

# Thriving WOMEN

BUSINESS, MONEY, MIND, BODY, SPIRIT  
JANUARY 2021

**3 Steps  
to Take  
Your  
Thoughts  
Captive**

**3 SMART  
BUSINESS  
INVESTMENTS**  
*That Pay Off*

**How I  
Booked  
50  
Virtual  
Speaking  
Gigs in a  
Pandemic**

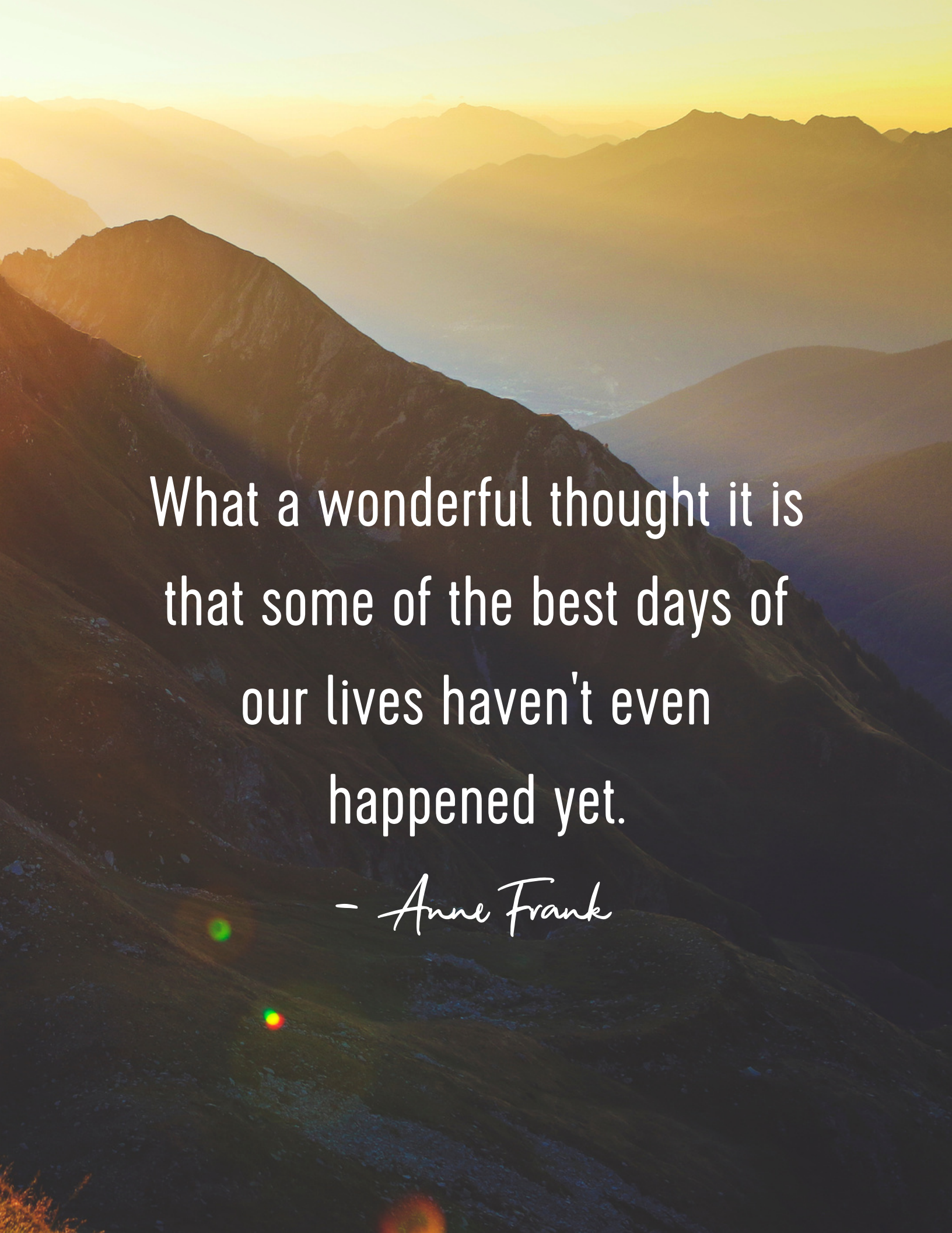
**7 tips to  
re-ignite  
your  
passion  
and  
purpose in  
2021**

**Tips To  
Manifesting**  
*With Profound Purpose*

**Make (and Keep)  
your New Year's  
Resolution**

By Donna Maltz



A photograph of a mountain range at sunset or sunrise. The sky is a warm, golden yellow, and the mountains are silhouetted against it. The foreground shows a steep, rocky slope. The quote is centered over the middle of the image.

What a wonderful thought it is  
that some of the best days of  
our lives haven't even  
happened yet.

- *Anne Frank*



# Welcome

## LETTER FROM THE EDITOR

Welcome to sixth edition of **Thriving Women Magazine!**

Wow! We did it! We made it through 2020!!!

**Our theme for our January 2021 issue is the New Year, New You!**. The best thing about coming to the end of a year, is that we get to reflect on what we've accomplished and what we've learned, and then incorporate that learning into our New Goals for the New Year!

On our cover, we have featured our **Woman of Influence, Donna Maltz**. Donna is a Soil to Soul Entrepreneur, Author, Voice for Nature, and Eco-Bohemian. She is a published author of three books: *Living Like the Future Matters*. *The Evolution of a Soil to Soul Entrepreneur*; *I Am - Living Like the Future Matters*; and *Yummy Recipes Wildernesses Wonders for Kids and Adults*. Donna is a life and business coach and manages her beautiful retreat property in Hawaii. She has an unwavering commitment to preserving our beautiful planet and believes together we can strive to live like the future matters.

As we have continued to receive positive feedback from women in the community about the impact that our digital publication is making in their lives, we will continue to deliver powerful content that resonates, inspires, and educates! We are very proud of the quality of not only the writing of all of the women who have contributed by generously sharing their wisdom with us – but also the women. Each of them has a story to tell and unique talent to share.

We hope that our first issue of 2021, encourages you to take an honest assessment of everything you accomplished and learned this past year. It is also important to remember the decisions that you made for yourself and your business in 2020.

I bet you'll be surprised that you showed up consistently as the highest version of yourself. That, my loves, is something to be proud of!

Our Amazing Women Entrepreneurs Network Sapphire Club has been rebranded to the **Amazing Women Visibility Club**. The club will continue to provide a community of talented women who support and challenge each other to become better versions of themselves, increase their visibility, uplift others, and build an audience of superfans (who can't wait to buy their next offer), and uplevel their business by establishing themselves as an authority in their field.

Amazing Women Visibility Club will also include **NEW FEATURES** such as a monthly challenge, Masterclasses, and Q&A calls. We invite you to take advantage of our **time-limited 30-day FREE TRIAL**. We know you will transform from an entrepreneur who typically sits on the sidelines, watching your sisters rise to becoming a leader in the club who inspires others to follow in your footsteps. Visit [www.amazingwomen.club](http://www.amazingwomen.club) for more details.

Our sincere hope is that you have enjoyed reading our digital magazine in 2020 and you will continue to enjoy future issues featuring our five pillars (business, money, mind, body, and spirit). My big ask is to please share this magazine with those you know would benefit from it. Help us to make a global impact.

If you are a new reader of **Thriving Women Magazine**, note that it's best to access the magazine from a computer and download the issue for future reading. We have optimized your viewing experience by creating live hyperlinks throughout the magazine so that you can access the accompanying audio and video files. If you haven't done so yet, please drop us a line and share what you love about our magazine and what you would like to see in future issues. With your voice, it will only continue to get better in 2021!

As always, thanks to the incredibly hardworking and talented individuals who contributed to the **Thriving Women Magazine**. To the writers, editors, graphic artists, collaborators, advertisers – thank you! You all know who you are. xoxo

**We continue to look for writers, sponsors, and advertisers to contribute to future issues of Thriving Women Magazine.**

Love,  
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# MEET THE TEAM

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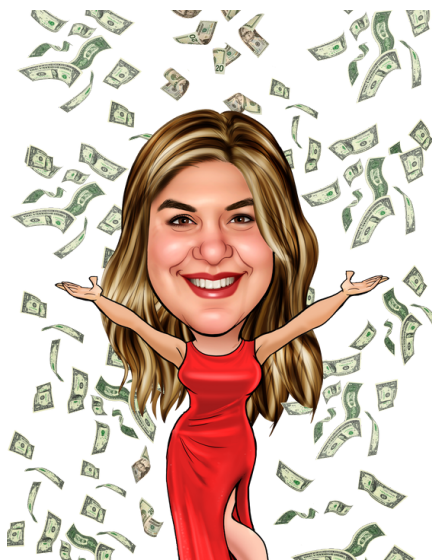
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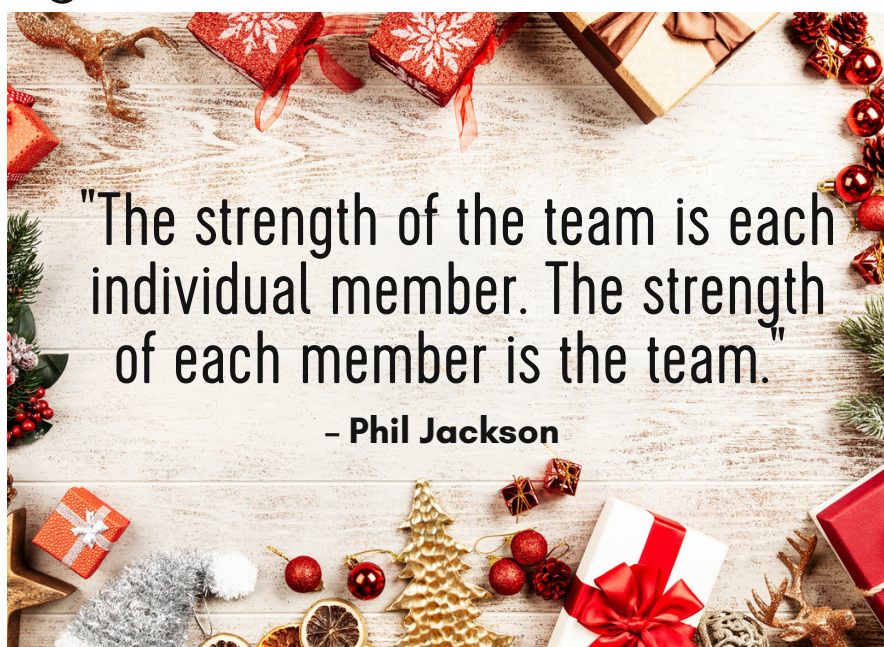
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# AMAZING WOMAN OF INFLUENCE

## FEATURING DONNA MALTZ

Donna has four-decades of experience being a successful eco-entrepreneur. She is a published author and certified health coach, inspiring professionals to balance their lifestyle with their workstyle. She offers personalized holistic retreats at her farmstead-paradise in Hawaii. Her motto is - Why Retire When I Can Inspire.

### **What makes her a woman of influence?**

Donna believes the best leaders build outstanding leaders, and that we desperately need ethical leadership. She helps others see the value of all lifekind, and how each of us has special gifts and can make a significant impact. She inspires her clients and community to co-create and collaborate.

Donna's is rooted in her purposeful "big why" — to live like the future matters and honor lifekind. From the soil to the soul, she encourages others to do the same. Committed to living in harmony with the Earth, she honors society's diversity and culture and Nature's biodiversity. Balance and equality ensure a healthy, habitable planet for future generations. Her services motivate others to have meaningful careers and success by redefining wealth and business because health is our greatest wealth.

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### **Donna's Books**

Living Like the Future Matters ~ The Evolution of a Soil to Soul Entrepreneur, Conscious Cures to 21st Century Pandemics, and her Gratitude Journal, I AM offer readers "Soul-utions" and ways to proceed gracefully with a purposeful why.

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A full-page background image of a sunset over a beach. The sky transitions from a deep blue at the top to a warm orange and yellow near the horizon. The ocean is calm with gentle waves lapping at the shore. The beach in the foreground is wet and reflects the colors of the sky. A quote is centered in the middle of the image.

“WEALTH IS THE ABILITY TO FULLY EXPERIENCE LIFE.”

— *Henry David Thoreau*



A woman in a dark dress is walking away from the camera on a wet beach at sunset. She is holding a bunch of red balloons in her right hand. The sun is low on the horizon, creating a bright reflection on the wet sand. The sky is a mix of orange, yellow, and blue.

# Mindset



# MAKE (AND KEEP) YOUR *New Year's Resolution*

By Donna Maltz -  
Author, Eco-Business and Life Coach



Whoa, 2020 is over. Now what? When we experience some level of fear and chaos, it may be hard to see the many gifts surrounding us. We have choices about how 2021 and the proceeding years will play out in our lives and businesses. I have never been big on resolutions, but lately, I find it helpful to make my daily agreements to navigate these troubled times and keep me positive and thinking forward.

We must recognize how important it is to gather our strength during this time of massive transformation. The sooner we address our problems with earnestness — just like a wound, the faster it heals.

I gain my strength doing what I love to do, which is spending time in Nature, creating delicious food in the kitchen, and spending quality time with loved ones. Doing activities, we love supports our immune system. In 2020, I spent a lot of time picnicking in Nature with friends and family. I encourage my clients to get outdoors and find what gives them joy. Joyful activities are conscious cures that make life more pleasant

and relieve stress. Make a resolution to strengthen your immune system. Eating a well-balanced diet and spending time each day in Nature get us in touch with ourselves and improves our microbiome.

Make a declaration to compost negative thoughts and patterns that zap your energy. Nurture what gives you strength. This comes more clearly when we know who we are, what we love to do, and have a purposeful why in life. Only then can self-actualization be achieved.

Self-actualization is when one's full potential blooms through creativity, independence, spontaneity, and a grasp of the actual world. It means going deep within — looking beyond self-interest and seeking to learn how our role affects those around us and the world at large. It helps define who we are and the career path we take. In tune with our deeper selves, we discover our sixth sense. We may feel like a visionary, an intuitive, perhaps a psychic, or whatever word you would use to describe having a premonition. The more awakened we are, the more our world — humanity and the environment — strengthens.





Sometimes the process of self-realization can feel like an internal battle, like deciding to withdraw from alcohol or sugar, but the results are worth it! I know because I have dismantled old beliefs and addictions that once tormented me in the middle of my career. Once I resolved to dig deeper into my soul's desires, my business excelled, and I was set free to share my gifts. Making a resolution to do some things differently can radically redefine who we are and help make this year one of the best.

The energy that we put out into the world comes back to us. A fresh wave of energy is available to ride, yet it's our responsibility to learn how to surf that wave. Using our time wisely, which is our most significant currency, brings forth our full potential. The changing current is not something to resist. Instead, relax. Be still. Observe the changes and discover how to ride the waves. Yes, there are always storms to weather. To endure the storm, be resilient and stand wise in your intentions. Accepting there is nothing constant except change, we can adapt. Being an entrepreneur, you got this!

The intentions and goals that we set for ourselves are part of what determines how our lives unfold in 2021 and beyond. It has never been more critical to tune into our good-intentions and not be afraid. This is the time to come out of hiding and share your goodness. What we focus on grows, including a well-intended business.



## Some suggested 2021 Resolutions:

- I will subscribe to an attitude of gratitude, knowing it will change my perspective and outlook on life.
- I will declare my good intentions and follow through with my actions.
- I will make investments in myself, knowing they will pay for themselves. Once my inner bank is full, I will share my riches and brighten someone else's life. When I invest in myself, it's never lost.
- I will balance my lifestyle and workstyle and build my immune system.
- I will be open-minded, respectful, and loving. I know I'm intuitive, helpful, and joyful, and an integral part of the change.
- I will stay focused on the opportunities with each action I take. I will lead by example and strive to be a shining light.
- I will passionately share my goodness. I believe by serving my community, dollars will come. Together we help shift the world into a more sustainable place.
- I will focus on the qualities that strengthen me to be healthier, hence wealthier in the most genuine sense. I believe this is the answer to freedom and happiness.

To thrive in this changing life and business climate, we must resolve to redefine what success and wealth mean in the 21st century. Be discerning as you evolve. Awaken your personal divine in this new era. With an abundance mindset, we are unstoppable.

What are you reimagining for 2021? Let your imagination run wild and create resolutions that work for you.

**Big Love and Aloha,  
Donna Maltz**

Find more conscious cures and ways to thrive in the 21st century [www.donnamaltz.com](http://www.donnamaltz.com)





# WISDOM RECIPE FROM A TREE

by: Donna Maltz

Stand tall and proud.

Enjoy your natural beauty.

Compost what does not serve you.

Stay grounded, rooted and grow at the same time.

Nourish your core with rich microbial nutrients.

Inhale and breathe deep.

Exhale with gratitude.

Drink plenty of water.

Store some for the parched times.

Branch out of your comfort zone.

Enjoy the challenges.

Go out on a limb for justice.

Find your balance and strength.

Get to the heart of the matter.

Peel back the dried-up layers of bark.

Maintenance is essential.

Prune your mind and emotions.

Do not fear the storms, but prepare yourself for them.

Bend with the wind.

Embody new shapes.

The strength to grow lies within, not externally.

Enjoy the scent of your flowers, and the diversity of others.

Relish the flavor of different fruits.

Share with the birds and the bees, and all you meet.

Root new ideas in the appropriate ecosystem.

Foster regenerative growth.

Preserve and share the fruits of your labor.

Allow yourself to prosper from the abundance.

When the wind blows in the right direction, let go and ascend.

Plant seeds of gratitude so future generations can breathe.



*I attract  
all good  
things.*





# 3 STEPS TO TAKE YOUR THOUGHTS CAPTIVE

BY: MISTY KNIGHT



Did you know that we have 2,500 to 3,300 thoughts per hour?

That is a lot of thoughts! I bet if you took an inventory of those thoughts, most of them are mean, derogatory, and rude. We think things to ourselves that we would never speak to another human being. Things like: "I'm a loser," "I will never figure this out," "I hate myself," or "I never get what I want." If we want to create a life that we love, we must start putting better thoughts into our heads.

## What does it mean?

To take your thoughts, captive means that you take control of what you think about yourself, your life, and your business. It means that you no longer let your thoughts run wild. Instead, you tie them up and direct them to where they should go.

## Why do you want to do it?

You want to take your thoughts captive to get more of what you want in life. Our thoughts create our results. So if we have terrible thoughts, we will get terrible results. However, if we have great thoughts, then we can have great results.

This is how it works: when you think terrible thoughts about yourself, your life, or your business, it makes you feel like crap, and when you feel like crap, you do not want to put effort into creating your dream. And when you do not put effort into creating your dream, you do not get what you want: money, growth, or impact.

## How do you do it?

**1. Notice what you are thinking.** Do this without judging yourself for what you notice. Just notice it and get curious about it. Why are you thinking that? Where does it come from?

**2. Decide what you want to think.** The easiest way to do this is to think about who you want to be and what you want to create. Imagine yourself being this person. When you are this person, what would you be thinking? What would you be saying? How would you be feeling? These are the new thoughts you want to think about.

**3. Replace your old thoughts with your new thoughts** every time you notice them. This takes practice, but the more you do this, the more your positive thoughts will replace the old negative thoughts.

Imagine how different your life will be if you replace just half of your 2,500 thoughts per hour with good thoughts like: "I love myself," "I approve of myself," "The universe supports me," "Everything I touch turns to gold."

Gradual changes over time make a massive difference in a year. What positive thoughts do you want to start thinking about yourself, your life, and your business today?

**Misty Knight is a Mindset and Business Coach. She helps female entrepreneurs Breakthrough and Become Tenacious. Get Breakthrough at <http://bit.ly/breakthr2>**







# 7 TIPS TO RE-IGNITE YOUR PASSION AND PURPOSE IN 2021

DR. ANN MOIR-BUSSY



An ending of a year always heralds a new beginning, and with such worldwide suffering and tragedy with COVID 19, there is inevitable tiredness and dispiritedness among many. As women entrepreneurs, the embers of our passion and purpose may be low, so the new year is a wonderful opportunity to fan the flames and re-ignite our fire within. We need to keep our passion alive to fuel our purpose.

Use these strategies to daily and consistently feed the flames:

- Have gratitude and keep in mind that success breeds more success. Celebrate each small victory. Share your achievements with others who appreciate your mission and work. Make a list and mark off each step as you accomplish it.
- Find your tribe. If there are other amazing women doing similar work, either locally or online, connect with them. There's nothing more stimulating than women thinking and working together on a shared mission and supporting each other. Synergy leads to more passion.
- Revisit your goals and your action steps to see your progress. When it seems to take a long time to achieve your goals. Seeing your progress can be powerful, so ensure you create a clear path and clear steps.

- Goals and actions should be attainable. Even though they seem out of reach now, they can be attained more easily if you break them into smaller pieces. Stretch yourself, but never to a breaking point. Be compassionate and love yourself each step of the way.
- Find reminders of why you do what you do. Call, email or visit someone who benefits from your mission or someone who could benefit. Seeing or talking to others who want what you offer confirms your mission and rekindles the flames.
- Keep up to date on those who do similar work. When one person succeeds, it opens the doors for others. Keep in touch on Google, LinkedIn, blogs, or podcasts with those on a similar mission and support each other. Celebrate their progress as well as your own.
- Remember to feed the body and soul. To keep a sharp focus and a sound mind, it's essential to tend to both body and soul. Remember to eat, sleep, and move, so you have the physical energy to stay the course. Replenish your soul in whatever way works for you – and do it consistently.

**Ann is an author, psychotherapist, life coach, educator and consultant. Get a free strategy session to clarify your purpose. Contact Ann on [ann@annmoirbussy.com](mailto:ann@annmoirbussy.com)**



New  
Year

Fresh  
Start

FOUR R'S FOR 2021

BY LAURA SHORTRIDGE



The year 2020 was a doozy, no doubt about it. We have entered into 2021 without a solid “new norm.” That leaves a LOT of folks feeling fearful, discouraged, and even hopeless.

Are you one of those people? I hope not. Even if you are, there’s still time to tweak your thinking into one of hope and possibility.

We don’t know what surprises 2021 holds. But whatever lies ahead, please consider the following points to keep moving forward:

**Remember** that while you can’t control all the outside circumstances, you CAN control what goes on inside your brain and what comes out of your mouth. You have way more power than you realize. We all do. Until each of us can walk on water, there’s room for growth.

Take time to consider what’s right in your life instead of dwelling on what appears wrong. I’ve found that many things I thought were disasters later proved to be fuel for personal progress. You have to be open, though. CHOOSE to look for the lessons.

Put your energy into what you love rather than what you don’t. Where your energy flows, the result grows. Yes, that’s similar to a Tony Robbins quote but not quite. (He said, “where focus goes, energy flows,” which is equally valid.)

**Review**, 2020. Decide what worked and what didn’t. It wasn’t ALL bad. Instead of dwelling on what looks like moldy leftovers from a rotten year, consider that there may be tasty tidbits as well.

For instance, the time you previously spent traveling to a conference and attending in-person meetings is now available to make new connections all around the world. While I personally miss the physical proximity to clients and colleagues (I am, after all, a “people person”), my connections have expanded to a broader, increasingly international reach. I doubt if that would’ve happened so quickly without the pandemic. And those moldy leftovers of 2020? It’s time to toss them.

**Release** what no longer serves you. There’s a big difference between quitting when more can be done and letting go of what no longer has benefits.

Let’s face it, entrepreneurs who weren’t willing to adapt in 2020 didn’t make it. Even some of those who DID try to pivot had to fold. Rather than expend energy trying to hold on to the past, choose to embrace the possibilities of the present. Make intentional changes that will build a fresh, expansive, BETTER “new normal.”

**Realize** your infinite worth. You’re still here on planet Earth to nurture, develop, and share your unique, divine gifts that only YOU can give the world. You woke up this morning. Not everybody did.

Be grateful for EVERYTHING... from each breath that you take to the personal relationships you cherish, from having clean water to drink to landing that new 20K client. Be grateful and good things will follow. I hope you’ll choose to take these steps. I wish you a happy, healthy, and prosperous 2021.



Laura Shortridge is an author, creator, and coach who has a passion for helping others develop their unique, divine gifts that only they can offer the world.  
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# HOW TO COMBAT NEGATIVITY

By Vivian So

Have you experienced a negative internal dialogue with yourself before?

"I want cheeseburgers, but I want to lose weight. Maybe I shall get only a salad."

"I could not afford to gain an extra two pounds in my jeans this month. Forget about that. I can never lose any weight."

I'm sure most of us have experienced these types of negative conversations with ourselves.

Today I want to share my story about how I overcame negativity in my childhood, as I hope you are encouraged by it.

This journey started when I was just in the third grade. I was isolated, and I felt abandoned by all my classmates.

Plus, my parents were busy with their jobs back then and did not realize what I was experiencing at school.

So, I had to learn to manage my emotions when I was just nine years old. I had choices. I could have dropped out of school and developed a victim mentality.

I could have become someone with anger issues, or worse, I could have attempted suicide. Even though I felt I was misunderstood and ignored, I made none of those choices.

Although we cannot control our external circumstances and what happens to us, we have control over how we choose to react and respond to our circumstances and the environment that we are in.

So, how did I overcome the feeling of abandonment? It was quite simple. I was happy and content when I was watching other people play in the playground happily.

I was not thinking about myself. Instead, I was observing kids around me and celebrating their joy.

If you learn to celebrate someone else's joy and spend more time studying and observing others, instead of focusing on what you are lacking or suffering, your mind and attitude will change.

You will no longer pity yourself. But rather, you will be amused by what you can learn from others. I want you to remember that. To reflect, and to consider.

Do not let yourself react to your situation. Take charge and respond with positive action. It is not always easy. But I want you to remember that it's possible.

If I could do it at age nine, so can you.

I help people who struggle to live to the fullness, to become visible and discover the unique message they meant to share with the world. <https://bit.ly/34xMGLA>

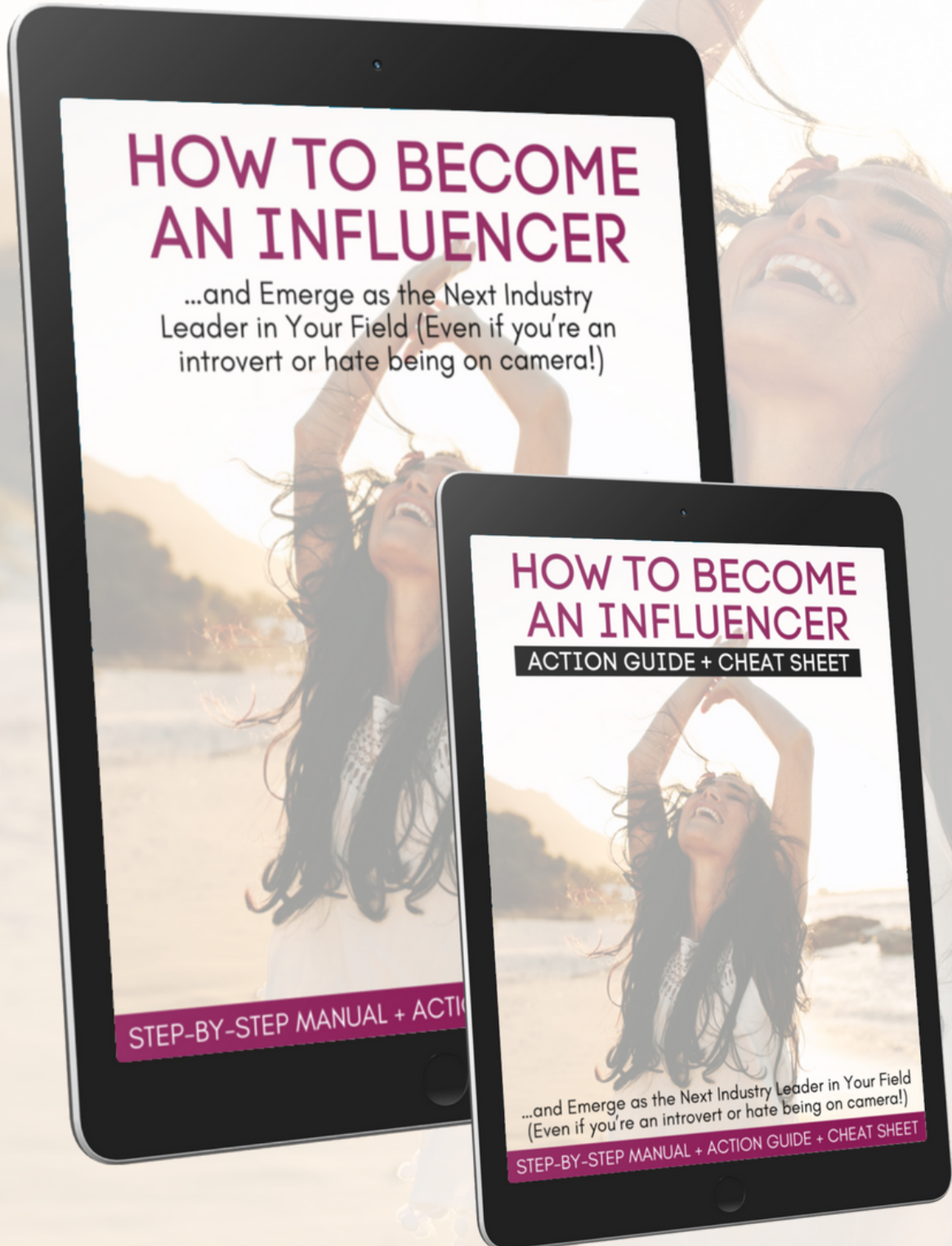




# HOW TO BECOME AN *Influencer* BUNDLE

**Learn the secrets the top experts use to build their reputation and credibility.**

Don't wait to start growing your reputation! Following even just a few of the strategies in my guide will help you gradually build your credibility. And as you implement more and more of what you learn... Your visibility and expert status will grow exponentially.





**Believe you can and you're halfway there.**

—Theodore Roosevelt





Money



# 3 SMART BUSINESS INVESTMENTS THAT PAY OFF

BY SERENA CARCASOLE

When you commit to starting and running your own business, you become a jack of all trades, right? At the beginning, you do it all: you take care of the paperwork to make your company official, you build your website, you upload videos and social media posts, you learn how to use newsletter software, and you even set up an online shopping cart.

And you're proud of yourself for everything you've accomplished!

But.

In too many cases, that "solopreneur" mindset comes with a price. Often, the owners of small businesses work long hours (longer than they want to), suffer from burnout, and feel frustrated, because they aren't getting the traction they work so hard for.

The reason why? They're in scarcity mode. They don't make investments that will have a massive impact on their own experience as a business owner and on their bottom line.

Today, I'm sharing three key investments entrepreneurs can make to save themselves time and frustration and increase their bottom line.

## 1. Outsourcing

When you start your business, outsourcing might feel out of reach. You may feel like you can't afford to pay someone else if you're not making a solid income yet. I'll be honest, here: you can't afford not to outsource.

Outsourcing everyday tasks will free you up to spend your time on profitable activities, including:

- Creating new products or programs you can sell.
- Developing content marketing that will lead to sales (and profits).
- Recording video and audio content that will make your products and programs sing.
- Connecting with your audience through email and/or blogging (audience connection is key when it comes to profits!).
- Working with clients.
- Taking time off from your business to reset and recharge so you're productive when you come back.

Although it's easy to look at outsourcing as an expense, it's actually an investment (if you don't see an increase in your bottom line, reexamine what you've outsourced and to whom—it should result in better profits overall).

## 2. Automation

In the beginning stages of a business, most entrepreneurs use low-cost tools with limited features. For example, you may use a specific software for product sales, and manually add your buyers' email addresses to your mailing list whenever you receive a payment.

Eventually, though, as you grow and start making more sales, you won't have the time or bandwidth to manually add buyers to your mailing list (which is a good problem to have!). (Keep in mind that this is just one example of a manual task you could automate; you can also automate your social media posts, emails, and more.)



Trying to piece together your business system costs you sales, time, and actual dollars, because you or your VA will spend extra time getting it all to work, rather than setting up a system once and then letting that system take things from there.

Recognize when it's time to automate your marketing and business tools, and you'll see your income increase dramatically!

### 3. Coaching

Of course, you can do this alone. You're amazing and talented, and a hard worker! You've proven that. You can see what others have done and use systems similar to theirs. You can follow in the footsteps of those who came before you, and even invest in a few training programs.

But at some point, your growth will flatline, and you won't be sure exactly what to do to get off the plateau and onto the next level.

That's when you invest in a coach. A coach can help you identify patterns and habits, find your blind spots, and work through blocks that hold you back, so you can build the business of your dreams.

In conclusion ...

The right investments in your business—outsourcing, automation, and coaching—can dramatically increase the speed at which you build your dream business (and earn your dream profits).

### About the Author and Founder of Amazing Women Entrepreneurs Network and Thriving Women Magazine:

Money and Marketing Breakthrough Coach and Visibility Expert Serena Carcasole is deeply passionate about empowering women to thrive personally and professionally. A best-selling author and renowned podcast host, she has helped hundreds of service-based women entrepreneurs become influencers and scale their businesses. Through her Amazing Women Entrepreneurs Network, Serena offers income-accelerating resources and tools entrepreneurs can use to make an impact while getting the exposure necessary to bring in leads, consistently. She's known for her unique ability to empower women to live their dream lives while achieving financial independence.

Download her popular Visibility Blueprint at [www.VisibilityMaven.com](http://www.VisibilityMaven.com), and find income-accelerating goodies at [www.AmazingWomenEntrepreneurs.com](http://www.AmazingWomenEntrepreneurs.com).

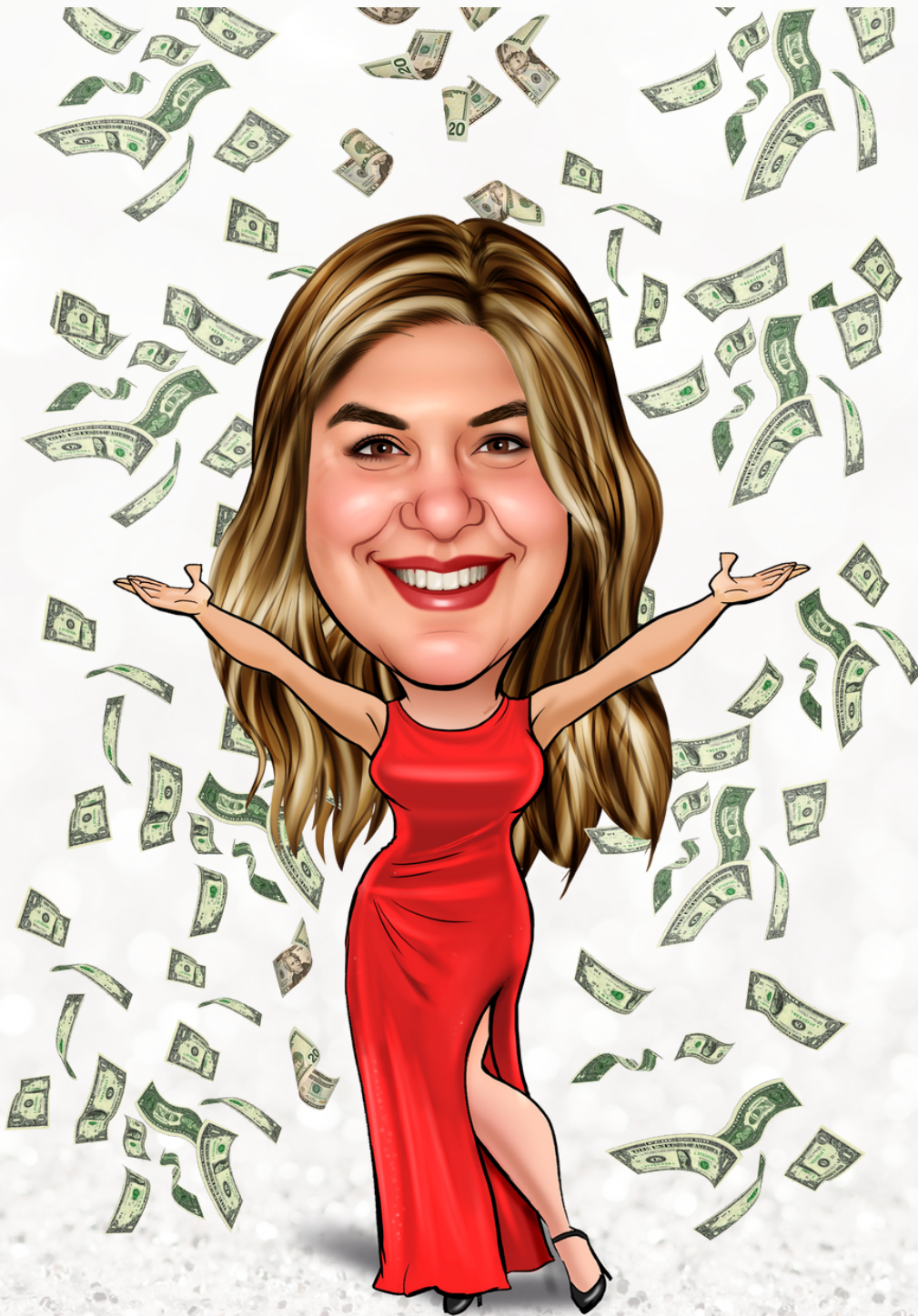




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# Amazing Women

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Real Stories, tools, and strategic tips for your life and business. Hosted by Business Growth Specialist Serena Carcasole, join us for courageous conversations with fellow women of influence that share their journey into entrepreneurship, the ups and downs, and provide the listener with valuable tips and takeaways to create the business and life of their dreams.

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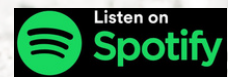
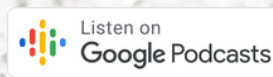
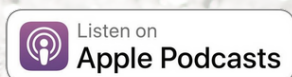


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HOW TO BALANCE YOUR WORK STYLE WITH YOUR LIFE STYLE



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# Business







# HOW I BOOKED 50 VIRTUAL SPEAKING GIGS IN A PANDEMIC



BY LEISA REID



Do you have a dream of speaking to audiences and making an impact? Can you imagine the stage, the audience, the applause? (Insert roar of the crowd here).

THEN. Everything Shut. Down. Ouch!

What does this mean for you as a speaker? How do you still make an impact without being IN-PERSON in front of a LIVE audience on a REAL stage?

Below, I will share what I did to book (and deliver) 50 speaking gigs during the first seven months of the pandemic.

Are you ready?????

Here it is.

I did what I have done for years! Even though “everything has changed,” a lot is still the same.

The MAIN secret to getting booked and staying booked as a speaker is developing collaborative relationships with other speakers. This means treating people with kindness and respect, doing what you say you’re going to do, following up, and delivering a quality service. I kept all of those activities at 100%.

AND I implemented additional strategies for becoming a VIRTUAL speaker that you need to know.

Five Strategies to Rocking it as a Virtual Speaker:

Get Your Talk Ready to Rock: Make adjustments to your signature talk content and PowerPoint slides to address the “elephant in the room” if needed for your industry.

- Build Your Speaking Gig Pipeline: Now is the PERFECT time to expand your reach. You can speak anywhere in the world with a click of a button! (Hint: This is a great opportunity to become a national or international speaker!)
- Be the Virtual Rockstar: Get well versed in creating a branded virtual background (you can use a free version of Canva.com). Get a green screen, so you don’t have the “phantom” look where one arm disappears into the wall. One morning I ended up on CBS Morning News, and I was very grateful for my professional virtual background.

- Create a Virtual Call-to-Action: Just like you would create a call-to-action in front of a live audience, you need to have one for a virtual audience. Make sure you have your links ready in your presentation and added to the chat. Your audience doesn’t want to wait around while you look for it.
- Create a Virtual Call-to-Action: Just like you would create a call-to-action in front of a live audience, you need to have one for a virtual audience. Make sure you have your links ready in your presentation and added to the chat. Your audience doesn’t want to wait around while you look for it.
- Be Engaging: People are suffering from zoom fatigue, so don’t be the one adding to the problem. Instead, be the engaging speaker they are leaning in to hear, address them by name, make connections and build rapport with your audience.

There are MORE than enough opportunities for you to speak, yes, even now. Make the minor adjustments needed to increase your confidence and success as a virtual speaker so that you can continue to make the impact you were born to make.

**Leisa Reid, Founder of Get Speaking Gigs Now, shares the main secret she used to booking 50 speaking gigs in a pandemic. She also shares 5 Strategies to Rocking it as a Virtual Speaker.**







Welcome in The New Year with Confidence  
and Creativity Behind the Camera  
**BY DR. EMILY CROSS**



Before the ball drops to ring in the new year, it is time to start thinking about setting specific goals for your business. You cannot overlook finding your confidence and creativity presenting your business, in written copy and through video content. Set an annual public speaking or writing performance goals to master the skills of business communication in 2021.

### **Public Speaking and Digital Writing: Set Goals For Yourself:**

It is easier to overcome the obstacles of public speaking when you set clear goals for yourself. Goals outline specific learning outcomes you can achieve to become an elevated speaker or writer. Here are goals for speeches that aim to inform, persuade, educate, inspire, motivate, or entertain.

- Learn three skills to help manage your emotions while speaking to an audience.
- Take a class on speaking to learn from other speakers and learn new ways of speaking to a LIVE or Virtual audience.
- Accept constructive feedback from other speakers.
- Develop one new skill each month that allows you to prepare credible content.
- Learn five new skills that allow you to cultivate confidence and poise as a speaker.
- Learn three new strategies to engage your audience more while delivering a speech.
- Practice speaking in a very clear and concise way so the audience can understand you.
- Improve your listening skills so you can understand what your audience wants you to hear.
- Enjoy speaking through enthusiasm, humor, and animation.
- Learn how to deliver a summarized speech while capturing all the intended key points.

### **Tips to Meet Your Public Speaking and Writing Goals :**

- Always work on connecting with your audience. Your attention is your MAIN purpose. If your audience is not listening, you have nothing. Great content and copy.
- Keep your audience focused, committed, and engaged.
- Have a killer opening. Your audience will choose to listen or read within the first few seconds. Grasp your audience's attention immediately with powerful words and delivery.
- Pause, use silence, and slow down. When you speak, a simple way to engage your audience is by using silence and pauses. And slow down. There is no need to rush. When you write, make sure you use correct punctuation. Use your rate of speaking as a strategy to create audience interest and engagement.
- Practice! The only real way to overcome any obstacles is by actually speaking. The more you speak or write, the more confident and competent you will become.
- Know your stuff! Ensure you complete thorough research on the topic you are tackling to be sure you are a topic expert to your audience.

**Dr. Cross at the Wordwell Group offers you a look into online presence through video and copywriting. Learn how you can find, refine and develop your voice at the Wordwell Group: [www.wordwellgroup.com](http://www.wordwellgroup.com) Download a free 5-Point Guide to Effective Video Content Creation here: <https://bit.ly/3bP6NHw>**





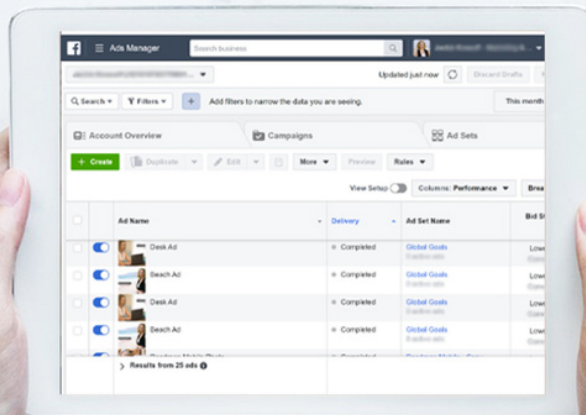


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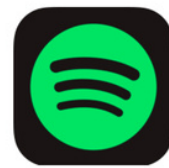


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with  
Jackie Kossoff



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# WHEN IT COMES TO GOALS, KNOW YOUR WHY

By Samantha Touchais

It may sound obvious, but when you break it down, goal setting is simply deciding where you want to get to. Some strategies and tactics will sit underneath the goal, but it is the goal that should drive you forward and keep you focused on the outcome that you want to achieve. However, many people set goals, not thinking about their purpose.

## A goal needs two elements:

1. It needs to be clearly defined and specific, measurable (otherwise, how do you know if you have achieved it), achievable (or else you are setting yourself up for failure), realistic (no point reaching for the moon if you don't have a rocket), and time-based. In other words, the goal needs to be SMART.
2. The goal also needs to be purpose-driven, and you need to be very clear as to why you have set that goal for yourself or your business.

Years ago, I had a friend who was desperate to quit smoking. She knew it was bad for her health, but she struggled to kick the daily habit she had established during a very turbulent time in her life. She set herself a goal to quit smoking, set a timeframe, but was really struggling.

Surely her desire to be more healthy was a strong reason to quit? If so, then why didn't it work? The reason is that she did not have a tangible reason to do such a thing. 'To be healthy' sounds like a great goal, but when I asked her why she wanted to be more healthy, she couldn't really say.

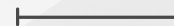


So when things got tough, she had nothing to lean on, no beacon to pull her through the dark moments.

She was only finally able to quit when she set herself a goal that she could visualize and that had meaning for her. In the end, it wasn't her health but the enormous amount of money she was spending on the habit that enabled her to quit. I helped her create a goal around saving the money from smoking and putting it towards something that she could imagine clearly in her mind.

She decided that she had always wanted to go to Bali on a beach holiday. So she found out the cost of the trip, booked it and then every time she felt the desire to have a cigarette, she would close her eyes, imagine herself sipping a cocktail in the sun, and she was right back on track.

So when you think about your goals for 2021, make sure they are not only **SMART**, but also **purpose-driven and based on your WHY**. Create a goal that you can imagine and visualize. The goal itself will pull you forward, and knowing your why will keep you moving when times get tough.



**Samantha is a Business and Mindset Coach for women.**  
**Find her at [www.samanthatouchais.com](http://www.samanthatouchais.com).**





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# **SUPER ATTRACTOR:**

Methods for Manifesting a Life Beyond Your Wildest Dreams  
by Gabrielle Bernstein



## **BOOK SPOTLIGHT**

By Christine Morrell



# A SPIRITUAL GUIDE TO LIVING IN ALIGNMENT WITH THE UNIVERSE.



*"What is a Super Attractor? Being a Super Attractor means that what I believe is what I will receive. I can co-create the world I want to see by aligning with good-feeling emotions and directing them toward my desires."*  
— Gabrielle Bernstein

Spiritual leader and NY Times Bestselling Author Gabrielle Bernstein believes we all have the power to co-create our lives. Her book, *Super Attractor*, is an illuminating guide that takes us on a journey to remembering how we can tap into our true power.

Bernstein's method for cultivating a more fulfilling life is by awakening our Super Attractor power. She shows us how to overcome obstacles and experience a miraculous shift as we embark on this spiritual path. The book teaches us how to manifest our deepest desires by:

- Realigning our energy
- Recognizing signs, the Universe is sending us
- Creating and repeating a short, powerful mantra
- Choosing a world of love and joy instead of fear and ego

## We are in Constant Communication with the Universe – So Make it Good!

The best way to avoid feeling worried about our future is to make sure our energy is aligned with the Universe. To do this, we need to recognize the power of our own minds. Each of our thoughts emits energy to the Universe, and the Universe always returns that same type of energy.

To change our energy and become better-aligned, we need to create a habit of positive thinking. Bernstein has a three-step method called Choose Again to help with the re-alignment:

- Notice how we are feeling by asking ourselves, "How do I feel right now?" Take note of the type of energy we are giving to the Universe (e.g. scared, stressed, worried).
- Forgive ourselves for having negative thoughts and thank our thoughts for bringing these concerns to our attention. For example, if we are worried about paying our bills, it tells us that our financial problems are our most pressing concern.
- Choose again and ask the Universe to guide us towards more joyful thoughts. If something negative still comes up, open up to creative solutions.

## Make it a Practice to Feel Good Each Day.

We do not need a reason to be happy. To open ourselves up to receiving the Universal energy of love, we can use the following strategies:

- Use the "think it to feel it" tactic. For example, if we want to feel a particular emotion, we can imagine a time in our life when we felt that particular emotion.
- Affirm to the Universe how we want to feel by using a mantra or affirmation. For example, we could say, "I love and respect my body." We can sit in that positive emotion and incorporate meditation and journaling into our practice. We can think about the positive energy that we want to embody with each inhalation.



# Release Fear and Jealousy – The Universe has enough for all of us.

We need to recognize fear when it shows up. For instance, if we find ourselves:

- Feeling doubt, asking, "Who am I to do this?"
- Feeling jealous, envious, or competitive with others.
- Obsessing over needing more, which makes us feel as if we will never be enough.

These examples have us stuck in a fear mindset, which lowers our energetic vibration and blocks our ability to manifest our desires and dreams. Instead, we need to cultivate a mindset of abundance and accept that the Universe wants the best for us. To shift our mindset from fear to love, we need to:

- Be protective of our desires.
- Give back by finding joy in other's success.

## Find Joy to Increase our Vibration.

Most feelings fall on a spectrum called the Emotional Guidance Scale. We can shift our vibration from low (e.g. grief and fear) to high (e.g. passion and joy), depending on what emotions we focus on.

We can guide our emotional state up the scale by finding joy in every situation and by appreciating the small things in life. If we prioritize finding joy, our high-vibration energy will eventually catch on. Bernstein refers to this joy as always carrying a flashlight that shines joy and light on everything.

## Lift the Veil to Reconnect to our Spirit.

As adults, many of us have cut ourselves off from our true source of power - the energy and love of the Universe. Growing up, we built a veil (or wall) to feel separate from the spiritual realm. Therefore, to reconnect with spirit, we need to accept that we are more than our physical bodies, possessions, careers, or roles. Only then will we be able to see (and believe in) the light and become aligned with the flow of the Universe.

To do so, we need to choose to see in the light and be proud of that choice. Accept that love surrounds us and appreciate the small things in life, or help others. Meditation is a great way to reconnect to our spirit. And journaling afterwards only deepens that experience.

## Listen to our Spiritual Guides.

Having a compassionate spiritual guide to turn to when we are feeling stuck or lost is a great way to strengthen our connection to the Universe.

Our spiritual guide's role is to realign us with the energy and love of the Universe. These guides are metaphysical mentors - not-physical beings like we are. We need to be open to connecting with them and inviting them to help guide us.

Our spiritual guide may come to us as an inner voice or higher power from the Universe. Some of us respond to angels and archangels, nondenominational beings who can help us with healing. Others can channel departed loved ones. There are many ways to channel the power of the Universe.

## Let the Universe Take the Driver's Seat.

To achieve manifestation success, we need to sit back and allow the Universe to take the wheel. If we see our role as a collaborator with the spiritual world, we will be free from the burden of living with fear, stress, and burnout.

When we are ready to let go of control, we concentrate on the spiritual guide that feels right for us and call on its support. By connecting with our spiritual guide, we allow it to lead us by its energy. We can do this through meditation and prayer. For example, we could say, "Thank you, guide of the highest truth and compassion, for revealing your presence to me. I welcome you now."

We may feel a shift in energy as we relax and allow the guide in. Each guide will have a different vibration, which may make us feel calmer or more empowered. We need to go with it and allow the flow of the guide to lead us. With our guide in control, we may be able to find solutions and new perspectives.



# Take Aligned Action to Manifest our Desires.

Bernstein developed the Spiritually Aligned Action Method, a powerful technique for manifesting desires into reality. By following the four-step method, we can tap into the invisible energy of the Universe to co-create the world we want.

- Our desire must be backed by inspiration and service (not fear or ego!) or bring joy to others.
- We need to believe the Universe will deliver and affirm our faith by stating our desire clearly (or asking the Universe to deliver).
- We need to take action that is aligned with the spiritual guide. We partner with the Universe to bring our desire into being by completing our tasks with joy and not stressing over the outcome (or what people may think).
- We need to have patience. After all, if we believe in the Universe and know that we are aligned with spirit, manifesting our desire will happen. We just need to wait for the Universe to do its thing!

## Appreciation is a Powerful Emotion.

Feeling appreciation for everything around us enables our energy to vibrate at a high, positive frequency. The Universe returns the same energy we give off. Therefore, being appreciative will help us attract more of what we want.

Giving positive feedback to friends and colleagues is one way to spread the appreciation vibe. Without realizing it, our expressed appreciation will become contagious, as others will reflect back to us (and to others in their lives), creating a ripple effect.

To get positive energy flowing each day, we can start a gratitude journal to record everything that we appreciate. It will keep us aligned with the Universe and enable us to manifest our dreams more easily.





# Be Patient with the Universe.

We need to be patient and have faith in the Universe, as it will eventually align with our dreams. This means we have to surrender our control over the outcome - and release the idea that the Universe works on our agenda or timeline!

To walk the Pathway to Faith, we need to be clear with our intentions. And with prayer and meditation, ask the Universe for direction and guidance. If we are struggling with a decision, we can ask the Universe to give us a gentle nudge in the right direction. And if our path is challenging, we can ask for a signal to assist us with keeping our faith.

We need to be mindful of signs, as they will come in many forms. Some signs could be symbols, patterns, or flashes of light. Continue to practice patience, as the Universe will be delivered at just the right time.

## Unlock our Super Attractor Powers by Choosing Love Over Fear.

When fear comes up, we need to acknowledge our fears, forgive them, and redirect that energy toward the positive. For example, if we find ourselves stuck in fear and hear a voice asking, "Is it too good to be true?" or "What if it all falls apart?" We can return to love by repeating a simple mantra such as, "I choose love instead."

We have a choice each day to nurture the positive flow of energy or be stuck in fear. By accepting our joy and happiness and looking forward to our desires being manifested, we embrace the high-vibration emotions, which attract more positive energy.

Bernstein recommends her Daily Design Method by starting each morning with the following questions:

- How do I want to feel today?
- Who do I want to be today?
- What do I want to give today?



*Christine Morrell*

Christine Morrell is a ghostwriter, copywriter, and editor with 18 years of content creation and professional communications experience working in the corporate, public, and non-profit sectors. Christine is passionate about writing, as she believes in the power of words. She has her Bachelor of Arts degree in Professional Communications.

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*"Every thought you have is a message you send to the Universe. The Universe is always saying YES to your thoughts, energy, and emotions. Therefore, what you put out you will receive back—whether you want it or not."*

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*by Gabrielle Bernstein*



THE BODY ACHIEVES WHAT THE MIND BELIEVES.  
- *Anonymous*



Wellbeing







ENVISION & ACHIEVE YOUR WELLNESS GOALS

BY STEPHANIE LOPEZ GILMORE





It's the new year, and it's that time of the year that we set out goals for ourselves: personal, business, and health and wellness. When setting goals, it is wise to dig deep and focus on what you truly want. When you are clear on what you want, you can create a plan to achieve them.

Writing out your goals on paper is a powerful way to set your intentions and begin to formulate your plan of action. But before we take pen to paper, we have to get clear of what you are striving for. I suggest starting with the end result in mind. Next you want to identify your why. And finally you need to see where you are starting from. When you are clear of these three things, you are ready to set your goals.

I also suggest you look at your priorities. What's important to you: family, career, spirituality, health, and so forth. Don't forget to add yourself on that list if you have not already. You deserve abundant health and happiness and you deserve to feel energetic and amazing! This means putting yourself high on your list if you're not already there.

Don't skip this step if your priorities aren't in line with your goals. It's going to be a struggle to reach them and will cause more stress in your life.

Set your goals using the SMART method:

**S – Specific** – the WHAT, WHY and HOW of the goal.

Focus on what you really want, why it's important to you and how you plan to achieve it.

**M – Measurable** – how will you measure your progress?

**A – Achievable** – set a goal that is achievable but that also challenges or stretches you.

**R – Realistic** – be realistic in creating your goals and your plan. For example, wanting to lose 30 pounds in one month is not realistic or desirable, so set a goal that is realistic.

**T – Time-bound**– it is important to know when you want to achieve your goal. This helps you know if your goal and your plan are realistic.

Use these techniques to set your long term and short term goals. And remember to stay on track of your goals, as it is essential to have some accountability and support. For example: if your priority is fitness and you plan to exercise in the morning, do you need help from your spouse or support from a mom's fitness community?



If you need support around setting and achieving your fitness goals, reach out. I will be happy to come up with a plan of action and support you along the way.  
[www.stephanielopezgilmore.com](http://www.stephanielopezgilmore.com)





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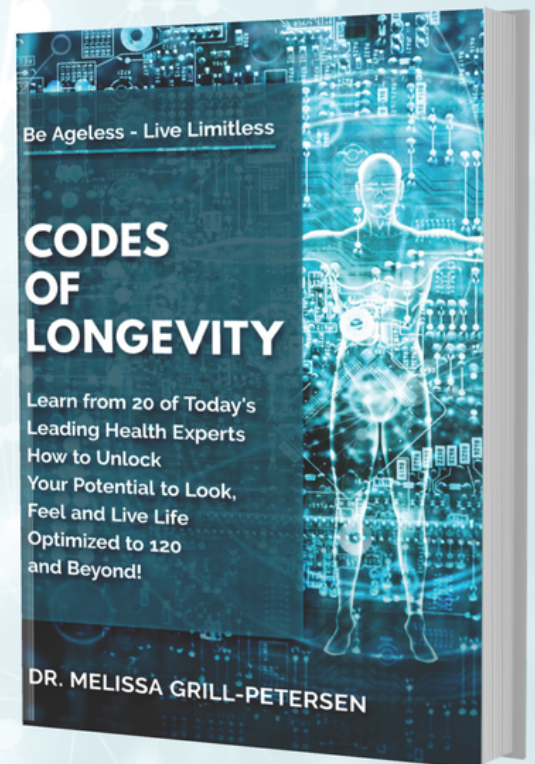




# A COMPLETE AGE REVERSAL GUIDE TO LOOK AND FEEL TEN YEARS YOUNGER PERFORM AT YOUR PEAK WITH VITALITY AND JOY AND LIVE LIFE OPTIMIZED

Joined by more than 20 of today's top health and wellness leaders, together we share how you can harness the power of your DNA to unlock your code and be ageless. Discover why you age and why you don't have to. Taking a system based approach to enhanced thriving, you will discover how all of the pieces to living a long life well fit together precisely for you to experience your limitless life today.

BY DR. MELISSA GRILL-PETERSEN



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BRITTINIE WICK

**CHANGE YOUR  
ENVIRONMENT, CHANGE  
YOUR SUCCESS**

**BY BRITTINIE WICK.**



It's a New Year! We all know that with the new year comes new goals because this is the time that we continuously assess our lives and our progress. We use standard measurements of time and achievement so that it is easier to see how far we have come. We can look at where we were last year and where we are today, despite all the obstacles that 2020 brought us.

As we begin making new goals, most health and wellness goals require a change in habits.

If your goal is to eat healthier, you would need to change your eating habits.

If your goal is to be more fit, you would need to change your workout habits.

It sounds simple in theory, but the truth is changing or creating new habits is DIFFICULT, and it takes time, dedication, and consistency.

Studies show that it takes at least 21 days to form a new habit. However, one thing that can play a huge role in creating a new habit is your environment. The human brain's subconscious power of association can guide - or derail - your goals. Your old habits have been repeated consistently in specific contexts and environments.

To break those old habits and achieve your new goals, you need to alter those contexts and change aspects of your environment.

**Here are two steps to create a more supportive environment:**

1) Make your environment more comfortable to follow through on your goals AND...

2) Make it harder to NOT follow through on your goals. Although they sound similar, they are different! Let me explain.

If you have set a goal of exercising before work:

→ First: make it easier to follow through. Have your workout clothes, water bottle, and exercise gear ready to go and waiting for you by the door.

→ Second: make it harder NOT to follow through. Force yourself to get out of bed by placing your phone across the room, so you have to get up and turn it off.

If your goal is to clean up your nutrition:

→ First: Have healthier options ready to go in your pantry and fridge.

→ Second: Don't keep processed or junk foods in your home (or have someone else place them out of your view if you must have them at home). When I grocery shop, I use the strategy of skipping the junk food aisles, so junk food doesn't go in my shopping cart. If you have family members that prefer some sweets, put them in a drawer, so it's out of sight, out of mind.

When you change your environment, change your associations, and change your habits, you are setting yourself up for success with your goals!

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**Brittinie Wick is a health and fitness coach that empowers women to gain confidence. Grab her Top 3 Tips Towards Body Confidence: <http://bit.ly/3nEiO7x>**





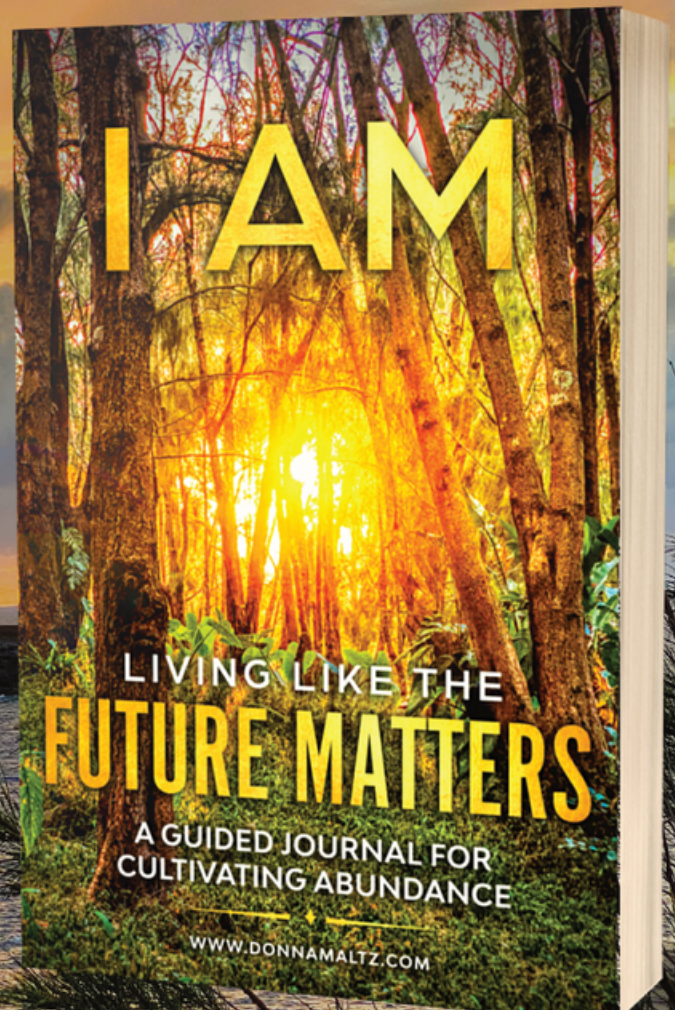
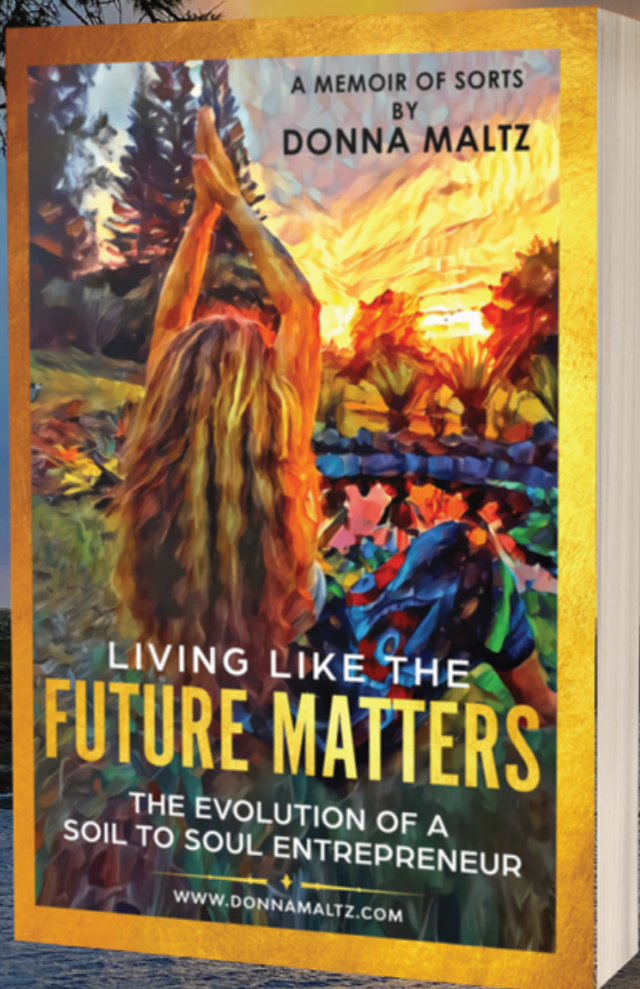
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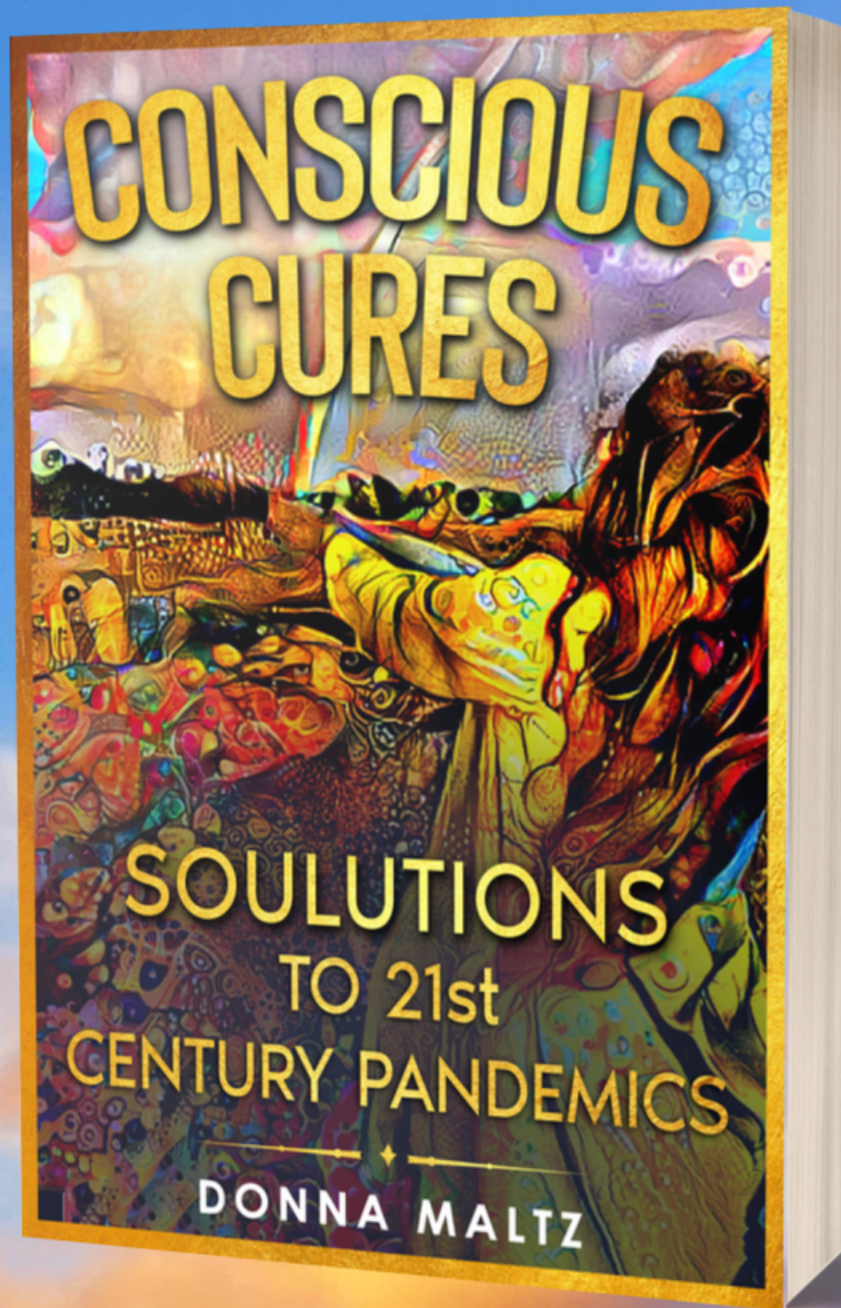
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# LEA'S ELDERBERRY “SYRUP” RECIPE

BY: LEA JACOBSON

Anti-viral essential oils are perfect for killing viruses in the body and the air when diffused, but for immune boosting elderberry is second to none. Elderberry is my #1 go-to for viruses and colds, as it has been shown to **reduce symptoms and length of illness**. Elderberries are the best things to have around during cold and flu season. **Taking a teaspoon a day can ward off illness, and a tablespoon a day can help your body bounce back from illness more quickly.** You can make your own very easily (recipe below).

A clinical trial published in 2004 showed 1 TBSP of elderberry extract given to flu patients four times daily **“recovered in an average of 3.1 days compared to 7.1 days for those given a placebo.”** [bold mine]

Beyond boosting your immune system, elderberries are anti-inflammatory and have anti-cancer compounds. For those of you following ORAC ratings (ORAC stands for Oxygen Radical Absorbance Capacity) elderberries top the list with a rating of 147 (blueberries are only a 62!). Elderberries contain antioxidants, vitamin C, vitamin A, calcium, potassium, magnesium, iron, phosphorus, copper, B vitamins, and more.

Pediatricians recommend waiting until your baby is at least 12 months before introducing honey because it may contain spores of bacteria that can cause botulism. If giving to a child less than 12 months, omit the honey. When using honey, raw honey obtained locally is best. This recipe is safe for children, during pregnancy, and breastfeeding women.

*NOTE: This recipe does NOT contain essential oils – this is not the place to add them. Elderberries contain LOTS of anti-viral compounds, and vitamins, without adding potentially irritant and blood-thinning essential oils to the mix.*

**STEP 1:** Bring to a boil 2 cups of water. Add to the water:

- 1/2 cup dried elderberries
- 1 cinnamon stick
- 5 whole cloves
- 1 TBSP freshly grated ginger

**STEP 2:** Let it come back to a boil, then turn down and simmer approximately 25 minutes or until liquid is reduced by half – this is called a “decoction.” Remove from heat.

**STEP 3:** Using a mesh strainer, strain into a bowl. Using the back of a spoon, press down on the berries until you can squeeze out as much of the liquid as you can. Transfer berries, et all, back to your saucepan for phase two (optional).





If using honey, add 2 TBSP honey to your elderberry decoction now, while the extract is still warm, but not hot, as you want to retain the properties of the raw honey, stirring until it has melted into the elderberry liquid. Adding more honey makes it sweeter and gives a thicker consistency like syrup, but I prefer to limit sugars when sick – hence “Syrup” in the title.

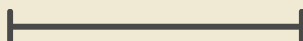
**Optional second decoction:** Back to the berries. Not one to waste, I boiled another 2 cups of water and went through the process again with the same berries. This time, I let it boil a few minutes, then covered my saucepan with a lid and let it sit for a couple of hours. I did not add additional honey but poured it in my 1/2 liter Fido along with the first batch.

### How much to take?

As a preventative, take a teaspoon a day. When actively sick, a tablespoon a day or a tablespoon every three hours will help reduce symptoms and the duration of your illness. You really can't overdo it. The worst that can happen is loose stools when you take too much, and then you know you need to back down.

### Storing Your Elderberry “Syrup”

I poured mine into a 1/2 liter Fido jar and moved it to the fridge. A mason jar is also a good choice. Mine made about a cup of total liquid. This elderberry syrup will keep for a couple of weeks and up to a month before not being as potent, but since fresh is best try to consume what you have and make a fresh batch every 1-2 weeks.



Lea Jacobson is a Certified Clinical Aromatherapist who empowers essential oil users with the knowledge needed to use essential oils safely no matter what brand used. Download the FREE Lemon essential oil cheat sheet here: [LeaJacobson.com/sheetsample](http://LeaJacobson.com/sheetsample)





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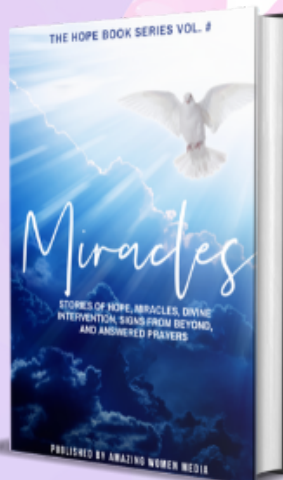
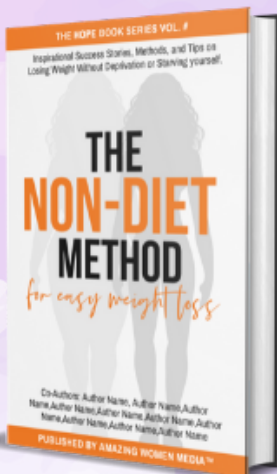
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*Spirit*

You are not IN the universe,  
you ARE the universe.

— Eckhart Tolle









**Suzie Kerr Wright is an Astrologer, Psychic Medium, Reiki Master and Spiritual Life Coach.**

Certified in Holistic Life Coaching and Human Resources, Suzie uses a pragmatic approach and Scorpio sense of humor (yes, they have one) to empower, educate and unlock her client's highest potential, by infusing a broad spectrum of spiritual guidance in her private sessions, programs and workshops. She teaches and does live events online and around the country. Her experience in the metaphysical world has spanned over 40 years. Suzie has studied and worked with the most influential psychics, astrologers and mediums in the world at the Arthur Findlay College in England, Lily Dale and Cassadaga. She is a regular guest on the Today in Nashville show, writes Astrology columns and blogs for various publications including Brides Magazine, Chewy. com, Good Housekeeping, Cosmopolitan, Bustle and Elle, Inspire Me Today and more.





# JANUARY TAROLOGY

BY SUZIE KERR WRIGHT,  
ASTROLOGER/PSYCHIC MEDIUM/TAROT/LIFE COACH  
[www.astrogirl12.com](http://www.astrogirl12.com)

A unique blend of Astrology and Tarot for all sun signs. Remember to also read your rising sign and incorporate those themes into your monthly affirmations and intention setting!

Happy New Year! We kick off 2021 with a beautiful, playful Leo Moon in square to Uranus, the planet that gets your attention with unexpected events. This could be quite a surprising beginning to this new year -especially with Venus in over the top Sagittarius and Mars still in Aries. So expect big fireworks in all your relationships or potential ones! Ensure you're taking precautions when celebrating and have a safe way to get home if you get to go out. As we get back to work after the holiday celebrations, you'll want to keep a good work/life balance as we shift into a very busy Mercury/Pluto conjunction activated by a Virgo Moon. So if you've wanted to wrap up projects, clear out your space and focus on a new career direction, this is your week.

Mid-month, the planets forecast a bumpy ride with a conjunction between Mars and Uranus square Jupiter that could bring out aggressive and self-righteous behavior. Understanding and compromise are pretty much non-existent during this time, so agree to disagree and wait until the energy calms down to resume discussion. Lay low, help others and remember, if you "don't have a dog in the fight," let it go.

The month ends with a lovely Full Moon in Leo, and a planetary lineup of Sun, Mercury, Jupiter, Saturn in eccentric Aquarius, Venus and Pluto in practical Capricorn and Mercury retrograde on the 30th. The long and short of it is, the struggle this month may bring will be overcome by learning from the past and implementing ideas you previously thought wouldn't work. Try again during Mercury Retrograde.





**Aries (March 21-April 20) 8 of Wands:** The wait is over. As you go into this month, expect the energy to continue to ramp up, so you'll want to be mindful of where you're over-extending yourself. You may want to hire a virtual assistant or purchase some budgeting/financial software. You're going to learn how to use technology for your benefit instead of feeling overwhelmed by it. As it should be!

**Taurus (April 21-May 20) The Empress:** You're brimming with new ideas to help others and change lives. You're able to get others to support your plans, but remember to consider who you're speaking with when selling your concept. Your boss may prefer the bottom line, while others around you respond to a more emotional component. Read between the lines to learn what others need.

**Gemini (May 21-June 20) Queen of Swords:** The Queen of Swords intuitively holds the key to balancing intellect and emotions. This month you cut through a sea of bs and define a clear path to your year ahead. Fair and just, you now recognize that you don't have to resent others who don't see things your way, and acceptance brings you peace and clarity.

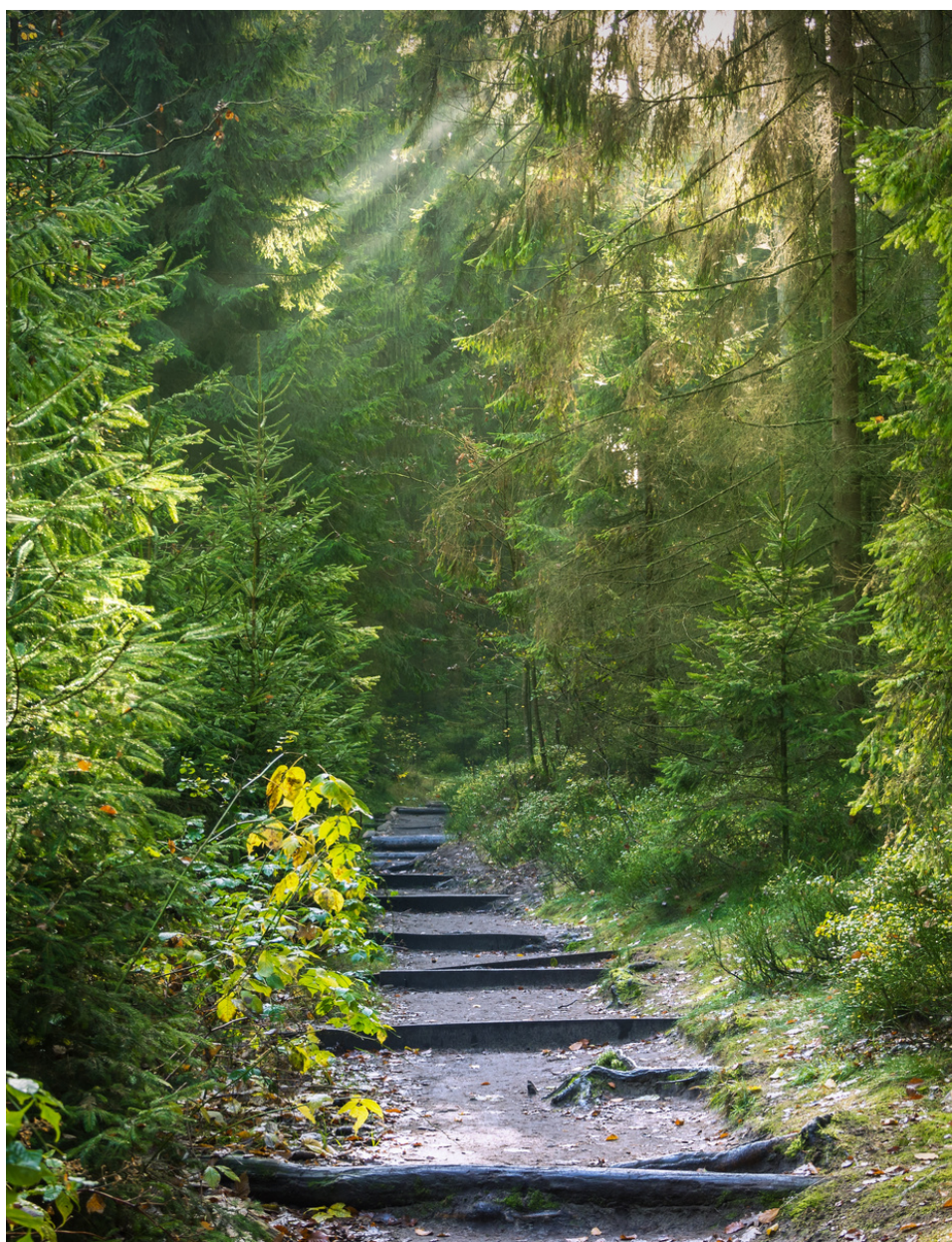
**Cancer (June 21-July 22) 9 of Wands:** This month's important lesson is that you have overcome many obstacles due to your sheer force of will, and any challenges you face now will be met with that same inner strength. An unexpected household expense may cause a few stressful nights but know that all will be back on track quickly and your willingness to put in some extra hours quickly refills your bank account. It's just a bump in the road, not forever.

**Leo (July 23-August 22) The Emperor:**

Working with others is your theme for the month. If you're looking for the ideal partner for business or for a long-term relationship, this could be the month you meet your perfect match while traveling or in the process of learning something new. And while you know what you want and are prepared to go the distance to get it, flexibility and acceptance of new ideas will take you much farther, as long as it's not causing you to stray too far from the end goal or your core values.

**Virgo (August 23-September 22) 7 of Wands:**

If your dream is to be in business for yourself, this is the time to make it happen. You may not care what others think of your path, but check-in...are YOU telling yourself you can't? Why? The 7 of Wands is about standing up for your beliefs or ideas, but in the picture on the card, the person is literally on the higher ground. He's wasting his time trying to defend his actions when he can just turn around and walk away from those thoughts or those people who are questioning him. So charge headlong into the dream you've been holding dear.





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**Libra (September 23-October 22) The Hermit:** Taking a step back gives you a chance to rethink your relationships and how you're showing up in others' lives. Taking a break from a stifling or overwhelming situation helps you navigate an emotional fork in the road. Even if you know you need to move on, it may take a little while to cut the ties. If you decide you want to continue in the relationship, opening your heart and sharing your deepest concerns can cement this union.

**Scorpio (October 23-November 21) Judgement:** There's a tremendous amount of freedom in the Judgement card. All that's behind you now makes sense as you reach this point in your life. You feel as though you've finally arrived in your career and can let go of that "imposter syndrome" thinking and recognize your unique contributions. Projects get the green light, and you're ready to step into the next level.

**Sagittarius (November 22-December 21) Page of Wands:** With so much going on this month, it will be easy to slip into worry or anxious feelings as things unfold. Stay present, in the moment, and grounded. Things are moving so fast. Just focus on the next right thing to do and work on what's in front of you. By the end of this month, it will all make sense. This is good stuff, and most of it is what you've secretly wanted to happen for a long time.

**Capricorn (December 22-January 19) 4 of Pentacles:** You've reached a point where you will need to open up to some new ideas or let go of a piece or part of your job or business that has gone stagnant. It's been more than a comfortable ride, but if you're asking yourself, "Is this all there is?" the answer is no. There's definitely more. Sell material things that are weighing you down, donate anything others could use, and make way for a new level of abundance heading your way.

**Aquarius (January 20-February 18) 7 of Cups:** You're always full of great ideas, but this is one of those times where you need to take just one and bring it to life. If everything is always swimming around in your head, you'll never know which flash of brilliance could have the most impact. Your mission in January is to start a thing, see it through as far as you can, and keep going if it works. Otherwise, at the end of the month, put it aside and revive a different idea but follow the same path to its natural completion. One at a time.

**Pisces (February 19-March 20) King of Pentacles:** Remember all that hard work you put in last year to build your career or business despite all the crazy? Here's where it pays off. Professional contacts/networking/word of mouth keeps you afloat as things stay a little wonky in the outside world. Build on what you now possess for talent and skill and set measurable, realistic goals for yourself that you can celebrate along the way.







# TIPS TO MANIFESTING WITH PROFOUND PURPOSE

BY LEISA NADLER



Have you ever wondered why you've been manifesting something for months or even years, and nothing seems to be happening?

The truth is that manifesting is not as simple as raising your energy, getting clear on what you want, and getting into a beautiful love vibration to call it in. Sadly, I see people doing this and then sitting back and waiting for what they want.

They often become upset and stop believing because they do not receive what they were trying to manifest. Or worse, they quit and sit in a state of thinking they failed.

No matter how much you get into the state of manifestation, if you don't have some key ingredients and understand the WHY behind the WHY, you will struggle to bring it into your reality!

Here are some Manifesting Tips:

#### **1. BRING IN THE EMOTION OF THE WHYS:**

You need to tap into WHY you want it. Then find the emotion behind the "why" of what you desire. Knowing what you want is not enough to call it in. But when you are manifesting with emotion – that is a whole new level. This is what helps to raise your vibration and align superfast.

#### **2. ACTION, ACTION, ACTION:**

You can't just ask for it, do a few things and then sit back and wait for it to come in. You need to take the ALIGNED action to get the results. Without constant, aligned action, nothing happens. You have to work for it while sitting in trust and belief that it is coming. Aligned Action can be done in many ways. Thinking daily of what you are manifesting as if it's already here and speaking it out loud is one way.

#### **3. TAKE THE FOCUS OFF THE ACTUAL THING YOU DESIRE AND DO THE ALIGNED ACTION:**

Yep – a lot like the point above, but this is deeper. When you get into alignment and live in a state of knowing you have it with unshakable trust and belief, it shows up faster. The vibration energy you send out is crucial. It is one that not only calls it in fast but stops that dreaded subconscious from causing any self-sabotage or overwhelm. You know it is coming, you believe it, and feel safe with no attachment to the outcome.

#### **4. VISUALISATION: Daily**

Tap into what you want and imagine you are living in it or you have the object. Bring it into your meditation and visualize it; see it with your third eye. But the secret is to bring in the emotion of when you have received it. Act daily like it is already a piece of you. Feel it, visualize it, and embody it.

Manifesting is a journey of trust and unshakable belief, not a destination you need to get to now.

If you are manifesting, you are in for the long game. Be patient, divine one and surrender to the outcome with trust it is coming. Feel ALL the feels attached to it. So, you will have to let go of any need for instant gratification and do what it takes to stay grounded. You have to actively make yourself a priority, keep your vibration high and stay in your zone on your unique path.

And above all, never stop learning, practicing, and improving yourself. Even after years of training and practice and teaching my clients how to manifest, I am still divinely learning as a lifetime student of the world.

To embody and perfect anything takes time and intention. With these tips, I hope I have set you off on a beautiful journey of manifesting what your heart truly desires, divine one!

Love always, Leisa

**Leisa Nadler is a Soul Alchemist & Activator, Trauma Release Practitioner, Light Language Facilitator, Reiki Master Teacher and a No 1 Bestselling Author.**





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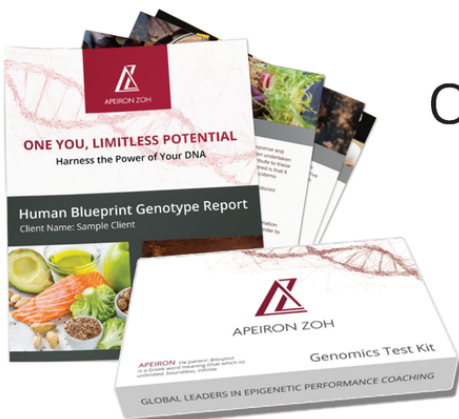




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# WHY YOU MIGHT STRUGGLE WITH JOURNALING & HOW YOU CAN OVERCOME IT

BY NARELLE CLYDE

It's always the simple things that can transform our lives in untold ways when put into practice regularly. Meditation, Exercise, and Journaling are examples of these practices.

If you haven't yet discovered the magic of putting pen to paper, I guarantee you will enjoy this information on getting started.

Journaling is beneficial for gaining clarity on things that you cannot see because your logical mind is in the way.

Journaling allows you to connect to an aspect of yourself, accessing the truth of who you are and the answers to any questions that you desire clarity from.

**The key is to start writing before your logical mind (or ego) chimes in. I've found that there are two main reasons why many people struggle with journaling:**

1. They feel like they don't know 'how' or where to start
2. They are scared of what they might discover

The second reason usually comes from the subconscious part of the brain, but it will show up in your conscious mind as:

"I feel blocked."

"Nothing is coming through."

"I haven't got time."

"It's not important."

"It probably won't help me anyway."

AKA - excuses!





The truth is that we always have the answers. ALWAYS. It's simply about having the courage to trust ourselves on what is coming through.

**If you are starting on this journey and it feels challenging to get going, try one of these three prompts:**

1 - When you feel like you don't know what to do next or about a particular situation:  
*Knowing that I have all of the answers, my next best action step is....*

2 - When you're feeling lost, uncertain or lacking clarity about the pathway forward:  
*If all of my needs were met and I had more than enough money coming in every month, I would...*

3 - When you want to connect to Soul and receive guidance:  
*What does my Soul want to share with me today?*

And then WRITE - whatever is coming through, don't think about it, question it, or judge it - just write!

Sometimes you will get what you need in mere moments! Other times you may need to dig a little deeper, and it might feel uncomfortable - this is where your body usually wants to physically MOVE out of this situation.

For example, if you suddenly feel hot or irritable, you may start thinking of all the things you "should" be doing right now. Or you think you are hungry and tell yourself that you need to get a snack first.

But, this is the time to keep going, push through, and see what's on the other side of your discomfort. You'll always be glad that you did.

Journaling is also a great practice for when you feel like you're spinning a million plates at once. Perhaps you're feeling overwhelmed with lots of thoughts going round and round in your mind. This is where a journal "brain dump" is handy, as it allows you to get out absolutely everything in your mind and onto paper. Simply take a blank page and list or write down anything that you're thinking about - all of it!

Sometimes we can't see something that is right in front of us because there is too much clutter. Getting the thoughts out of your head and onto paper (or an online document if you prefer!) will feel so good. You'll have more space, more clarity, and very likely more energy too! From this perspective, you will usually know what you need to do next, and you can get on with creating (and living) your amazing life.

Something important to note: I consider Journaling to be quite different from Scripting, which is writing down (or speaking loud) your desires/goals as if they are already real. Scripting can be done in the form of statements starting with:

"I am.."

"I love and appreciate..."

Or more free flow where you are describing your ideal perfect life and various aspects of it (longer, more detailed).

—

**If you would like to delve deeper into how scripting can set you up for success, you are welcome to download my free workshop here, which will give you all the information you need, regardless of where you are at on your journey - enjoy! <http://bit.ly/script-your-way-to-success>**



"People who love to eat are always the best people."

- Julia Child





# Recipes









# HERBED CHICKEN MARSALA

RECIPE COURTESY OF FOOD NETWORK KITCHEN

## Ingredients

- Four 4-ounce boneless, skinless chicken breast cutlets
- Salt and freshly ground black pepper
- 1/3 cup whole wheat or All-purpose flour, for dredging
- 1 1/2 tablespoons extra-virgin olive oil
- 3/4 cup low-sodium chicken broth
- 2 tablespoons finely chopped shallots
- 1/2 teaspoon finely chopped rosemary
- 10 ounces white button or cremini (baby bella) mushrooms, sliced
- 1/3 cup sweet marsala wine
- 2 teaspoons unsalted butter
- 1 to 2 tablespoons roughly chopped flat-leaf parsley

## Directions

1. Place the chicken cutlets between 2 pieces of plastic wrap and pound with a meat mallet (or the flat side of a chef's knife) until about 1/3-inch thick. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
2. Put the flour on a medium plate. Heat the oil in a large nonstick skillet over medium-high heat. Dredge the chicken in the flour to fully coat, shaking off any excess.
3. Add the chicken to the skillet and fry until fully cooked and golden brown, about 4 minutes per side. Transfer to a platter and tent with foil to keep warm.
4. Add the shallots to the pan and cook until slightly translucent
5. Add 1/2 cup of the broth and rosemary to the skillet with the shallots and remaining drippings in the and cook, stirring frequently, for 1 minute to absorb flavors.
6. Add the mushrooms, 1/4 teaspoon salt and 1/2 teaspoon pepper and cook until the mushrooms are soft, about 5 minutes.
7. Add the marsala and bring to a boil.
8. Add the remaining 1/4 cup broth and the butter and simmer until the butter is fully melted, about 30 seconds.
9. Spoon the mushroom mixture and sauce over the chicken, sprinkle with the parsley and serve.







# LENTIL VEGETABLE SOUP

- 1 pound French green lentils
- 4 cups chopped yellow onions (3 large onions)
- 4 cups chopped leeks, white part only (2 leeks)
- 1 tablespoon minced garlic (3 cloves)
- 1/4 cup good olive oil, plus additional for drizzling on top
- 1 tablespoon Himalayan salt
- 1 1/2 teaspoons freshly ground black pepper
- 1 tablespoon minced fresh thyme leaves or 1 teaspoon dried
- 1 teaspoon ground cumin
- 3 cups medium-diced celery (8 stalks)
- 3 cups medium-diced carrots (4 to 6 carrots)
- 3 quarts chicken stock
- 1/4 cup tomato paste
- 2 tablespoons red wine or red wine vinegar
- Freshly grated Parmesan cheese

## Directions

1. In a large bowl, cover the lentils with boiling water and allow to sit for 15 minutes. Drain.
2. In a large stockpot on medium heat, saute the onions, leeks, and garlic with the olive oil, salt, pepper, thyme, and cumin for 20 minutes, until the vegetables are translucent and very tender.
3. Add the celery and carrots and saute for 10 more minutes.
4. Add the chicken stock, tomato paste, and lentils.
5. Cover and bring to a boil. Reduce the heat and simmer uncovered for 1 hour, until the lentils are cooked through.
6. Check the seasonings. Add the red wine and serve hot, drizzled with olive oil and sprinkled with grated Parmesan.





# GREEN PEA SOUP

- 1 teaspoon olive oil
- 3 Leeks (greens removed) or 1 large onion, sliced (about 1 1/2 cups)
- 2 1/2 cups chicken broth
- 1/2 teaspoon himalayan salt
- Freshly ground black pepper
- 1 (10-oz) bag frozen peas
- 4 teaspoons plain greek yogurt, optional

## Directions

1. In a large pot, heat the olive oil over moderately-low heat.
2. Add the onion, cover and cook, stirring occasionally, until softened, about 5 minutes.
3. Add the broth, tarragon, salt and a few turns of freshly ground black pepper and bring to a boil.
4. Add the peas and cook just until defrosted.
5. In a blender, puree the soup in 2 batches until very smooth. If serving hot, return the soup to the pot and bring just to a simmer. If serving cold, transfer to the refrigerator to chill.
6. Ladle into bowls. Stir the yogurt so that it is smooth and top each serving with a swirl of yogurt.

When blending hot liquid, first let it cool for five minutes or so, then transfer it to a blender, filling only halfway. Put the lid on, leaving one corner open. Cover the lid with a kitchen towel to catch splatters, and pulse until smooth.





## • HEALTHY DOUBLE CHOCOLATE • • ZUCCHINI MUFFINS •

### Ingredients:

- 1 1/4 c white whole wheat flour
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons coconut oil, melted and cooled (or sub olive oil)
- 1/3 cup honey, agave nectar or pure maple syrup
- 1 teaspoon vanilla
- 1 egg
- 1 finely shredded zucchini on the small to medium size
- 1 ripe mashed banana (or you can use 1/4 cup unsweetened applesauce)
- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup regular or mini chocolate chips, dairy free if desired

### Directions:

.....

- Preheat oven to 350 degrees F. Line 12 cup muffin tin with cupcake liners and generously spray inside of liners with nonstick cooking spray.
- In a medium bowl, whisk together flour, cocoa powder, baking soda, and salt; set aside.
- In the bowl of an electric mixer, add coconut oil, honey/maple syrup, vanilla, egg; mix on medium-low until smooth and well combined. Add in zucchini, banana (or applesauce) and almond milk; mix again. Slowly add in dry ingredients and mix until just combined. Gently fold in chocolate chips.
- Evenly divide batter into prepared liners. Bake 22-25 minutes or until toothpick inserted into middle comes out clean. After 5 minutes, remove muffins and transfer to wire rack to finish cooling.



# Healthy Homemade *Strawberry* Ice Cream



## Ingredients:

- 1 lb. frozen strawberries
- 1 c. 2% plain Greek yogurt
- Juice from half a lemon
- 1/4 c. sugar
- 1/2 tsp. vanilla extract
- strawberries



## Directions:

- In food processor with knife blade attached, pulse 1 cup strawberries until finely chopped. Transfer chopped berries to large metal bowl.
- In food processor, puree yogurt, sugar, vanilla, lemon juice, and remaining strawberries until smooth. Transfer to bowl with strawberries; stir until well combined.
- Cover and freeze about 1 hour, until firm but not hard. Garnish with strawberries.





# FRUIT AND VEGGIE PARFAITS

## TIME TO GET CREATIVE!

BY: DONNA MALTZ

This delicious stunning treat is vegan, gluten-free, low in calories, versatile, and makes you feel great. The best part is it is simple to make! It will delight you and your guest. Sometimes it's hard to believe it's so easy.

I am providing you general recipes and invite you to adjust to your taste and texture preference. You can eat each of the fillings as a yummy dessert on its own and garnished to your liking or make multiple flavors and build an epic Parfait. I usually double these recipes. All will stay good in your refrigerator for days and make excellent toppings for pancakes or a marvelous addition to a smoothie.

Some pudding recipes are made with raw avocado, the rest are cooked made with cooked veggies. Together they make a glorious rainbow desert.

### Raw pudding fillings:

#### **Avocado Chocolate Mousse**

4 Cups of ripe avocado

½ cup of sweetener- organic sugar, honey, maple syrup

½ cup of organic cocoa powder

1 tsp of vanilla extract. Or try another extract such as almond or mint extract

Pinch of sea salt

#### **Avocado Key Lime Mousse**

4 Cups of ripe avocado

1/2cup of sweetener- organic sugar, honey, maple syrup

1 tsp of vanilla

1 TB lime juice

Pinch of sea salt

### **Directions:**

Add all ingredients in a blender or food processor, blend till smooth. Refrigerate until chilled before assembling.



## Cooked pudding fillings:

### Sweet Potato Pudding

- 2 cups of cooked sweet potatoes
- ¼ cup of sweetener- organic sugar, honey, maple syrup
- ¼ tsp of the spice of your choice
- Pinch of sea salt

#### Directions:

Boil sweet potatoes until mushy

Add all ingredients to blender or food processor, blend till smooth

Taste and add more spice or sweetener to your liking.

Refrigerate until chilled before assembling.

If you would like the recipe smoother, drizzle in a tablespoon or 2, of coconut milk or cream, into the blender or food process. If you would like it thicker, add 1 tsp of chia seeds. While still in the blender, you can adjust the sweetness. Considering all vegetables have a subtle flavor and texture changes depending on the variety, the season, how it is grown, and how ripe it is. Think of a ripe banana versus an almost ripe banana. They have a very different texture and flavor.

**To make other flavors  
and varieties of fillings  
use cooked pumpkin,  
beets, yams, or carrots.**

Fun flavorful and texture options. Some like it smooth, some like it chunky. What is your preference?

- To any of the pudding fillings, you can add texture such as ½ cup of either chocolate chips, toasted coconut, nuts of any kind. Experiment with different spices that suit your pallet such as cardamom, cinnamon, clove, ginger, pumpkin spice. Start with ¼ tsp a spice, as all these spices are loaded with flavor.
- Optional add 1ts Chia Seeds to thicken the pudding.

### Assemble the Food Art ~ Toppings, garnish and options and Garnish

This is my favorite part- From fresh berries to chocolate chips, nuts to a variety of syrups such as Alaskan Birch syrup or Lilikoi Syrup—like painting a picture you can add so much color and texture either between the layer of fillings or as a topping. Go For It! Just imagine all these brilliant colors lining your parfait glasses.



P.S. Speaking of glasses... I recommend using the classiest glasses in the house.

P.S. I got all my crystal glasses at the local thrift store.

Fun Fun Fun! Have a Build Your Own Parfait Parties! Invite friends to each prepare a filling. Everyone gets to be creative and assemble them to their liking. Not one parfait is ever the same when you have a wonderful variety of fillings and topping.

If you would like a Free video on how I make the fillings and assemble the Pudding Parfait pulse other video recipes.

<https://www.facebook.com/groups/273462200518755>

Love,  
Donna Maltz





# IF *She* DID IT

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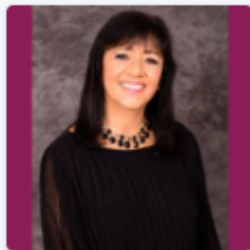
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