you will find the best way to handle the situation.

Now, I recognize that all organizations have their steps or scripts that they want you to follow, but I challenge you to reflect on those processes and ask yourself, are you going to be the good cop, or the bad cop when the time comes. This does not mean that you don't follow process, or heaven forbid, the law, because employment standards and common law are our friends, but you are welcome to challenge the way you deliver the message, when you deliver the message and who you deliver it with. You are, after all, changing someone's life drastically.

There are many types of terminations for a variety of reasons. I was once told that people fire themselves, and that can sometimes be true. If someone steals, breaks the law or policy, commits harassment or a violent act, termination with cause is justified and tends to be an easier conversation to have, assuming the employee does not lash out.

Terminations without cause however are a different breed. These are tricky as you are unable to provide a reason for termination, and it is meant to be short and to the point, but these are conversations that

So, how can you become the good cop?

When should you have the conversation:

This is personal preference, or one that your organization may have rules about such as, never letting someone go on a Friday. After speaking with a colleague who is an employment lawyer, there is no "right or wrong" time, but try to put yourself in the employees' shoes. Would you want to be let go the day before a weekend? Would you want to be let go after you have worked a full eight-hour day? Not likely.

I recommend that the conversation should always occur in the morning, first thing before other staff arrive at the office. This creates zero visibility into an already embarrassing situation, and then you can allow that employee the opportunity to come back, after hours, to clean out their desk. I would also recommend that the conversation occurs

When should you have the conversation:

Human Resources:

Your role is to be present in the conversation and support the employee that is being let go. You should have already done your work coaching the manager on what to say, what not to say, how to deliver the message and how to handle typical questions. Often HR is asked to lead the conversation, which I do not believe is your role, unless an unforeseen circumstance occurs and management is unable to attend. You are also there with your expertise should the conversation go off the rails and you interject.

Be supportive, be kind, and ensure the employee gets the support that they deserve. Whether they are a casualty of restructuring, downsizing or the organization is going in a different direction, they still deserve

Management:

Your role is to deliver the message. You are changing this employee's life, drastically in the short term, and even though tomorrow is a new day at your organization, the employee will be telling their story of termination for years to come. YOU will be the star of that story and have the ability to affect the plot.

It is important to stick to the key messages, and deliver the facts of the situation, but you can do so in a kind gentle manner that allows the employee time to breathe and soak it in. It will not take you any longer but how you deliver the message can have a lasting impact on the organization's reputation, brand awareness current and possibly

Who should be in on the conversation:

This depends on your company's policies and past practices. Leading the conversation should always be the direct reporting manager or acting should that individual not be available. I would also recommend that human resources is in the room for support but then leave it at that. This is not the time for a panel viewing or mass audience, this is a personal and private conversation and needs to be kept that way after it has concluded. Make sure leaders in attendance understand their role of confidentiality.

Should human resources be unavailable for one reason or another, then a more senior manager in the same reporting structure should sit in.

Now sometimes, given the situation, you cannot always pick and choose the where, when and how of a termination, but when given a choice, you can make a plan and create the best outcome from a difficult situation.

So the next time you find yourself letting someone go, will you be the good cop?





Steps to Help You Build Your Perseverance for Business Success

One of the critical components of success is perseverance. Without an ability to keep moving forward when faced with challenges and setbacks, you can't expect to find success as an entrepreneur. Perseverance is what allows you to overcome difficulties and failures and can make all the difference in the world on your entrepreneurial journey. As with any of the other entrepreneurial traits, you can build your perseverance with practice. Here are three steps to help develop your perseverance and put you on the right path to success.

1. Spend 10-Minutes Practicing

You can start building your perseverance by practicing on smaller projects that you want to get done. Pick a task that you think you can finish in a couple of weeks, then commit to not quitting until you've completed the project, even if you can only invest 10 minutes a day for working on the task. You can let yourself off the hook for a day but must start on it again the next day. Just 10 minutes a day will keep you moving forward in accomplishing your goals.

2. Develop Your Dream

Before you start working on your projects and goals, take some time to imagine how you will feel as you work on it and when you've completed it. Imagine yourself being engaged in the process and feel the fulfillment, harmony, and pride that comes with accomplishing your goal. Visualize the stages of the work and what it will look like when it's completed. Set aside some time to imagine the broad sense of feelings associated with the project from start to completion.

3. Cultivate Your Optimism

Research has found that the difference between people who give up when faced with challenges and difficulties and those who keep moving forward despite setbacks is how they think about good and adverse events. When you have an optimistic outlook on life, you see adverse events as temporary. Those who are pessimists, on the other hand, see adverse events as being set in stone and affecting every aspect of their life. The key to building perseverance is to listen to your self-talk and work at moving it to a more optimistic view.

Following these steps will help you to build your perseverance. It is what keeps you moving forward no matter what challenges you face, and is a key aspect of success.



4 Time Management Habits All Business Women Should Stick To

Written by **Danielle Reese**

Time management can be a huge challenge. After all, we all know how hard it is to maintain our productivity throughout the entire day and be able to complete everything we want to do.

The reality is that time can be your worst enemy. With so many different projects in hands, it can sometimes be hard to maintain them all under control. So, with this in mind, we decided to share with you some of the best time management habits that

While you may be curious about checking your email, just overcome that curiosity. Instead, you should save some time in the morning just for you. From preparing a good and healthy breakfast to meditate or read the newspaper, are all examples. Some people love to do yoga, others like to pray, and still others simply love to enjoy a good breakfast with their families. Just think about what you want and need and create a new morning routine. You have plenty of time to check your email as soon as you get to the office.

#1

Learn To Set Boundaries:

When you are trying to implement good time management habits you should start by establishing some boundaries for family time, personal time, and social media.

When most women take a closer look at their average days, they discover they don't have a second to simply enjoy life and be present. Feeling guilty for not spending time with family

#2

Have A Plan:

Most women tend to run out every time they see or realize that they need to have a plan. Ultimately, there is no reason to start running. In fact, you have all the reasons to come up with one.

When you don't have a well-structured plan, you can be sure that you won't have any control over your time; you'll be the one under control.

One of the mistakes many women keep doing over and over again is to simply do whatever comes in their way. While this is the best approach in some special circumstances, it hardly is the best on most.

Just keep in mind that both planning and discipline are crucial when you want to achieve

#3

Have A Morning Ritual:

For many women, the first thing they do when they wake up is to check email. This is so wrong in so many ways that you have no idea.

#4

Dividing Your Time:

Time is not just time. In fact, you can (and should) divide it into multiple categories. Ultimately, you can divide it into 3: sacred time, administrative time, and focus time.

Sacred times refers to the time that you spend with your family, on hobbies, among others. This is usually the time that most women fail to include on their schedule.

Administrative time is the time that you spend doing tasks at work that aren't that relevant to achieve your goals. Notice that you need to do them whether you like them or not but they don't have a direct result on your goals.

Finally, the focus time is the most important category and this is where you should put most of your energy. Ultimately, the focus time should include the time that you spend doing



4 Time Management Techniques for Entrepreneurial Success

To be a successful entrepreneur, it is essential that you are able to manage your time to accomplish as many tasks as you can throughout your day. While you may have tried various methods for planning, organizing, and scheduling your time in the past, you still feel like you can't get everything done. This is because many of the techniques that you're using are a waste of time and simply don't work. Here are four, time management techniques that are worth implementing into your daily routine.

1. Make and Use Lists

There isn't a single time management system that doesn't involve making and using lists. This is because you just can't keep all the tasks that you need to complete in your head. Here are three lists that you should start creating and using today.

- ✓ Your schedule ☞ This is a list for your entire year, day by day.
- ✓ Things-to-do ☞ This is a basic list of the things you need to do, organized by month, week, and day. It should be organized by priorities.
- ✓ People to Call ☞ this list is everyone you need to call and should be prioritized alphabetically.
- ✓ It is important to start implementing a regularly used list system if you want to be successful.

2. Carry a Schedule and Record Your Thoughts

Begin carrying a schedule so you can record all your thoughts, activities, and conversations for the week. Doing this will help you to understand better how much you actually get done during the day and where your valuable moments are going. This will allow you to see how much time you are spending producing results and how much time you waste on unproductive thoughts and activities.

3. Don't Instantly Give People Your Attention

Start practicing not answering the phone just because it's ringing and stop reading your emails the moment they show up. Disconnect instant messaging and stop giving people your immediate attention unless the matter is critical to your business and needs a human response. Instead, begin scheduling a time during your day to answer

phone calls and respond to emails.

4. Schedule Time for Interruptions

Every day block off time in your schedule for interruptions. No matter how hard you try, you will always have to deal with disruption through the course of your day. Block out time on your schedule to account for these interruptions.

Having a solid plan for managing your time will help you get more done throughout the day. Excellent time management skills are essential for entrepreneurial success.

4 Ways Entrepreneurs Can Develop a Growth Mindset

For entrepreneurs to be successful, they need to develop a growth mindset. A growth mindset allows them to learn from their mistakes and grow their business. Entrepreneurs who have a fixed mindset tend to dwell on their failures and see any setbacks and challenges that they might face as a reason to throw in the towel and give up on their dreams of becoming successful. To help you drive your ventures forward and find success, here are four ways that you can develop a growth mindset.

1. Embrace Challenges

There's always a positive reason to embrace challenges. If you beat a problem, you reap the rewards; if you don't overcome a challenge, you still learn valuable lessons in your failure. If you do everything you can to avoid problems that you may face, you will never grow as an entrepreneur, and neither will your business. Embracing challenges will allow you to achieve higher things in both your business and personal life.

2. Expect Setbacks

When running a business, you have to expect that you will have setbacks, and learn how to overcome them. In order to have a growth mindset, you have to learn how to persist in the face of setbacks and avoid dwelling on the reasons that you failed. When you can do this, inevitable setbacks will be nothing more than a small bump in the road.

3. Listen to Criticism

Use the feedback you get to improve your business. Criticism isn't a bad thing and can be very useful to your business. If you want to develop a growth mindset, you have to listen to your customer's feedback. Learn to conquer your fear of disapproval by listening to feedback and focusing on how you can improve. Entrepreneurs who develop a growth mindset know that there is always room for improvement.

4. Be Inspired by Others' Success

You should never feel threatened by the success of other entrepreneurs. Instead, you should look at their success as inspiration to do better. Reach out to other successful entrepreneurs and don't be afraid to ask for help. Every entrepreneur deals with the same self-doubts and being jealous of others' success and doing this will only make you feel more inadequate in your own life.

Once you develop a growth mindset, you can apply it to almost anything in your life. If you want to be a successful entrepreneur, you have to get out of your own way and learn to develop



4 Ways To Clear Your Mind And Be More Productive

Written by **Danielle Reese**

As businesswomen, we are always looking for the best tips and tricks to be more productive. We know, better than anyone, that time is limited. Between work and family, it is easy to lose ourselves and become overwhelmed.

You know that it is important to make the best of the time you have. So, you need to be focused on your tasks and goals. But how can you maintain your mind clear from all the other problems and issues of your life while you are working?

#1: Get Organized:

With so many things on your mind, it is difficult not to lose track of everything. This is why it is so important to get organized. Even the simplest things are complicated like remembering where you placed your keys or what you need to shop at the grocery store.

Ultimately, organization is key. If you always place your keys in the same place, if you write down a list of everything you need to by at the grocery store, when you need to pay a specific bill, and all other common errands, your life will not only be a lot simpler as you'll be more productive as well.

#2: Use To-Do Lists:

To-do lists are crucial and the best part is that they work for

all aspects of your life. You can use them at work and always complete your tasks in time, at home and maintain it organized, with kids, and they even allow you to schedule your time so you can have some time for yourself.

In case you are considering using to-do lists, you need to know that you can either use a regular piece of paper or your computer. Ultimately, it is a personal choice. For some women, using a bunch of paper lists is complicated and they easily lose track of them. For others, it is perfect since they always have them near to remind them of what needs to be done.

#3: Stop The Negativity:

When you feel overwhelmed it is easy to start with negative thoughts. After all, if you had done that, if you had acted differently, if you, if you... Just stop the "ifs". They're not good for you if they're only attracting negativity. If you want to continue with the "ifs", then you can take a better approach. Just think of the situation and determine what you could do in a different, better way. As soon as you have the answer, just make sure that you'll comply with it in the future. Now, move on...

#4: Don't Keep Putting Things Off:

One of the things that don't allow people to clear their minds and be more productive is the fact that they keep delaying their tasks. Sure, there are tasks that we are pleased to do and complete and there are the others - the boring ones, the ones that take forever. But someone has to do them and that someone is you. Delaying or postponing them won't take you further. After all, you'll be constantly remembering that you still have to complete this and that. So, a far better approach is to simply get things done at the time. Stop postponing.

Bottom Line

Between work and family, it is not always easy to find the right balance. However, when you follow the above tips, you can be sure that your mind will be clearer than ever and your productivity will increase.





Simple Ways to Boost Your Confidence

Entrepreneurs that find success are self-confident individuals that are admired and who inspire confidence in others. They face their fears and tend to be risk takers. They know that they can get past the challenges and setbacks they face in business. Here are five simple ways you can boost your confidence and become someone that others admire on your path to success.

1. Get Rid of the Negative

You have to take the time to evaluate the people who you hang around with. If you have friends and family who are always shredding your confidence and putting you down, you need to consider getting away from them. Even a temporary break from the negative influences in your life can make a huge difference. You also need to stop focusing on the problems in your life and focus on how you are going to make positive changes.

2. Change Your Body Language

To start to increase your confidence you want to focus on your body language. Your body language is where posture, eye contact, smiling and speaking slowly come into play. By just putting your shoulders back and standing up straight you give the impression that you are a confident person. Help make others feel more comfortable around you by smiling. Smiling will also help to improve your mood. Always look the person you are speaking to in the eyes and talk slowly and clearly.

3. Don't Accept Failure

Never give up, even when things get tough. Understand that there is a solution to every problem, you just have to spend the time to find it. When you are able to succeed through great adversity, you will feel an immediate boost in your confidence.

4. Eliminate the Negative Self-Talk

Your low self-confidence is generally a result of the negative thoughts running through your mind. If you are always telling yourself that you aren't good enough, you will be creating a self-fulfilling prophecy. Start reciting positive affirmations on a daily basis to transform the negative self-talk into positive self-talk.

5. Always Be Prepared

When it comes to boosting your confidence, the best thing you can do is learn everything there is to know about your industry and business. When you are prepared and have the knowledge to back it up, your confidence will soar.

Life is full of challenges and setbacks, but if you practice these five steps, you will have the confidence to succeed.

5 Tips To Eliminate Stress At Work

Written by *Danielle Reese*

As a businesswoman, you know that stress is usually a part of your day. The reality is that you don't only have your current tasks to complete. You keep being interrupted either by customers, suppliers, and even your employees. While some of these issues may be important, most aren't; they are just something you could handle at the end of the day with ease. However, they keep wasting your time and, more importantly, adding constant stress. So, how can you avoid this and maintain your focus throughout the day?

#1: Just take A Deep Breath:

Anytime you are feeling overwhelmed, the first thing you should do is to take a deep breath. While it seems too simple to work, the truth is that it does. Just a couple minutes of deep breathing can actually help you recoup from stress and regain a calmer state of mind and focus.

#2: Don't Wait To React:

One of the best tips of advice that we can give you to eliminate stress at work is to identify the situations when it usually happens. Ultimately, we cannot control everything and there are always factors that may get into you. However, there are also aspects that you can control. So, when you know the situations that can affect you, you may act before you get up to the point where you feel overwhelmed.

#3: Schedule Your Day The Right Way:

We are all different and while some of us are morning people others aren't. So, you need to look at who you are and establish your priorities and more important tasks accordingly.

While you may tend to be more productive in the afternoon, it is always important to keep



in mind that the pick of your energy usually occurs in the morning and tends to decrease throughout the day.

A very important aspect to keep in mind and one that we tend to often forget is that time is limited. So, it is crucial that you schedule and plan your day well. When you don't and set your day to complete more tasks than you can handle, this will lead to frustration and





How To Improve Your Focus And Memory

We all have busy lives. Between work, family, and friends, we hardly ever find time for ourselves. But the truth is that this time for ourselves is priceless and we actually need it. After all, this is the time that we have to regain energy and strength each day.

Since we're always so busy, you probably already noticed that your focus and memory have seen better times. So, how can you regain these back?

Why Aren't You Able To Focus?

As you know, the human brain is extremely complex. After all, it is never asleep even when you are sleeping and it keeps thinking of several things at a time. So, this makes it easy for you to get distracted.

Ultimately, some things that don't allow us to focus include low energy levels, external distractions, and even a negative emotional state.

#1: Try To Stay Calm:

Yes, when you are nervous and someone tells you to calm down, it usually only makes you more furious and nervous. But the reality is that when your mind is calm, you will be able to focus more.

Let's say that you have a task in hands and it seems that you're never going to be able to finish it. It's just that hard. Well, thinking how hard it is or panicking about it won't do you any good. In fact, it will be quite the opposite. On the other hand, if you try to maintain your mind calm, you will start seeing things flowing.

In case you are struggling with this, you can try mediation or try to listen to some music that calms you down, for example.

#2: Don't Let Distractions Come In Your Way:

There's no question that we all deal with distractions at work. And yes, we all know they take us a lot of time. But they also prevent you from focusing on the issues and tasks that you have in hands.

So, you should consider turning your phone off or put it in silence as well as you should avoid checking your email constantly. You can also use lists where you can write down everything that you're thinking so that you can focus on what needs to be done right now. You can then grab that list when you're available.

#3: Plan Your Day:

Yes, plans can change but having a plan that may miss some things is much better than not having one.

One of the things that you can do to improve your focus is to simply plan your day ahead of time. Each night, before you go to bed, you should out in writing. Just write down all the tasks that you need to do and errands that you need to make. You should also take the time to prioritize your tasks. Starting with the hardest ones in the morning will motivate you to complete the other ones in the afternoon. Besides, over time, it is normal that your ability to focus starts decreasing. So, just take all the energy and focus that you have in the morning to complete the hardest tasks.

When you are prioritizing your tasks, you should try to create a balance between high and low attention tasks.



How To Overcome Negative Attitudes At Work

Written by **Danielle Reese**

There's no question that negativity is a bad emotion. After all, and if you think about it, it brings the worst out of any person or situation. To make things even worse, negativity spreads very easily. You probably already heard or read the old saying "one bad apple could spoil the entire barrel".

When you are at the office, you may notice some negativity flowing around. No matter if it is between colleagues or between the employer and one or more employees, the office



#1: Communication Is Key:

There are many confusions at the office due to a lack of communication. The truth is that the way we communicate with others makes a huge difference in the work environment. It's a matter of being respectful and, at the same time, to let everyone know what is expected from them and when.

In the worst cases, poor communication can lead to rumors that tend to be exaggerated and very edited. So, improving communication at the office is certainly the way to go.

#2: Set Clear Expectations:

One of the best ways to prevent negative attitudes at work is to simply have some well-defined policies that everyone knows, understands, and complies with. It's worth noting that you'll hardly make everyone happy with the policies that you create. But you can push these "unhappy" people away from negativity. Just think outside the box.

#3: Constructive Feedback May Be Helpful:

There's no question that we all love to see our work and effort recognized and appreciated. After all, this is one of the reasons why we work so hard. However, it is important to assume that not everyone working at the office will have the same attitude or be able to achieve these goals. So, it is important to give some constructive feedback to improve the performance of these employees.

#4: Managing Competition:

It is normal to have some degree of competition at work. After all, people are always looking for a new promotion that can better meet his or her goals. However, not all competition is good. Some employees may tend to "create" a route for them by diminishing others.

This is absolutely a no-no and, as you can imagine, can create a very unhealthy working environment.

#5: Get Involved:

When you have a business and have employees working with you, you need to keep in mind that in some situations, it is more important to listen than to speak. This is very important when it comes to rumors, for example. As we already mentioned above, rumors can easily spread and create a negative atmosphere. So, before things get out of hand, you should act. So, just take the time to listen to your employees. This will show them that you are there for them no matter what.





Brittnee (Powelske) Fehr is a lover of tropical plants, deep meditative states and prefers to spend her free time surrounded by nature. At the young age of seven, inspired by her father's ability to story tell from the heart, a spark ignited within Brittnee as she began her passion for writing. Throughout her life, Brittnee immersed herself in the arts; dancing tap, jazz and ballet for thirteen years, making crafts, creating jewelry and never turning down the opportunity to take an art or painting class. As a studious and hard-working student, Brittnee had her heart set on attending the University of Alberta in order to attain a Bachelor of Arts degree in Psychology, which she completed in 2010. At age thirty-three, Brittnee is currently a proud stay at home mom to her three-year-old son. She continues to share her love of writing through her social media pages. In 2017, after experiencing significant and life-changing health challenges, including losing her ability to walk, Brittnee was shown her true-life path and potential. Since then, she has embarked on the greatest and most rewarding journey of her life, learning how to heal her body and mind through the power of her own intuition and guidance. She was not born with any supernormal faculties, but has developed her intuition and expertise through years of patient daily study and practice. Brittnee dedicates her life to helping people take command of their lives in powerful and positive ways. Having walked the path herself, her hope is to effectively guide others along their path to success, freedom and ultimate happiness. Brittnee is the creator and author of, "You Are Powerful Movement" which is expected to be released this year.

Social Media Links:

Facebook: Brittnee Fehr (Powelske)

You Are Powerful Movement

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youarepowerfulmovement

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OVERCOMING ESCAPISM

By: Brittnee Fehr

Escapism is a very common occurrence in our current reality due to external forces exerting pressure on our mind, body and spirit. The pressure to succeed, stand out and constantly achieve, weakens our energy reserves and leaves us susceptible and attracted to the idea that our escape mechanism will bring us more pleasure than our current realities.

Escapism comes in many forms such as alcohol, drugs, booking that vacation you so deserve, and the entertainment industries (T.V., movies, video games and pornography). There is nothing inherently wrong with enjoying activities that bring you joy but the problem arises when we become addicted or reliant on these modalities in order to feel happiness or to feel good about our life. That type of happiness is fleeting and leaves you feeling empty inside at the end of the day.

Most people are not addicted to drugs or alcohol. They are addicted to escaping their reality. Once this statement is acknowledged, opportunities to heal will present themselves. In order to heal, one must realize that everything you will ever need in this life can be found within you. Every answer that you require to obtain true happiness can be found within your own mind. The type of happiness that resides within you can only be described as vast and without boundaries.

Your wisdom and intuition are endless and eternal. Ancient knowledge, important life lessons, and future visions are all outcomes of learning to rest your thoughts and silencing your mind. Going within doesn't have to be frightening or challenging. Instead, view it as a necessary step to continue your personal growth. Believe me when I say that your future self will thank you for the work and effort that you pour into yourself at this moment in time.

When it comes to discovering your own internal happiness (which will eventually shine brighter and drown out your beloved vice), you will begin to feel a sense of liberation and power from within that will support you until your last breath on earth.

An exercise in overcoming your addiction is learning self-control. Control over what type of thoughts, images, and emotions you feed your mind. What we feed our minds directly affects our souls.

Perhaps powering down social media, turning off your television, and returning to nature may help you re-connect with that inner guidance system. That internal compass and freedom which is found within you, is your higher-self talking to you every day, guiding you down your path of purpose.

Remembering who you are before society molded you, shaped you, and told you how to act and who to be, is an essential skill that everyone should eagerly and openly learn. Once you become aware of who you truly are and what your inner compass has to offer you and your life, wealth of information will flow into your mind and you can begin to create the reality you desire. This takes effort, practice, trial and error. Most of all, this shift in mindset should not be treated as a chore.

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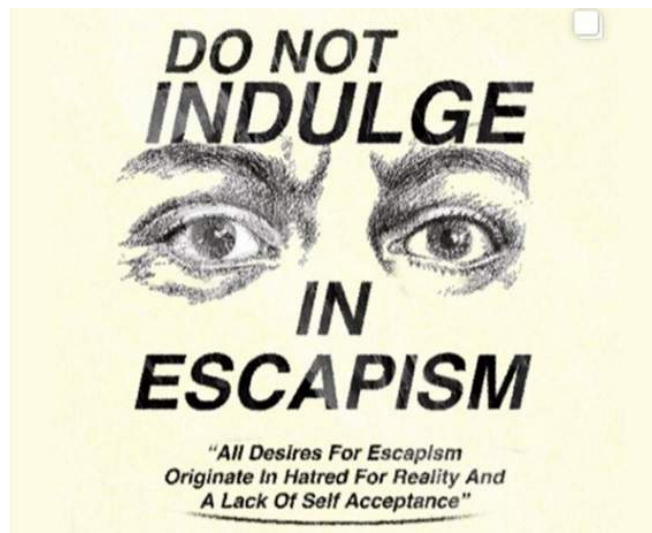
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It is important to mention that discovering your inner compass requires an open, clear mind. Not one bogged down by drugs or manipulated by the mind-control of the media. This is a huge obstacle and difficult lesson for many people as, "all desires for escapism originate in hatred for reality and lack of self-acceptance."

This brings us to the discussion of self-acceptance and most importantly, self-love. Once you start to realize your true value and worth and believe that the gifts found within you are so much greater and more powerful than your escape, your addictions will slowly but surely begin to fall away from you. If you learn to operate from a place of self-love, you are now functioning at a much higher vibrational frequency within the universe and this higher



In fact, tapping into your truth field and discovering the magic behind your spirit not only brings you to higher levels of awareness but will also help you realize that you are a natural creator of your reality. We begin to realize through this process of self-discovery and complete embodiment of self-love, that our self-worth is not tied to the things we have and the way others perceive us. These are simply illusions that have been instilled in us at a young age by our society.

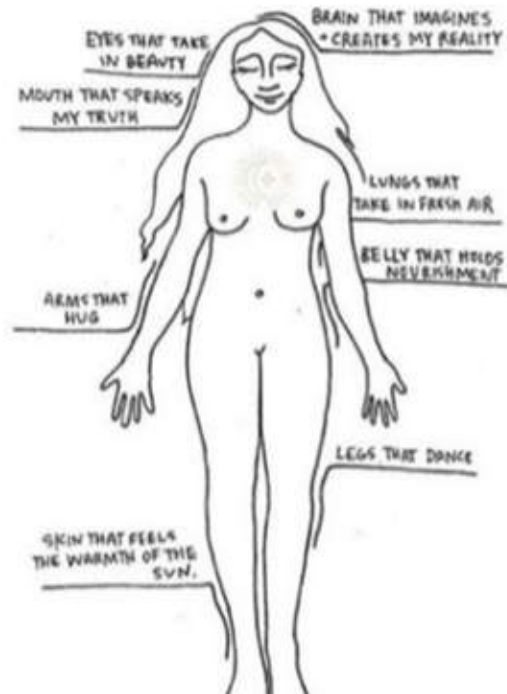


The big question that you need to ask yourself in order to propel yourself forward in life and away from your addiction is: How do I begin to love myself? Most people don't know where to start. My humble advice is to always start small. Start treating yourself like you would someone you respect or desire, like a boss or love interest.

Begin to serve your higher self by giving yourself what you need first, before giving to anyone else. This is not being selfish, it is being aware of your own boundaries and the fact that your personal needs must be met before you can fully serve anyone else in your life.

Do you normally lay down to rest when your body tells you that you're tired? Probably not. Have you ever complimented yourself on how great you look when you get all dressed up to leave your house? Do you congratulate yourself on a job well done when you've accomplished something amazing in your life? Have you ever rewarded yourself for getting that job promotion or for running your children around to all of their sporting events all week? On a daily basis you can ask yourself, how can I best serve myself today in order to feel self-love?

shifting your focus
from what your body looks like
to what your body gives you



Myles Scott
@themylesscott

Another exercise in self-acceptance is learning to soul gaze into your own eyes. Start off by standing in front of a mirror, staring intently at your entire body, following every curve, paying close attention to every scar, every wrinkle. Never neglect the parts of your physical form that you hate or despise. They are what make you whole, complete and keep us all humble by helping us realize that there is so much beauty in our imperfections.

Shifting your focus from what your body looks like, to what your body gives you is an important step in self-healing. Instead of seeing your legs as being too big for example, begin to view them through the lens of gratitude and see your legs as your strength that keep you moving in the direction that you want to go in life. Naturally your thoughts will shift to, "My legs allow me to dance and freely move my body".

After doing an entire body scan, the last and most important area to focus your gaze on is staring into your own eyes. Go from noticing the exterior shape and color and then relax your body and gaze, and dive deeper into the interior area of your eye. This experience is similar to gazing at the "magic eye" posters where you relax your vision to allow the hidden image to appear. Like the posters, if you "search" for something, you will not find anything. Instead, you need to let go without expectation and allow whatever is there to appear.

Since your eyes are the doorway to your heart and soul, you transcend the ego and begin to tap into the universal energies that reside within you. This ancient and powerful practice can swiftly peel back layers of the ego which allows us to move towards self-acceptance. The intention behind this exercise is to have an intimate encounter with the you that lies behind programmed beliefs and egoic ideas of who you think you are.

The thing about self-love, self-healing, self-development etc is that these are practices. You can't read about it and expect to be healed. You have to do the work.

In conclusion, recognizing and accepting your readiness on the self-love journey is important. If you realize that you are not willing to put in the effort towards self-transformation, this is acceptable. However, don't expect to see any drastic changes to unfold in your life, as you cannot just simply pray or hope for your vices to disappear on their own. "The thing about self-love, self-healing, self-development etc. is that these are practices. You can't read about it and expect to be healed. You have to do the work." So, work it by mastering your thoughts, trust what is revealed to you and watch your human experience positively unfold before your eyes.

Lastly, the universe creates this absolutely brilliant phenomenon, where it responds to your vibrational frequency. Once you conquer self-love, which is the highest vibration and highest state of consciousness in the universe, the world is truly yours. Endless opportunities present themselves and you start to walk your true path towards the life you have been

An Article

On Perfectionism

Written by **Danielle Reese**

What is Perfectionism?

Perfectionism is defined as a meticulous drive to attain excellence. A perfectionist is one who has this characteristic.

'Perfectionism' is a most prevalent belief in our civilization. Notice that I used the word 'belief'.

Everywhere in this world of ours, perfectionism is regarded as good and desirable while imperfection is deemed as bad or negative. Everybody wants everybody else to be perfect. Bosses want their employees to be flawless on the job. Parents want their kids to be the best. Perfectionists want their work and themselves to be perfect.

Since it is so strongly regarded as being positive, is Perfectionism really an absolute or universal value? In my opinion, it is not so.

To me, it is relative and is born of human conception. Perfection is an idea. It is an idea of a perceived ideal state of affair. However, things are the way they are. For every circumstance, the truth is what is at each instance. Perfection and imperfection are therefore merely attached values.

I am not suggesting that perfectionism is not good. I am suggesting that perhaps perfectionism can cast a controlling net over our expression of happiness. One can reach the required goal with or without being a perfectionist. To be a perfectionist, on the other hand, leave very little room for one to accept and love oneself unconditionally when a desired goal is not met. And when our desires are not met, we feel unhappy or cannot be fully satisfied. However, the truth is we only have each moment of the Present Moment to live in. By being perfectionist, our mind will be forever planning and thinking about the future or lamenting about what went wrong in the past. Because of these tendencies, many perfectionists are unable to feel satisfaction because in their perception they never seem to do things good enough to warrant that feeling of contentment.

From this, we can see a paradox of life. That is:

"How can one have PERFECT peace, self-love and joy when one is a perfectionist?"

Are You Worried? 4 Steps to Peace of Mind

Written by **Danielle Reese**

A friend has this quotation on his office wall: "I know worry works because nothing I worry about ever happens."

I think I must believe that, because I worry a lot -- and about the most insignificant things. I worry about the big things, of course, like health, relationships, and finances. But I'm also liable to fret about anything and everything that finds its way into my consciousness.

Because I spend so much time on worry, I've decided to embrace it with a personal research project. Maybe you'd like to join me.

Here are two avenues I'm exploring:

1. I practice catching myself at it. "Hey, I'm worrying again." During a recent morning swim, I caught myself worrying 10 times during one lap! I'm not kidding. On rare days when I don't have anything to worry about, I find something. What I've learned is that worry is a mental habit. I can change habits; I've done it before. There's hope.

2. My second approach is to practice presence. By this I mean stopping my thoughts. In my workshops, I ring a bell to help participants practice centering. The quieter we are, the longer we hear the bell. There's a lovely moment when we all listen . . . until the ring is

barely audible . . . then just a memory. I relish that moment of quiet before my thoughts re-engage. There is no future or past, just Now. No worrying thoughts -- no thoughts at all. It's a peaceful place, which is why I stretch the moment. I want to strengthen the connection to something greater than my worries.

3. When I told my good friend Rosie about my worry project, she told me about her approach, which is to do one of three things: decide to address the issue right then; if you can't do anything about it at the moment, give yourself a time to address it later; or decide that it is not important and let it go. In other words, act on it, file it or throw it away.

4. Finally, one of Rosie's favorite worry stoppers (and mine) is to sing. Connect with your self, your creativity, and the place where everything really is okay.

Awareness and acknowledgment are the keys to changing our habits. Morihei Ueshiba, who founded aikido and spoke of it as the Art of Peace, said we must "always practice the Art of Peace in a vibrant and joyful manner." Perhaps my research project on worry will help me to lighten up, smile, and live each day in such a way.

Are you worrying?

Stop your thoughts for a moment.

Listen to the sounds around you, pay attention, and be present to this key moment. And smile . . . for no reason. You may find that's the best reason of all.

Can You Say Yes To Happiness?

11 Practical Steps You Can Take To Make It

Written by **Danielle Reese**

Think about it ... every single thing we do is intended to make us happier.

And yet sometimes we get diverted and do things that actually move us away from this goal.

We all have the potential for genuine happiness. There is no gene or DNA marker that determines who will be happy and who will not. We make choices throughout our lives, and the result of all these choices combined, determines our level of happiness. Make the right choices and happiness can be yours.

Here are just a sampling of some of the tactics we can employ in an 11-point roadmap to help guide us toward genuine happiness:

1. Look For The Positive In Everything: There is an old saying that nothing is inherently good or bad—what makes it one or the other, is merely your reaction to it. Find the positive and you will be happier. Those who soar against all odds, do so because they look at the positive that could come out of their situation, how ever bad it may seem to others.

2. Accentuate The Positive: We all grow up with a “positivity imbalance”—the result of society’s norms and rules being based on restriction and punishment more than approval and reward. From a young age we are taught what we must not do instead of what we may do. Even in day-to-day life, there is more negative influence than positive. Luckily you can work to improve the balance. Celebrate the positive and work to get more of it. When you achieve something, congratulate yourself! Look for things you find uplifting, that make you happy. Get more of that! At the same time, reduce your exposure to negative input, whether it is the daily news, or people you don’t feel good around. You know your buttons...make sure the positive ones are pushed more than the negative.

3. Practice Good Selfishness: When we were young we were taught that putting our interests before those of others is wrong. This is particularly true for women, many of whom sacrifice their dreams and ambitions to help others achieve theirs. It is also common in the corporate world where the good of the company is considered more important than the good of the individual. It is good to help others, yet we should have boundaries to protect ourselves from being manipulated or abused by others. You are important, and if you don’t look after yourself physically, emotionally and spiritually, you cannot expect anyone else to do so.

4. Listen To Your Feelings: All feelings are good. Every feeling occurs for a reason: it is delivering a message. Sometimes that message is pleasant, other times not. Our tendency is to distract ourselves from unpleasant feelings, often through smoking, drinking or drugs of one kind or another. When you feel bad, avoid distracting yourself, and identify the reason—there is some need not being met.

5. Give Of Yourself: The more you give, the more you receive. There is probably no scientific study proving this to be so, but unconditional giving is hugely rewarding. It seems that the more of yourself you give, the greater the thrill and uplifting effect on your psyche. Help the needy. Give time if you can. Give anonymously, even if you lose the tax deduction!

6. Make It Happen: You have the ability to make things happen using your mind. Top sports stars, and business people use it, and so can you. There are many ways of doing this; one of the common methods is to use visualization—getting a picture in your mind of whatever it is that you want to happen. It does not actually have to be a visual picture; it could be a feeling, a smell, a sound, or any combination of the senses. Imagine finding the perfect parking near the entrance as you arrive at the supermarket or mall ... the sky is the limit, but persevere! We are not used to utilizing this tool, so it takes practice.

7. Accept The Things You Cannot Change: We resist things we don’t like, and often expend a tremendous amount of energy on this resistance. Whilst this

can be good, and has resulted in tremendous advances through history, we should work to understand those things we cannot change, and then move on. Rather use the saved energy on something more worthwhile and productive. This is not to say that you should complacently accept anything. If you truly desire change, you should work towards that change; but spending time worrying about something without actively working to change it is unproductive and damaging to your wellbeing.

8. Take Responsibility For Your Choices: Everything that you do, or don’t do, is because of choices you make (or don’t make). It is easier and convenient to blame outside causes for things that go wrong in life, but your life is the sum of all the choices you make along the way—sometimes that choice is to let somebody else make a choice on your behalf. If you tend to blame other people or things, it may be scary to take responsibility for what happens in your life, but it is really quite liberating because instead of seeing yourself as an effect of outside forces, you realize you are the cause of everything good you achieve. Don’t abdicate responsibility for your life.

9. Schedule Regular “Self Time”: Spend some time analyzing where you are in life, your strengths and weaknesses. How can you turn the latter into the former? Think about your views on everything from your job to global warming and the existence of aliens—then work out why you feel the way you do. Is your reasoning sound? The better you understand yourself, the better you understand the world.

10. Make Time To Meditate: We spend almost all our time thinking of the past or planning for the future. We seldom spend time in the present. It has reached a point where, for most of us, it seems impossible to keep our focus on what is happening right now. Your meditation could be formal meditation or prayer, but it could be as simple as merely focusing on each breath as it goes in and out for five or ten minutes, dismissing past and future thoughts as they arise—and they will!

11. Remove Your Limitations: When we fail, usually the reason is simply because we don’t believe we are able or worthy of whatever it is that we fail to achieve. Most often, this belief is actually false; the result of negative programming received since childhood. The truth is that most of us are able to do most of what we really want to do ... you just have to believe. The best way to start is with small things, working your way up as you notice the limits dissolving.

The more successful you are at assimilating the concepts and processes described in these eleven points into your life, the more genuinely happy you will be, and the happiness will last!

Change Your Mind



The Rest will Follow!

Written by **Danielle Reese**



"Progress is impossible without change, and those who cannot change their minds cannot change anything."



Change has a very negative connotation for most people. On a deep emotional level we are creatures of comfort and we automatically seek out that which feels good in the moment. We long for comfort and this usually comes from that which we know; that which is familiar to us. Once we can comfortably deal with and "know" all the "unknowns" we can "relax" – because your nervous system and your mind is designed to find and attach a meaning(s) to everything and therefore something new is always a confrontation between that which is and that which will be in your mind.

The unknown is always something that your mind and your nervous system has to "unravel" afresh and this very process feels uncomfortable on many levels. When something becomes comfortable you get used to it as you remove all the "unknowns" and your automatic behaviour can take over again. Our nervous system works primarily by conditioning and by repetition we notice and assume patterns that are consistent. This system is really there to serve us in helping us being more efficient and to be able to do more, more efficiently. Your mind is designed to always look for the best way. Through repetition we learn certain orders and sequences in which things happen and we learn to recognize and respond according to these sequences. Every emotion you experience, for instance, is nothing but the result of a sequence of events and reactions triggered by your unconscious awareness that generates and creates the actual feeling which is nothing but a sensation in your nervous system.

To change anything you must first of all become aware of these patterns. You must become aware of what goes on under the surface of your conscious awareness. This is not difficult and everybody can do this. You need not understand everything about the human nervous system to use it. Simply be aware of the fact that there is a

part of you that responds and acts "automatically" based on your past experiences and associations. The challenge is to go from one pattern, one that does not serve you, to one which does. You quite literally would have to change your mind in that you have to change the way you perceive yourself and your life. Doing things differently will feel uncomfortable at first, but you can rest assured that the "uncomfortable" will become "comfortable" as you start to form new associations and new patterns of association.

The process of making the "uncomfortable" comfortable or making the "unknown" known is the way we grow as human beings. What you are comfortable with represents your comfort zone which includes all the experiences that you can comfortably deal with. If you don't expand this "zone" then you simply won't expand yourself as a person. The need to grow and become more as a person, is a deep emotional need that all humans have. Without growth you simply won't be happy. All growth, although it feels uncomfortable in the moment always feels immensely fulfilling in the long term and it is this feeling that we all really crave for; the feeling that we call "good". You can do something that feels comfortable and "good" in the moment by staying with what you know, but true fulfilment comes from pushing beyond your comfort zone and creating a sense of pride in yourself. Growth means change and change involves risk and risk is the process of stepping from the known to the unknown.

The truth is that all of life is constantly in a process of change. Nothing ever stays the same. It is the nature of all of life, including you. Even if you do nothing life will still change. For you to progress, you have to decide to consciously initiate and create the change. You have to consciously put yourself in the uncomfortable place where you can grow and as you do this you progress. Progress is by choice while change is automatic. To be in control of your life you have to consciously choose to change and to keep changing yourself to become the person you want to be.

All change starts with a change of mind. You have to start by changing your thoughts about what you want to change. In changing the way you think about something you immediately change your perception and consequently the way you feel about it. When you change the way you feel you change your behaviour and that is how you progress. Constantly trying to change behaviour will rarely create long term and lasting change. Change your mind and the rest will follow! If you don't change then you simply won't grow and if you don't grow you are not really living.

Do Good Luck

Symbols, Charms, Talismans,

Amulets, Crystals & other

Remedies really work ?

Written by *Danielle Reese*

Symbols and symbolism are popular in almost every civilisation, culture and religion that has evolved on Earth. They are deeply ingrained in the way of our life itself. Symbols impact our subconscious mind and if their influences are strong enough, then they could stimulate confidence, effort and good outcomes. Whether we realize or not paintings, pictures, jewellery, statues, birds, animals and so forth have meanings and effect on us.

Mankind, after closely watching nature, events and environmental life over a period of centuries, has developed a vast and time tested database of Positive Symbols. When the geometric shape, size, meaning and their other nuances are properly understood and activated, it results in transmission/amplification of "energy" - the vital life force that governs everything in the Universe.

Some classical examples are Crystals, Pyramids, Vedic Yantras, Sacred Geometry, Maha Meru, Pancha Boodha Stupa, Vajra, Viswa Vajra, Rahu (Dorje Phurba), Fengshui Objects, etc.

Usage of positive symbols can alter energy flow and enhance the surrounding space. It is the easiest way to introduce positivism in our environment. They are normally categorised into 2 types : to remedy/cure a problem, to heal a situation; to act as a booster or enhancer to bring about harmony and prosperity.

There are energy tools (like Crystals) that when placed (after processing), can dissolve negative energy and also stream out purpose-solving, high positive energy.

These symbols, when processed and positioned correctly, will definitely yield results.

By creating an environment rich with positive symbolism that elicit positive thinking, focused minds, confidence and innovativeness, progress and prosperity will result. We will then become aware of the life force in the environment in which the energy had been altered by us, thus enabling us to empower it. This powerful symbolism will reinforce



Summary :

Every single Culture and Country of our Earth has spawned Good Luck Symbols, followed closely by Charms, Talismans, Amulets, Enhancers, Cures, Crystals, Gemstones & all types of Remedies. Volumes have been written about them. But do they really work and yield results? If no, Why? And if Yes, How? Read on for some critical facts not revealed earlier.



our energy levels to benefit in every aspect of our lives.

For example, a Black Tourmalene Crystal Pendant can balance the emotions and calm the mind; a pair of Pink Mandarin Ducks statuettes can bond a couple more strongly; a Viswa Vajra can protect one from negative entities; a Five Element Stupa can balance the five elements of nature and correct the vastu/fengshui energy of land and building; a set of Sailing Ship Coins can instigate cash flow in Business; a Pyramid can accumulate Positive Energy; a Shri Yantra can remove financial blocks, a custom built Crystal Energy Field can bring in Health, Wealth, Harmony & Happiness, et cetera.

But how can merely the statue of a Phoenix bird bring motivation and new opportunities?

The shape and design of the gadget determines the nature of the energy that the remedy can receive and transmit. (2) The raw material and size decide the storage capacity and life of the remedy, when energised. (3) Programming of the remedy defines the problem to be solved or the purpose to be realised and the Programming only fully dedicates the energy of the remedy to the purpose and binds it to the person.

It is thus important to realise that the remedy by itself is only the hardware part (like a computer). You have to supply the electricity (energising) to switch it on and keep it running. But ultimately you have to supply the proper software (programming) to make it work. Appropriate placement then completes the circle.

There are some who would argue that the "shape" of the talisman or remedy itself does signify a specific energy and hence does not require any other processing. Sure it does: that's why it has been selected as an energy tool. For example, the shape of a majestic Elephant does signify the energies related to strength, shrewdness and long memory - but that alone is not sufficient. The image or statue should definitely be energised in ways where it stores enough to last for a few years, not weeks. Then the stored energy should be programmed as to whom and for what purpose it should work. The programming also helps the remedy from being corrupted from the onslaught of negative energies that it surely has to face (on behalf of its owner), once activated. This way, if and when the vital positive energy of the remedy is critically overwhelmed by negativity at one stage, the remedy simply breaks and declares its inability to serve (its owner) further, rather than damage its owner.

Will a Laughing Buddha or a Crystal or a Yantra bought off the shelf give results?

The simple answer is a firm "no", if it has not been programmed and energised. Merely energising will not help. The energy needs to be stabilised, sealed and then directed through "specialised" programming.

In fact, the source of the energy remedies play an important role in determining the effectiveness. Many who buy the same Fengshui product from two different sources will find that one is working so well and the other may not. But they never bother to ask why that happens. The answer is subtle, the source determines the "root energy" stored in the products.

(1) It is a key element (the root energy) that the qualified expert (who is going the sell/channel the remedies) checks before selecting. Then the products are

(2) cleansed (of negativities that arise during manufacturing/changing hands),

(3) instilled with auspicious and positive energy and

(4) kept in proper storage area that has a strong positive energy belt before being sold. Finally, when sold,

(5) the expert programs the remedy to the purpose and the user and explains the (6) ideal placement of the energy tool in his/her place.

Then and only then will these remedial tools yield results.

In modern living, where the environment at macro level is

”

highly influenced by many factors beyond our control, micro level energy correction done with empowered remedies can effectively bring in and retain Health, Wealth, Harmony and Happiness.


 A woman with dark hair, wearing a white tank top, is sitting on a large, dark, textured rock. She is looking out towards the ocean, where waves are breaking. The scene is captured in a warm, golden-hour light, suggesting sunset or sunrise. The background shows the vast expanse of the sea and a hazy horizon.

Summary:

Okay, I couldn't resist flashing back to childishness and old jokes, and I don't have any red paint on me at the moment. Nowadays, you don't need to leave your own home to have an online psychic reading of your future and like everything else, you will find it online. You can even train to be a psychic online because many psychics are offering to teach you how. They "provide clear information" about the latest psychical research with news from "trustworthy" official psychic o...

Keywords:

online psychic reading

Have You Ever Had Your Palm Red? Online Psychic Readings Are As Easy As 1, 2, 3

Written by **Danielle Reese**

Okay, I couldn't resist flashing back to childishness and old jokes, and I don't have any red paint on me at the moment. Nowadays, you don't need to leave your own home to have an online psychic reading of your future and like everything else, you will find it online. You can even train to be a psychic online because many psychics are offering to teach you how. They "provide clear information" about the latest psychical research with news from "trustworthy" official psychic organizations with the official bodies and federations, along with teaching about psychic abilities and offer to teach you how to do readings. There are classes, study courses, clairvoyance readings practice, just to name a few options. You can learn to read Tarot cards and different practices such as Mediumistic and Rune readings, along with listening to audio recordings of the New Age gurus. Some online psychics invite you to visit their chat rooms and be social with other psychics and meet new people.

There are true psyches around, and the good ones offer their services for the good of others. Many work for police departments looking for missing people or searching for bad people. True psychics are not out to clean you out and

some do make a living out of telling people their futures. There are many though that are just complete thieves and those are the ones you need to look out for. They promote themselves as clairvoyants or psychics and claim they have powers that enable them to read a persons future, make contact with a dead loved one, or tell you who your going to marry. However, they are not psychics, they just have the ability to read people well and tell them what they want to hear, and all the while filling their pockets with peoples' hard earned money.

Here are a few tips to help you see a fraud psychic. body language, and listening to your voice. Over confidence is a good warning, if they build themselves up to were they can do no wrong, watch out! Questions about your background. This is unnecessary, if a "psychic" asks you where were you born, your parents religion, or even educational level, move on. Gaining your cooperation in advance. These

"psychics" claim they need your full cooperation and if nothing happens, you weren't a "true believer." Now, you are not able to see these things with online psychic reading, so you should be very careful when paying for online readings. Try not to take online psychic readings too seriously and use them for what they are there for, to have fun and to satisfy your curiosity about online psychics. Do you really want to know what your future holds for you? Wouldn't you rather be surprised about what exciting things the future holds for you and yours?

KARMA VERSUS MEDITATION

Written by **Danielle Reese**

Summary:

Is there any relationship between karma and meditation?

The Karma lives with us, the karma is part of our lives from the very moment of our birth to the moment of our death, because every time that we do something and even every time that we stop doing something, that generates karma, and you cannot avoid it in any way.

Of course that not all the karma that we generate is the same, there is a kind of karma that ties us or chains us to this life, and another kind of karma that liberates us of the reincarnation cycle.

The karma that chains us, known as Vishayakarma, has as fruits the misery and the lack of interior peace, while the karma generated by good actions or disinterested actions, known as the Sreyokarma allow us to reach the prosperity and the happiness of the soul, that it is much more than reaching the simple external happiness.

Every time that we face an activity with the desire of obtaining a certain result, this throws us into the arms of the desire, the greed and the ego demons, while only the pure actions that we do for love without taking into account the possible consequences of them, are the kind of actions that drive us little by little toward the illumination and the liberation.

That ones whose nature allows them to carry out this kind of unselfish activities, little by little realise that God provides them of all that they need and of all that confers them the interior peace. Another form of achieving the yearned interior peace is the meditation.

Perhaps you might ask yourself why? Why is the meditation so necessary?

Because the man always acts in two dimensions, the external dimension governed by the physical senses, and the internal dimension governed by the intelligence and the mind.

The internal conscience cannot move for itself, but rather needs the guide of the intelligence and the mind, that are the ones related with the external world, they are as the oxen that pull a carriage. These oxen are anxious to begin to walk, but to take us to the correct destination they should be educated, they should be indicated which is the route that takes us to the place to which wants to arrive the internal conscience. And these are the roads of the Truth, the Rightness, the Peace and the Love.

Then to liberate us from the enslaving karma, it is necessary to teach the intelligence and mind's oxen the art of dragging the carriage of the internal conscience, and this is achieved by means of the practices of the

meditation and the repetition of the name of God.

And the conscience, to be able to guide the oxen of the intelligence and the mind, must calm and control the conflicting desires that infest the mind, and this is achieved when we learn how to point our mind to a single direction.

When thanks to the meditation, the bewildered mind dives in the view and repetition of the name of the Lord, the Divine Splendor able to burn the wrong and to illuminate the happiness is manifested.

It is easy to understand the benefits of the meditation. Anyone that undertakes a task, knows that only when he concentrates his efforts toward a single point, he can achieve the desired success. Even the most insignificant

tasks require concentration, and the power of an unshakable effort is so big, that even the worst difficulties surrender to it.

When we practice the meditation in the Supreme Being, the mind learns how to retire its attention from the material objects, and the life acquires a new splendor when we get aware of the Divine Essence that is inside us, and guides us into the state of Blessedness.

How sweet is a fruit? There's no way to explain that appropriately, the only way of knowing that is to eat the fruit.

How good is the meditation?

There's no way of knowing the taste of its fruits until we don't decide to experience it





ACTRESS

LOREN KINSELLA

Written by **Jules Lavallee**

Share your background. When did you discover your love for acting?

I'm pretty sure I was born with it! I was born and raised in New Orleans, Louisiana. I was put into dance class from the time I could stand and was literally on stage by the age of two. Don't get me wrong, my mom isn't a 'stage mom' or anything like that, it's just what you do in New Orleans when you'd like your kid to grow up with grace. That and the fact that my skin is so pale it's almost transparent kept me from doing a lot of outdoor sports. I suppose you can say my love for performance began at the moment I was on that stage, and since then I have never looked back. My first speaking role on stage was in the First Grade production of *Mikey Goes To Space* where I booked the coveted one-line role of Long Tail (the mouse) and I still know that line to the day. I was so into my character and wrapped up in the experience that I nearly forgot to say it! My first on-screen experience came at the tender age of six when I shot a physical fitness commercial. I was a shoe-in for that role because despite being in constant dance classes, I was a pudgy little kid. I was featured quite a bit in that commercial, rather embarrassing now that I think about it. Whatever the case, that was it, I was in hook, line, and sinker. I had planned my entire career by the age of nine. No kidding. I even wrote an 'adaptation' of my favorite novel to send to Steven Spielberg at the same age. No, it didn't get made, but I'm still convinced it

would be a great kid's movie.

Greatly disappointing my father who wanted me to be a pro golfer (but come on, there's so much sun outside) and following my passion for dance, I trained with the famous Giacobbe Academy in New Orleans, eventually joining Delta Festival Ballet, where I rose to soloist level. My dance career kept me on my toes, performing in numerous ballets and two Broadway shows. Growing up in such a prestigious ballet company really took its toll. Because I was a pudgy kid, I had to struggle with ongoing eating disorders and constant injuries. One injury was so serious that I had to spend an entire year recovering. During that time I also had to fight a battle with debilitating depression. Thankfully, all of that is behind me. And to be honest, the more recent belief system in the American dance community is more focused on the health and strength of the dancer and not just the thin, long lines that were the mainstay for ballet for so long. We've come a long way, baby!

For high school, I continued in the performing vein, attending the prestigious New Orleans Center For The Creative Arts (NOCCA). I can still remember my audition and how nerve-wracking it had been. I couldn't believe they accepted me. ME! I graduated from there, and then eventually found my way to the world-renown Royal Academy of Dramatic Art (RADA). Along the way, I picked up a BA, MFA, and a DFA, all with Theater and TV/Film as the focus. It's crazy what we do to keep our parents happy, isn't it?

One thing that crept into my life's journey that my nine-year-old self was not expecting was my love for Martial Arts. While dancing professionally, I lived and trained at the Wah Lum Kung-Fu Academy under the tutelage of Living Legend Master Pui Chan. Talk about rigorous! A regular day would begin with a Kung-Fu class, a quick shower, off to dance for an eight-hour day, another shower, back to Kung-Fu class, back to dance class, then on to tumbling class- and that was just Tuesday! I trained my tail off, always striving to be the best I can, I was rewarded by being able to compete for the United States at the 2001 Zhengzhou International Martial Arts Festival in Zhengzhou, China. I didn't win, but I was ranked 6th in the world for that year.

I relocated to Los Angeles in the early 2000s. Since being here, I've performed in many feature films, television, and theater shows, I've written and directed television shows and films, and worked for several years as a video game tester (yes, that's a thing!). I won the best actress awards at various film festivals, mostly for my role as Deloras (an aging dancer wondering how she got where she was) and I was even considered for a Prime Time Emmy Award®! (I'm still having a hard time believing that.)

How has creativity played a role in your acting?

Creativity is the driving force behind what I do. Even in the most constricted, fully defined characters on paper, there is a creative element. I often find, actually, that the more restricted the role the more creative it is. There is such an exciting element behind watching a fully fleshed-out character. We relate to them. It's the creativity that helps us to relate. Anyone can play 'Dana The Bus Driver', but who is he/she? Does he or she love busses and that's why they went on to become a bus driver? Or was it something that they fell into because other options didn't work out? Do they enjoy helping people get to where they need to go? Are they stuck in a place in their childhood where they only hear the song "The Wheels On The Bus Go Round and

Round"? It can go on and on. Creativity within the character is transforming to an actor. I think life would be much more mundane as a performer and an audience member without it

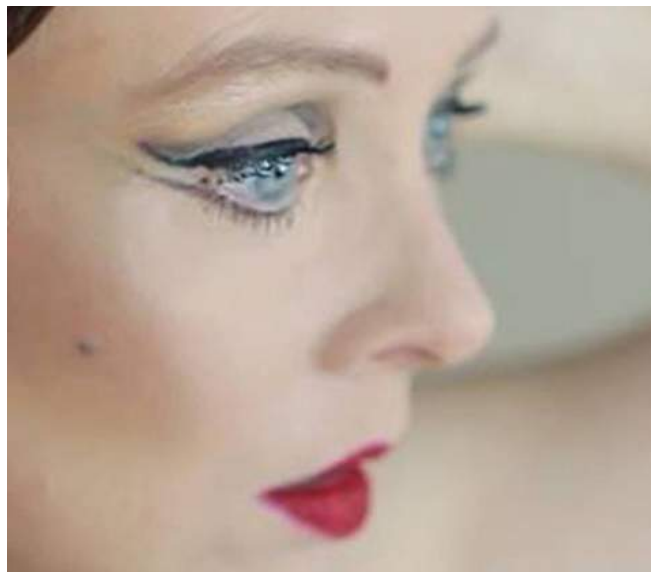
What would Directors notice about you first ?

After assessing my physical being for various roles, I would hope that a director would see my passion. My willingness to dedicate myself wholly to the character. To lose myself in the story they're trying to tell. Then I hope my good nature and sense of humor would shine through.



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AMY CORSON-NADELL

Written by **Jules Lavallee**



I grew up in Blue Bell, PA. I have a bachelor's in Psychology from The George Washington University and a Masters in Social Work from Bryn Mawr College, but I'm a hopeless entrepreneur. I met my husband in college and in May we will be married for 25 years. We have 3 amazing children, Aidan (17), Lauryn (15), and Casey (12). We live in Dresher and spend as much time as possible at our favorite place, Cape May.



You were running a charity and two businesses when you were impacted by hardship. Tell us about that time.?

I was (and still am) a sales rep, the middleman between 15 jewelry Artists and stores across PA, NJ, DE, and MD. I also owned one of the jewelry companies I was representing. I founded and run (along with my husband and an incredible board) The Giving Angels Foundation, a charity that helps children with special needs from lower-income families. About 9 1/2 years ago, my dad, who was my best friend, got diagnosed with a debilitating type of Parkinson's called Lewy Body Dementia. I knew that he was going to require extensive care and had no idea how I was going to pay for it. I discovered that I always find a way when I need to! I had no idea how I was going to figure it out but what I did know is my father was always there for me and taught me to be resilient and find a solution to every problem. So that's what I did!

When you went out to search for financial stability, what happened?

My contractor told me about a business where I could get paid every time people paid their electric bills-I wasn't looking for anything with all that was already going on, but I felt like I had nothing to lose by trying, and maybe it would help me solve my financial dilemma. I got involved in the business in January of 2011 and had no intention of continuing in the way that I have, but I fell in love with everything about it!

What do you enjoy most about the company you work for?

I love that I was able to support my dad for the last 2 1/2 years of his life and now I assist others in achieving their financial or time freedom. I really enjoy working as part of a team and the culture is unbelievable. Everyone is there for each other regardless if they benefit from each other! The best part is the only way we make money is by helping others save money-we aren't selling anything, just educating people that they have a choice to pay less for their life-essential services like electricity and cell phone service. People do network marketing every day by recommending things like restaurants and books, only they never get paid for it. When we assist our family and friends to pay less, we get paid for showing them! And later this summer we will be releasing several new nationwide initiatives including an automatic discount program at local stores and home security partnering with Brinks Home.!

Why are your services so important during these uncertain times? How can people reach you?

Everyone pays their electric and cell phone bill no matter what. With COVID-19, so many have been left with little or no work. This opportunity has saved us tremendously and has helped us pay our bills. What started as a Plan B gave me income, emotional support and something to keep me occupied during this crisis. In addition, I was able to help so many others that needed to save money

and make money since it is something you can do from anywhere and on your own time. I am always happy to work with anyone who needs some extra money or a primary means of income or who just wants to work as part of a team. I can be reached at 215.429.9996, amykynects@gmail.com, on Facebook @Amy Corson-Nadell and my website is amynadell.wekynect.com.

Share your best advice for those struggling today.

Make sure that you are practicing self-care. It's important to take time out to relax and rejuvenate and to work on your dreams. I start each day with the many things I am grateful for and a 5-minute meditation. I only read personal development and business books and do not watch the news or anything negative. By filling my head with only positive information it allows me to stay focused on reaching my goals and helping others to achieve theirs

Tell us about your work to help children with special needs from lower-income families

I am so proud of our work over the last 18 years with the Giving Angels Foundation. We assist children by purchasing an essential item or paying a critical bill. We have awarded over \$600,000 to over 700 families and it's one of the most rewarding parts of my life. I love that I get to do it with my husband and that my children get to experience helping those less fortunate than we are.

<https://www.facebook.com/amy.corsonnadell>



COSETTE “COCO” LEARY, AUTHOR, MOTIVATIONAL TRANSFORMATIONAL SPEAKER, AND ADVOCATE

“From a life of poverty to a life of hope, from a life of hope to a life of service and prosperity!” Tell us why this is your mantra.

Written by **Jules Lavalée**

I come from direct poverty, I know and understand the pain of being poor, I was born poverty's child. Poverty was my name tag and all through my growing up years it was my identity. I saw it within my personal reflection and everywhere within my environment.

I grew up in the ghetto, my mother was poor and under-educated just like so many other women in my neighborhood, my norm was that of always having less than. Within the academic world what I was born into is titled, Generational Poverty. It was my inheritance from my mother, and finding myself becoming a mother at 14 years old impoverishment became the birthright of my child and my future children, but I wanted more than a life of scarcity I wanted to thrive! “From a life of poverty to a life of hope, from a life of hope to a life of service and prosperity” is my mantra because although I was born into poverty, hope was my inner horizon which gave me the wings to believe in my dream of breaking the chains of poverty for myself, my children, and for other impoverished people. I knew I could accomplish this marvelous dream through living a life of service to others and within this determination realize my atlas to a life of prosperity

You have overcome many challenges. What keeps you inspired during these times of uncertainty?

I knew that many people just like myself were living within the grips of poverty and needed a model, an example of how to discover their self-worth, how to imagine their aspirations as obtainable, how to see themselves in a reality where they could achieve a life beyond internal stigma and economic shame. I was also very much aware that I too, needed all of those things, but I didn't know where to find the model or example so I decided to create the model, a relatable one, which spoke the language of the culture of poverty. The most amazing thing in all of this is that as I began to gain higher education and be transplanted into new social class environments, I discovered that many successful affluent women battled with the same internal stigmas and lack of self-worth that I did from being impoverished. This made me look up the definition of the word poverty to see if there were any similarities within the way we saw ourselves. I found the definition of poverty to be, “Simply having a lack of.” This was when I realized that my inspiration to overcome my hardships was bigger than just placing monetary value at the core of living a full life because, I was now aware that poverty wore many faces, and for these women, it often showed itself in what they called, imposter syndrome for me this was an aha! moment of understanding that we



were more alike than different!

Tell us about your book, “From Welfare to the White House How I Reclaimed Myself and How You Can Too.”

My book started out as my personal journal. I had started having what I called, out loud written discussions with myself. I was trying to learn to love myself, in many ways this book was me internally yelling at myself, “Wake up and love yourself!”

I had low self-esteem, I had four different baby daddies none of which stayed with me for the long haul, I had survived ruthless child abuse, being raped, and being what I called nobody's child (aka-ward of the court).

I had baggage, but I had made some successes in my life. I was pursuing my degree in public administration, I had served on several boards of directors for non-profits, I had served as an Intern within a Senatorial and Congressional office (the latter on Capitol Hill in Washington D.C.) and many other things. I realized it was time for me to love me for the fantastic woman that I was and to reclaim my life. Then my journal became a book! I wanted to share my journey with other women so that they could use it as a tool to rediscover the beauty within themselves.

How are you supporting women?

As a Mentor, I meet women in the raw. I stand beside them within their emotional naked space with their messy ratted out hair, dark mascara tear lines running down their face, their blatant all-and-all I just don't give a crap outcry and their fall to the ground overwhelming distressing fatigue all wrapped up within their get back up the battle cry of, "I can do this!"

I mentor women that want to build and live their dreams but feel they do not know how to reboot their momentum. Many of the women I work with are stuck in a place of, "I have been at this for a long time and I have all but given up", and that is our starting line right there the fact that they haven't given up means we got work to do. I partner with women on regaining trust within themselves, breaking down barriers, and redesigning their life and what they genuinely want to get out of their life. There are many tears, laughs, and moments of, "You too?" We work to connect them with persons of influence, resources, and personal experiences that help them to remember that they are uniquely phenomenal within their own skin. I also have a women's group called, Coffee Time with CoCo (that is my nickname). I formed this group so that women can have a safe place to come and be more than just their brand, this is a space where women from all backgrounds can come together and be the "woman" that they beyond their 20-second elevator pitch. This group is about sisterhood!

Share a few stories of women who have been impacted by your work.

I have had the pleasure of working with women that have found themselves wrestling with their desire to build their dreams and not having the contacts or funds to get started. I have worked with a woman that wanted to become Serial Social Entrepreneurs with a combined passion to become a Public Interest Technologist, and a writer/author. I am currently working with a fabulous woman wanting to open her own boutique, and another brilliant woman that wants to open and operate a homeless shelter for single fathers.

You are a Motivational Speaker. What will people notice first about you? What topics resonate with you?



The first thing that people will notice about me is that I take the room! One woman described me as a "Super Nova." My stage presence is amplified by my passion's far reach to pull my audience in and we become united. My favorite topics include Finding Your Zoom, Embrace the Future, and The Real Connection

What is the greatest compliment that you have ever received?

The greatest compliment that I have ever received came from my oldest daughter. She called me one day to remind me of an incident that had taken place many years ago, "Hi mom I called to talk to you about something. Do you remember that time when we were kids and we were pulling the laundry in the wagon?" I answered, "Yes I do." I immediately felt shame come over me because that was not a moment that I was proud of. My daughter continued, "You remember that you stopped walking and started yelling at us saying, 'Don't you be like me, don't you ever be like me you hear me! Don't you grow up to let other people have power over you to the point that you will be pulling dirty clothes in a wagon. You go to school and you learn and be better than what I am. Do you hear me!'" At this point her words of this shameful memory had begun to bring me to tears and my lips started to open with the words, "I am so sorry", but before I could get the words out my daughter said, "Mommy now we are breaking our necks to be just like you!"

Share your upcoming projects?

I am working on my autobiography titled, Laugh Out Loud Healing the Woman Within. I have several live women's events planned for both the years 2020 and 2021 one of which is an international collaboration. I am bringing out first-time women speakers who all have triumphant life stories of their own some of these women come from direct financial poverty such as myself. I will continue to mentor low-income women through my intense leadership training program, and I will continue exploring the gems held within lifelong learning gaining broader perspectives, celebrating women, and this gift called life!

fromwelfaretothewhitehouse.com

<https://www.facebook.com/profile.php?id=100010233218620>

Facebook group Kicking It with CoCo

@welfare2whitehouse



IVY TOBIN

INTERVIEW

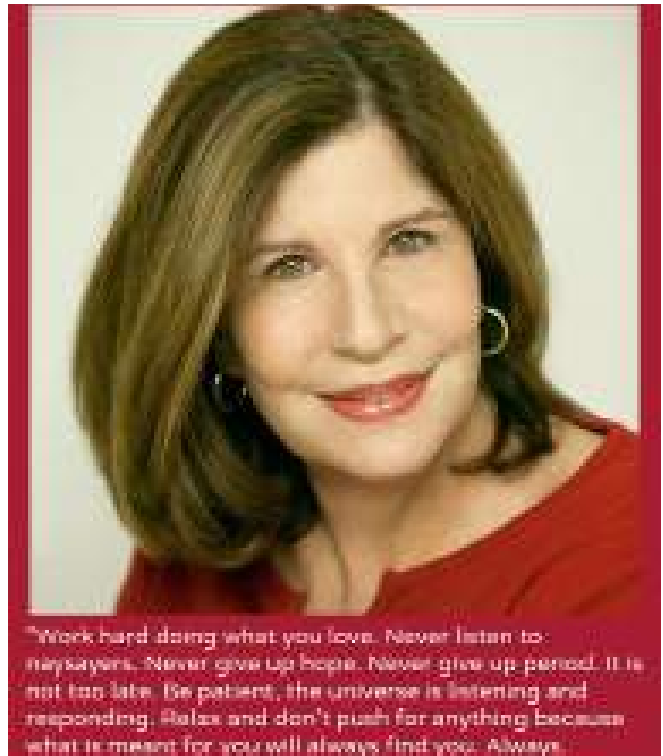
Can you tell our audience about your background. How did you get into the acting & film industry?"

After 25 years of living in the northeast, I currently reside on the west coast of Florida with my husband Harry, my human offspring, Toby, and their kitty cat Bunny.

A native of Miami Florida, I've loved acting and writing, since early childhood. At five years old I discovered my burning desire to perform, and fueled this fire by acting with a Community Theater while growing up in South Florida. To my parent's dismay, my passion for theater (and later, writing) wasn't just a phase and I continued my quest for artistic achievement during high school and as a theater major at The University of Miami.

After graduating college I spent fourteen years as a struggling actor in New York City, while continuing my studies at HB Studios. Pounding the pavement, going to auditions and once getting into the Screen Actors Guild I started doing background work (extra) in several films. Eventually several small parts in various films followed, then a reoccurring character, a police officer on a soap opera, (TEXAS NBC.) I was in several commercials, including one for Bounty Paper Towels starring Nancy Walker. I was in a MEATLOAF music video and performed in countless off Broadway plays. My writing included several plays and a collection of poetry called Queen of Hearts. Acting and writing didn't pay the rent so I waited tables, checked coats, temped and was a receptionist for several different doctors' offices all over Manhattan.

Pursuing an acting career helped perfect the art of people pleasing and I later used this skill to develop my Facebook page, platform and blog: The Society for Recovering Doormats launched in 2012. Rose Gardner, a fictional character, is the voice I use on all my on-line SM sites. Rose is the main character in my full length, fictional novel; My Life As a Doormat. Published in 2014, and in my indie TV series by the same name. (Currently on the film-festival circuit.)



What drives your creativity? Do you draw inspiration from other artists? If so, who are some of your idols?"

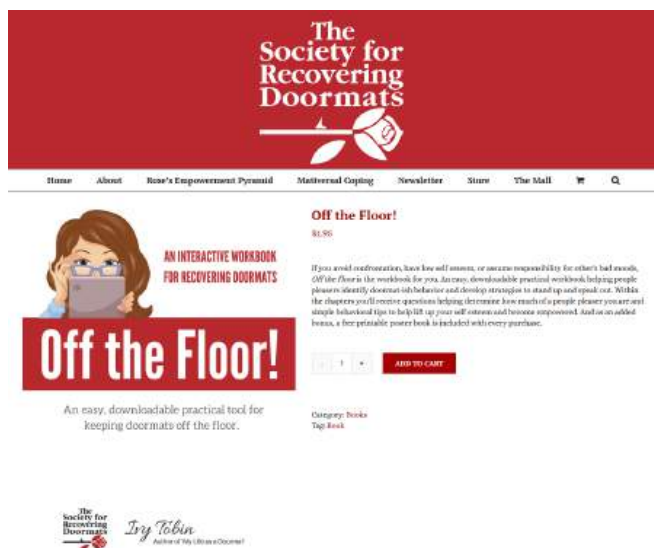
My creativity is driven by a passion to create and is fueled by identifying people and situations, through a humorous lens. My characters are quirky, flawed, underdogs set in challenging circumstances. I place these people in dire situations (both physical and/or emotional) and empower them to rise up and overcome adversity.

Inspired by author Anne Tyler, I couldn't read enough of her stories filled with quirky characters and story lines. Of late I admire writers and actors creating their own work for film and TV. Phoebe Waller-Bridge (the creator and star of Fleabag) and Ricky Gervais (the creator and star of Afterlife) are my 2 favorites

Can you tell our audience about your books? "Off the Floor!" and "My Life as a Doormat"

Do you have a personal story that inspires you to keep creating and should we be expecting future books coming out?"

In addition to my FB page The Society for Recovering Doormats I facilitate 2 support groups. The Society for Recovering Doormats No More Narcissists and Mat Chat.



Off the Floor is a non-fiction workbook written for the members of both support groups. Here is a blurb about the book:

"If you avoid confrontation, have low self esteem, or assume responsibility for other's bad moods, Off the Floor is the workbook for you. An easy, downloadable practical workbook helping people pleasers identify doormat-ish behavior and develop strategies to stand up and speak out. Within the chapters you'll receive questions helping determine how much of a people pleaser you are and simple behavioral tips to help lift up your self-esteem and become empowered.

My Life as a Doormat is a fictional novel. Set in NYC during the 1980's My Life as a Doormat follows the journey and challenges of young Rose navigating life, an acting career, roommates, friends, bosses, and falling in love while coping with her insecurities. Too nice for her own good, she is the ultimate people pleaser. Here's a blurb about the book:

"Do you ever feel like life, work or family is overwhelming? Romance doesn't always go as planned. Do your friends think you quirky? Superstitious? Are you a people pleaser? If you answered "Yes!" to any of these questions then My Life as a Doormat is the book for you. My Life as a Doormat follows the adventures of Rose Gardner. It's 1980. Naïve and fresh out of college Rose moves to Manhattan against her parents' wishes to pursue an acting career. Anxiety-ridden and insecure, Rose fights to maintain her sanity while establishing herself as an actress and coping with bad relationships, unpredictable roommates, bad decisions, bad jobs, and bad friends.

I am currently working on a sequel to My Life as a Doormat, entitled Not Just My Mother's Daughter.

This book takes place in the early 1990's. Rose Gardner is faced with a new set of challenges, situations and people to stand up to. Many of the same characters from My Life as a Doormat are featured and new ones are added as the complicated relationship between mother and daughter is explored.

Your website is truly wonderful as a recovering doormat myself, I got lost in it while doing my research on you.

What are the most common fears, worries and issues you see coming from women? Do you think there's a way to inspire mass change or is change more on a one person at a time basis?"

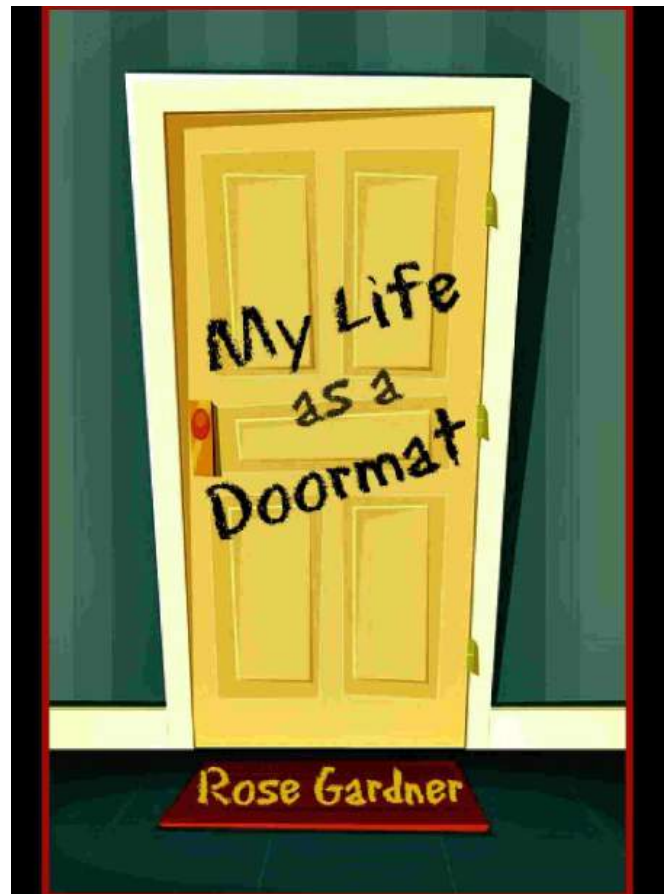
The people most drawn to my website are afflicted with the disease to please. People pleasers, affectionately referred to as doormats. Women and men, too nice for their own good, spending a lifetime negating their personal wants and needs and devaluing their self worth. Terrified of standing up and speaking their own truth for fear of rejection and being unloved, they go along with everyone else's decisions, and desires. The most common fears, worries and issues of people visiting my sight are they are not good enough. They have a deep-seated need to please. Perhaps if they can make others happy, then they will be accepted, seen and loved.

All change comes from each individual person. People must recognize their own behavior and change it. Being part of groups like The Society for Recovering Doormats validates and assures individuals they are not alone. With over 88,000 people following in a safe space, supported by others going through similar struggles is comforting. We give each other a collective energy to change, but the initial change has to be made individually.

Tell us about what the future holds for you. You've got your fingers in a few different pots. What does the rest of 2020 hold for you?

Where do you see yourself in 5 years?

I'm excited about the months ahead. I've adapted my book My Life as a Doormat into a screenplay for an independent TV series. Last spring we shot the pilot. This past winter we had our premier screening in NYC, and currently submitting the pilot to film festivals worldwide. With COVID 19, it's hard to say where I'll be 5 days from now, let alone 5 years. I live my life day to day.



If you had to tell your younger self one piece of advice what would it be?

I'd tell my younger self not to worry about the future. I'd advise her to enjoy every moment and live in the present. I'd warn her to do what is best for her self, and not count on anyone else for validation. I'd tell her she is enough.

What is your favorite quote?

"You are not too old. It is not too late."

What is your favorite season and seasonal activity?

My favorite season is spring. My favorite seasonal activity is walking on the beach during any season, but especially in the spring.

Tell us about your travel bucket list and the coolest place you've ever visited?

I've traveled worldwide, except for Asia.

Italy and Sweden top my list as favorite spots. My last trip was to Israel. A bucket list

I always want to leave our readers with something inspiring. If they were to take away 1 think about you and your mission/dream/story what should it be?

It's never too late to live your dreams. If you can imagine it you can manifest it. Live in the moment. And most important; what is meant for you will find you. .



MANNA DABHOLKAR

CEO OF GIFT GLOBAL INITIATIVE

Written by **Jules Lavallee**

How is GIFT Global Initiative uniting the world during COVID-19?

The coronavirus outbreak is first and foremost a human tragedy, affecting hundreds of thousands of people. When this tragedy struck, we were still in Africa, working in an informal settlement /slum in Johannesburg bringing solar lights to the families who live without electricity and clean water.

As the United States started recalling its citizens, the GIFT team returned home amidst chaos and panic. New York was under a complete lockdown and so was California. People had lost jobs and the homeless population on the streets of LA seemed to have spiked. Small businesses were suffering, and people were hoarding supplies to prepare for a possible food shortage. Not to mention the impact this devastation will soon have on the global economy increasing the number of deaths by starvation as Africa, Asia, and Latin America plunged into a shutdown with little or no help for the sections of our society who survive on less than \$1/- a day.

A week into the shutdown, GIFT launched Covid-19 Together. COVID-19 Together is our effort to bring communities together to support 1) healthcare heroes who are on the frontlines of Covid-19, 2) first responders, 3) Restaurants and Cafes and 4) Families struggling to make ends meet.

In a little over one month, GIFT volunteers have distributed over 500 warm meals to healthcare workers and unsheltered homeless neighbors in Los Angeles donated PPE to our first responders and sent food shipments to Africa and Latin America. If you are reading this article, remember that there is always something you can do to support organizations like GIFT Global Initiative. You can Donate money, services, product, you can volunteer time and the easiest yet the most important thing you can do is simply help us spread the word by sharing Covid-19 updates and engaging family, friends and communities to play their part, join GIFT.

Go to <https://www.ggiusa.org/donate/covid-19-together-to-donate-to-this-powerful-initiative>.

There are families we work with year-round who live on less than \$1 a day, but with the massive chaos, this shut down has caused people who live on a meager daily wage are seeing their resources dry up at an alarming speed. The government aid has not reached the families and children who are dying of starvation. Due to our ongoing field operations and generous donors, GIFT can deliver aid directly to these areas without any delays.

Back home in California, the situation is not any different. California has the largest homeless population in the country. Los Angeles County alone has about 39000 people on the streets, unsheltered who lack necessities such as food, clean water, a hot shower, sanitation, etc. Many were let go recently and are living in their cars on the streets or in the parking lots. It is heartbreaking to see the suffering, the youth homelessness is really upsetting.

But despite these struggles, there is also a great sense of unity. A deep understanding that WE ARE IN THIS TOGETHER is bringing some generous small businesses to support Covid-19 together.

In times of crisis when contributions to Humanitarian Organizations are drying up, corporate partners like the Vegan Joint and CIREM Skincare, are showing brave

generosity thereby allowing humanitarian organizations to deliver our mission

GIFT has embarked on a valuable initiative with the UAE to provide solar lights to the women and children in Africa. Tell us about this project.

GIFT Global Initiative, a Humanitarian Organization serving over 10K children every year in Africa, Asia, Latin America, and the USA has adopted A World Clean Energy Initiative that aims at providing 50,000 households access to low-cost portable solar energy in the next two years, as part of a United Nations-backed initiative to fight poverty. Our clean energy initiative will expand access to Low-cost, Durable and Portable Solar Lights to low-income communities in 12 African countries (South Africa, Cape Verde, Sierra Leone, Tanzania, Botswana, Namibia, Kingdom of Lesotho, Malawi, Uganda, Ghana and Zimbabwe, Kenya); four South Asian countries (Bangladesh, India, Pakistan, and Nepal); Mexico and the USA. We estimate that some \$520 million will be saved by consumers by switching from kerosene or biomass fuel to solar energy. In addition, carbon emissions will be reduced considerably.

The United Arab Emirates has embarked on an audacious plan to combat poverty throughout the world. The UAE's Ministry of Foreign Affairs and International Co-operation on DEC 2016 launched a five-year plan for the country's foreign aid strategy. Under the strategy, covering 2017-2021, the UAE will focus on three key pillars – women's empowerment and protection, transport and urban infrastructure, and technical cooperation. The UAE's foreign aid policy, its vision, and elements, as well as the main goals of combating poverty and contributing towards sustainable development in recipient countries, is in perfect alignment with GIFT's mission.

The population we serve faces complex barriers to accessing ladders of opportunity. Those same barriers are what keep them off teams, out of leagues, and unable to access programs that could support them to reach their full potential. Addressing one barrier alone is a band-aid. Barriers stack up on one another and feel insurmountable.

GIFT's partnership with the United Arab Emirates created a program called Soccer for Solar. Under this initiative, children from the informal settlements across Africa participate in semi-annual soccer tournaments. At the end of the day, all children who participate go home with Solar Lights instead of plastic trophies thereby lighting up communities across Africa.

These solar lights are portable, safe, and long-lasting. The children can study longer hours, women and kids can commute safely and the small businesses in these shantytowns can stay open longer leading to more disposable income for the families. More importantly, the children earn it for their families instead of getting something for free



Tell us about school sponsorship.

School Sponsorship is a unique kind of empowerment program that connects one child in need with one compassionate donor who agrees to pay School Tuition Expenses for a year for the child! Becoming a sponsor means giving children the chance to grow up safe, educated, and empowered – forever changing their life and future. When you become a sponsor, GIFT does not give your donation directly to your sponsored child. If you pay School Sponsorship for the entire year, the money is paid to the school for the sponsored child. If you chose to make a partial payment or a smaller amount towards our School Sponsorship Program, we combine your donation with the support of other sponsors to help support educational projects in your sponsored child's community. Sponsors get

regular updates, letters, and a chance to facetime with their sponsored child throughout the school year. There is no better way to impact a child's life than to sponsor them for quality education.

We have children in our care in Africa, Asia, and Mexico in need of school sponsors for the 2020 school year that starts in August 2020. If interested in sponsoring, you can email us at Info@ggiusa.org and a team member will guide you through the process. The school sponsorship ranges from \$1500-\$2000 for an entire year, depending on the location of the child and covers School Tuition, Books, Uniform, Shoes, School Supplies, Transportation, Meals and Medical needs of the Child for that school year.



Thank you for leaving a positive footprint. What are some of your expectations in 2020?

I am optimistically hopeful that as life returns to normal, our communities will continue to stick together as we have during these times of crisis. Our corporations will become more socially conscious and engage in partnerships with humanitarian organizations such as GIFT Global Initiative and prioritize shareholder value creation through charitable endeavors. After all, Millennials are loyal to brands with a strong social cause.

As far as field operations are concerned, our single most important initiative at this point is the Solar Initiative. We can spend all the money we have on school buildings and sponsorships but if these children don't have basic necessities such as Electricity, Water, and Sanitation, how can we expect them to do well in school and prosper in life.

We are working on building fruitful partnerships like the one we have with the UAE to expand Sports for Solar in those 12 African countries (South Africa, Cape Verde, Sierra Leone, Tanzania, Botswana, Namibia, Kingdom of Lesotho, Malawi, Uganda, Ghana and

Zimbabwe, Kenya); four South Asian countries (Bangladesh, India, Pakistan, and Nepal); Mexico and the USA.

The Solar Initiative is so powerful to me personally because a \$20/- donation can change a family's life forever. It means we can bring them that portable, safe, long-lasting solar light leading to increased safety of women and children, reduction in crime against women and children when they commute, light at home to study longer hours, small businesses in these shantytowns are run by women, these can now stay open longer leading to more money for these families, communities will not have to steal electricity saving the government money, decrease in fire accidents caused by candles, kerosene, wood and most importantly within a matter of months, kickstart sustainable development for the benefit of the thousands of people, and it could herald an improved outlook for the economically disadvantaged parts of Africa, Asia, and Latin America.



“

We are highly active on social media and donors can see their contributions being put to use almost immediately if they follow us below

Follow us on Instagram @GIFTGLOBALINITIATIVE | @MANNADABHOLKAR | @KEITHKIRKWOOD1

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Website <https://www.ggiusa.org/>

PATCHWORK STITCHCRAFT



Tell us about what inspired you to get started?

I have always been attracted to the arts when I was younger. I started sewing around the age of 10 or 11, the love of sewing stuck with me and grew. Despite being mostly without a sewing machine, I mainly was handsewing often, and I feel as though that really helped shape my brand, as I have a fondness for beadwork and intricate detail in my work. I stated working with a close friend in highschool, she practiced her photography with me, and I tore up old second hand store gowns and sewed them back together in new ways. Eventually, with permission, I posted those images on deviant art under stock images. the feedback and the creativity of composites from multiple users inspired me to both create and shoot more. After highschool, I moved back to Edmonton from the small town I spent my highschool years in and started working with bigger teams and slowly working with photographers, MUA and other artists in Edmonton. When traveling overseas on my own for a couple years, I realized that focusing on my little brand of upcycled fashion was what I really wanted to do.



You mentioned getting 2 diplomas, where did you end up going to school?

Despite starting off as a fashion designer, I have recently obtained my second diploma in Jewelry art design (as of June 1st) My first year had taken place at LaSalle college as a year intensive focus study program, with emphasis in alternative material design and bead work. My creativity and focus developed while under the guidance of multiple talented artists within the program. I graduated from there in August, then began my second year at Vancouver community college. While at VCC, I was taught silversmithing as a trade program and was marked and taught according to jewelry industry standards. This influenced my work within patchwork stitch craft as well. I found I was more precise and sure in my designs moving forward, and despite not having any professional background in fashion design itself, my designs evolved.

What would you say your biggest achievement is with your brand so far?

I would say that my biggest achievement with my little brand was taking it overseas, a few years back. I solo traveled and spent two years on my own in New Zealand and Australia, where I expanded my brand, experimented with designs, and networked with the local photographers and was lucky enough to get some paid work both in modeling and design work as well. In New Zealand, I spent around 200 hours hand sewing, painting and beadworking two gowns that were based on Hades and Persephone from Greek mythology.





Where do you see yourself and your brand in 5 years?

In 5 years, I am hoping to fully establish both my silversmithing and my Patchwork stitchcraft as a legitimate business . I am slowly developing styles suited for alternative formal wear that is environmentally friendly and has a one of a kind look to each piece made. I plan to keep traveling and continue networking with fellow creatives.

Who inspires you??

My biggest influences are the DIY movemnt from the gothic and punk era of the early 2000s, Ashley Rose Couture, Guo Pei, Alexander Macqueen, any self made artist that has really pushed themselves and persisted desite any difficulties encountered along the way,the patchwork whimsical styles of hippies and bohemians, and a childrens book called "something from nothing" which shows how creativity and taking care of things can go a long way.

Tell us your favorite "design/creation" focused quote!

Social media accounts

@savagebeautyphotography (Ant Vaughn)

@Arielle.keil

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Mushroom

Written by **Danielle Reese**

& Shrimp Risotto

4 servings

Preparation time: 20 minutes

Cooking time: 20 minutes

Ingredients

1 ½ cup short-grained white rice*
10 oz. button mushrooms, brushed and sliced
10 oz. shrimp tails
1 onion, chopped
1 l vegetable broth
2 tablespoons Parmigiano cheese, grated
½ cup dry white wine (optional)
3 tablespoons butter
Extra virgin olive oil, to taste
Salt and pepper, to taste

Instructions

Heat 2 tablespoons of extra virgin olive oil in a pan over medium heat. Add chopped onion and cook until golden brown.

Stir in sliced mushrooms and cook for 4 minutes, stirring frequently.

Add the rice and cook for 1 minute.

Blend with wine and when it evaporates, stir in the shrimps and reduce the heat to medium-low.

Cook until the rice is “al dente” and remove from the heat.

Add pepper, butter, and Parmigiano cheese and stir vigorously for 30 seconds.

Additional tips

- ✓ Use only short-grained and high-starch rice like Vialone Nano, or Carnaroli.
- ✓ Garnish with chopped parsley or chives.
- ✓ You can use vegetable or fish broth for this risotto, and remember that it needs to be warm,
- ✓ The rice needs to be “al dente” which means cooked but still firm to the bite.

Pineapple

Written by **Danielle Reese**

with Honey

4 servings

Preparation time: 10 minutes

Cooking time: 6 minutes

Ingredients

1 pineapple, cleaned and sliced
5 teaspoons honey
1 tablespoon maple syrup
1 tablespoon melted butter
Ground cinnamon, to taste
Almond flakes, to taste
Mint leaves

Instructions

Heat the grill pan over medium-high heat.
Brush each pineapple slice with butter.
Grill each slice for 3 minutes per side.
Arrange pineapple slices on a serving plate.
Sprinkle with ground cinnamon and drizzle with honey and maple syrup.
Garnish with mint leaves and almond flakes.

Additional tips

- ✓ If you don't have a grill pan, you can prepare pineapple slices in the oven.
- ✓ Serve with homemade strawberry or pineapple ice cream.

Quinoa bowl

Written by **Danielle Reese**

4 servings

Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients

1 cup + 3 tablespoons Tri-color quinoa
2 apples, cored and diced
1 cup Fontina cheese, diced
1 avocado, peeled, pitted and sliced
½ cup hazelnuts, peeled
3 tablespoons pumpkin seeds
15 blueberries
10 raspberries
1 tablespoon chives, chopped

Instructions

Cook quinoa as indicated on the package.

Toast hazelnuts for a few minutes.

Put cooked quinoa in 4 serving bowls, add apples, cheese, and avocado.

Top with hazelnuts, berries, and sprinkle with seeds and chopped chives.

Additional tips

✓ Add more berries, chopped toasted nuts, and seeds for more flavor.

Tahkeena Carlson,

Best-Selling Author and Co-Author of Unbreakable, Empowered, Inspired, & Determined to Succeed!

You are a true inspiration. Share your story.

Written by **Jules Lavallee**

Photo credit **Mike Peters Photography**

As a young lady, I grew up without my Biological father. I had lived with multiple family members. My mother tried her best, but we were more like oil and vinegar. Always feeling like she would rather knock me down than to love me. Leaving me to fend for myself, I was hungry for attention and to be loved! I sought out unhealthy toxicity with men. Being just 13 I became a survivor of rape. This trauma has scarred my soul from the depth of my core. Throughout the last 18 years of my life, I continued to face multiple unhealthy traumatic relationships. A lost soul seeking love, acceptance, and attention! I thought I could fix the next person! June 14th, 2010, my brother was murdered in Fort Bliss, Texas! In July 2010, I lost custody of my first born child. Her father upper-cut me straight through my heart. Not to mention 6-months later, while pregnant with my 2nd child, her father tried to kill me. He used strangulation, hung me by my throat. Why did I believe that was love? I am a survivor of sexual assault and domestic violence! I had a select few that tried to save me from this negativity over the years. However, I pushed them away. That kind of Love was surreal! I was not deserving. I belittled my self-worth and self-respect because I never knew I was worthy. Mother's Day in 2014, my then boyfriend had an affair with an immediate family member of mine. Shattered and devastated. Feeling lost all over again, I subjected myself to have an altercation break out between myself and them. I went to jail as I was reported

as the estranged daughter. I sat incarcerated for 4 months angry without someone to blame but myself. An angel from heaven happened to become my cellmate. She helped me realize that neither of them was worth losing my kids to the CPS system. I was eager to accept whatever deal they could offer so I could get out and reunite with my children. Upon release, I completed all CPS requirements and regained custody of my children in 10 months. I lived in maternity homes with my two girls and we welcomed my son in 2015. Being a single mother wavering through the many trials I soon realized what resources were accessible by what genders. Single fathers were basically screwed. No homes. And it mattered if you had "too many kids"! Things in life kinda mellowed out till the rear end of 2017. I lost my housing and became homeless for 2 years. The agency ran out of funding and told me the last minute. With nowhere to go 3 kids and pregnant with my 5th child. One week before my due date we got rid of everything and moved into our new home, our car! We bounced around couch surfing, no income just had my 5th kid. Homeless! August 2019 we were blessed to enter a shelter and a year later we found a house! I found my inspiration through my life trials. I found myself.



I Love myself! I am determined to continue to be a Voice for all that have been through similar experiences. I want to provide opportunities for Men and Women of all ages in different stages in their lives to truly believe they are not their circumstances! Their lives matter!

“





You are a Best-Selling Author and Co-Author of Unbreakable, Empowered, Inspired, and Determined to Succeed! By Theresa-Hawley Howard. Tell us about the book?

My friend Cyndi called me and said happy early housewarming party gift! She said I have gifted you this opportunity to share a story in your life that hasn't shattered you but has made you stronger. I accepted the challenge and decided this is an amazing opportunity to get my voice heard and cover a traumatic time in my life that perhaps would resin with women. This book is a collection of stories from numerous women that faced some trying times in their lives but by the grace of God, they continued to fight for themselves and in my case my children, and we were Unbreakable! .

What lessons have you learned?

To be present and meet people where they are at. Never believe you are chained to your past! People will notice my passion. I have a deep passion and interest to help people. It drives my focus and pushes me. I work very hard to support the homeless, I am passionate about helping single fathers. Being a single mom there are services available to help me and my children. A lot of the homeless fathers I have encountered are struggling with little to no resources available to help them. This is the inspiration for the nonprofit I am creating F.A.T.H.E.R.S (Fathers, Achieving, Through, Heartache, every day, Reaching, Success).

Share your mantra and how it translates for you personally and professionally

I love to use "You are BeYOUtifully made", and "Love thy raw self". I love both of these because it is rooted in loving yourself. We chose our paths usually by how we feel.

Share your upcoming projects?

I am working on more books, I plan to launch this Summer inspired by determination, self-worth, and self-love. I will continue To obtain my goal of starting my non-profit for Single Homeless Fathers. I will complete my certification for being a Peer Counselor. There are also potential opportunities for speaking engagements that I will attend and speak at.

Do you have any additional thoughts?

Thank you Jules Lavallee for this opportunity to share my transparent authentic self.

