

A Tradition: “Creative Living”



With your host, Sheryl Borden!

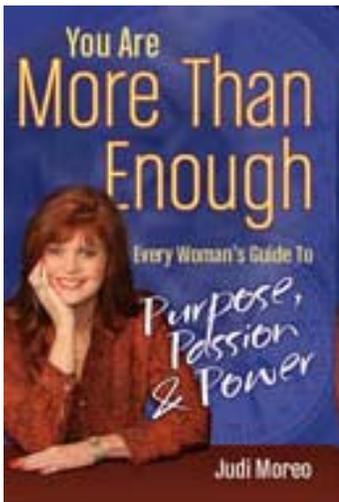
5900 Series
Miscellaneous - Section II

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Miscellaneous

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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Questions to Ask a Remodeler” is in Section I on page 3, whereas “Why Journal?” is in Section II on page 10.



Why Journal?

In her book, “You Are More Than Enough,” Judi Moreo talks about the importance of journaling. Here are some of her comments:

1. What is an achievement journal? It is a system for setting your vision and goals and a record of your daily thoughts and feelings and whatever is happening in your life, so you can stay on track, focus forward, and measure how well you are doing.

2. How do I start? Write down anything. Write about yourself. Your feelings when you discover you don't have anger or guilt or when you really do like someone or something someone did. Write about what you want to accomplish, own, have, and do. Who you want to do it with? Write about someone you love, something you wish for, something that made you smile, something you observed, something cute your child or pet did, or that you forgot to unplug the coffeepot. Just write. Don't wait to get the perfect pen!

3. Why should I date my entries? So you can see how events have emerged in your life. So you can track your feelings and behaviors.

4. What time of the day is best to write? Whatever time is most convenient for you.

5. Do I have to write every day? It doesn't matter if you miss a day or two as long as you record anything significant that has happened in the days you didn't write.

6. Should I write down questions I have? Only if you want an answer! Write it down and ask for the answer to come soon.

7. How will I get the answer? Answers come to us in many forms... sometimes you will write it in your journal; sometimes you'll open a book and the answer will be staring at you from the pages, someone might come in and say exactly what you need to hear; perhaps you will turn on the radio or TV and hear your answer or even meet a stranger on an airplane or at the car wash and they something that rings true for you.

8. Why do this at all? Life is happening so fast, there's no time for stillness or reflection. We have forgotten how to listen to the still small voice inside of us. Writing in your journal is taking time for you. You are giving yourself permission to express your feelings and access your intuition.

Writing a journal is a discipline. ***Discipline is the key to all success!***

**COURTESY: Judi Moreo
Turning Point Int'l.
www.judimoreo.com**

1.800.260.4897

Elle Swan { AUTHOR SPEAKER & VIBRANCY COACH

“Captivating!” “Life-Changing!” “Vivid!” “Unforgettable!”

You can experience this level of inspiration, just like audiences from around the world, from Elle Swan’s spectacular Keynotes and Programs. Her passion is contagious and the momentum is electric. You will not leave the way you came. She provides concrete “right-now” solutions for vibrant performance, inside and outside of the workplace.

Imagine how you would feel if you could experience a shift you’ll remember, and use, for the rest of your life! Wouldn’t it be amazing if you could immediately leverage your potential and achieve far beyond what you, and those around you, think is possible?

Picture operating in an environment with increased:

- Energy
- Sales
- Vitality
- Productivity
- Accountability
- Excitement

Elle Swan delivers. She is a “practice what she preaches” speaker. The following topics are available as dynamic Keynotes:

T.H.R.I.V.E

How often have you wondered why some people reach greater heights year after year, while others struggle to get by? Why are some companies filled with employees that love to come to work each day, while others dread it all the way? How is it that some people make powerful connections easily, when others seem to push people away. Through years of research, Elle Swan has uncovered 5 components of the winner’s mentality that can skyrocket your ability to T.H.R.I.V.E.

How You Do Anything, is How You Do Everything

Wouldn’t it be fabulous to recognize how your thinking directly affects your income? What if you could simplify your day-to-day responsibilities and become

more efficient with less effort? Imagine being able to stay motivated regardless of external changes or challenging people. In this cutting-edge session, you will learn how to adjust your attitude and behavior for maximum results in both your professional and personal life.

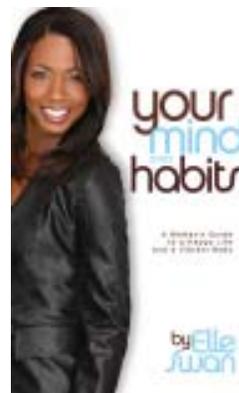
The Law of Appearance: Personal Branding and Image

Of course you’ve heard the phrase, “image is everything.” But, have you realized that this phrase will impact your life now more than ever. In the 21st century your image is absolutely everything! You are entering an era like no other, and how you represent yourself will greatly affect your level of success. Whether your goal is to grow professionally or socially you will need to enhance your personal “profile” both online and off. Elle Swan will share her 6 step plan for creating an authentic presence to make sure you get noticed!

Your Mind Over Habits

Imagine being able to break those unhealthy bad habits that plague you once and for all! Picture having a body of your ideal weight, with a mind that is immune to stress. Certainly, you’ve seen others that have achieved this level of living and wondered how they did it.

Elle Swan will demonstrate how she mastered getting fit, staying healthy, while feeling light and vibrant every day. It’s your turn, now!



**COURTESY: Elle Swan
Speaker and Author**
www.elleswan.com

The Living Circle

Energetic Seminars & Keynote Presentations



Nuggets of Gold

Have you ever felt like you reached the end of the rainbow and didn't find the pot of gold? Have you ever wondered if you are actually doing what you were meant to do? In this very stirring and popular keynote, Wilny will take you into his own journey searching for nuggets of gold sharing with you the nuggets that he found. Using an unforgettable acrostic, he will show you the difference between failure and success and the role fear plays in that process. You will laugh, some will cry, all will learn the true meaning of success and you will be inspired to find your own nuggets of gold in order to leave more than a memory, but a legacy.

The Impossible Dream

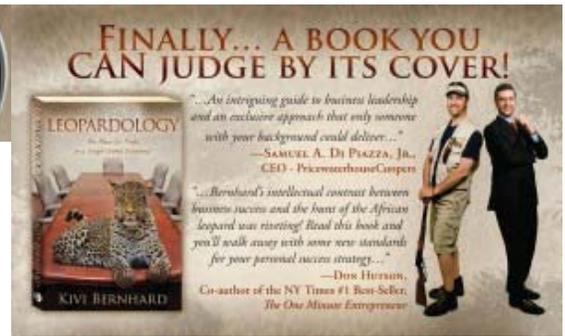
We all have dreams, but few of us reach them, why is that? This keynote provides the answer to that question and then shows the listener the 10 steps that must be taken in order to reach the impossible dream. Wilny will teach you a different way to look at the word "impossible." He will show you how to turn your impossible dream into a possible reality.

You Can Have it all!

In this energetic and happy presentation, Wilny will share with you some of his secrets to a happy life. He will share with you secrets from the happiest people who have ever lived and show you what they have in common. This keynote is about throwing away the wheel that you are inventing and learning from those who have done what you want to do. Prepare yourself to laugh at yourself, to laugh at life and to laugh at your neighbors. By the end of this keynote, you will have specific tools for success, that when used, will get you everything you want.

COURTESY: Wilny Audain
The Living Circle
www.wilnypresents.com

KIVI BERNHARD



As one of the most talented and sought after Professional keynote speakers today, Kivi Bernhard uses the hunting habits and techniques of the African leopard, the most successful feline predator on earth, to explore our “hunt” for success. Kivi seamlessly transitions between the “bush” and the “boardroom” with extraordinary platform skill that can only be described as captivating. With the aid of award winning video footage that is beyond riveting, Kivi will take your audience deep into the African bush on a virtual safari where he draws metaphors of personal and corporate success that will simply leave them spellbound!

COURTESY: Kivi Bernhard
Kivi Bernhard International
www.kivibernhard.com

Total Fitness

fitness ♦ nutrition ♦ healing

The Four Steps to Total Fitness

$$B = E \times A \times R \times N$$

(Your Body = Your Exercise x Your Attitude x Your Rest x Your Nutrition)

If you neglect any ONE area, you get a ZERO

- 1. Exercise** – We expect 30 minutes per day, 6 days a week. You may break it up – for example, three 10-minute walks. We will make specific recommendations about the type and intensity of exercise that is best for you.
- 2. Attitude** – Focus on making healthy choices in every area of your life. Develop a healthy relationship with food, work, rest and exercise. Let go of self-defeating behaviors. We will be working with you to identify your key blocks in attitude.
- 3. Rest** - Strive for a total of 10 hours rest every day. For example, 10 minus the number of hours you slept last night = the number of total hours of R and R you need today. This may include meditation, naps, hot baths, etc. We will be working with you to assess your level of adrenal health.

- 4. Nutrition** – Strive for 5 mini-meals per day. Do not go more than 5 hours without eating. Drink half your body weight in ounces of water every day. Choose organic food whenever possible. If you are at your ideal weight and extremely healthy, you may follow the 80/20 rule – 80 percent of the time you must follow our plan, 20 percent of the time you may make other choices. If you need to lose weight or are not in an ideal state of health, follow at least 90/10 – only go off the eating plan 10 percent of the time. Do not eat processed foods, fast food or diet sodas. Avoid gluten if you have weight problems, digestive disorders or adrenal burnout. We will be working with you to identify individual food sensitivities, metabolic type and ideal carbohydrate intake.

CONSISTENCY IS THE KEY TO SUCCESS!

COURTESY: Catherine Carrigan
Total Fitness
www.totalfitness.net

What is S.A.N.E.?

Sexual Assault Nurse Examiner (SANE) is a sub-specialty of a registered nurse.

What S.A.N.E. Does

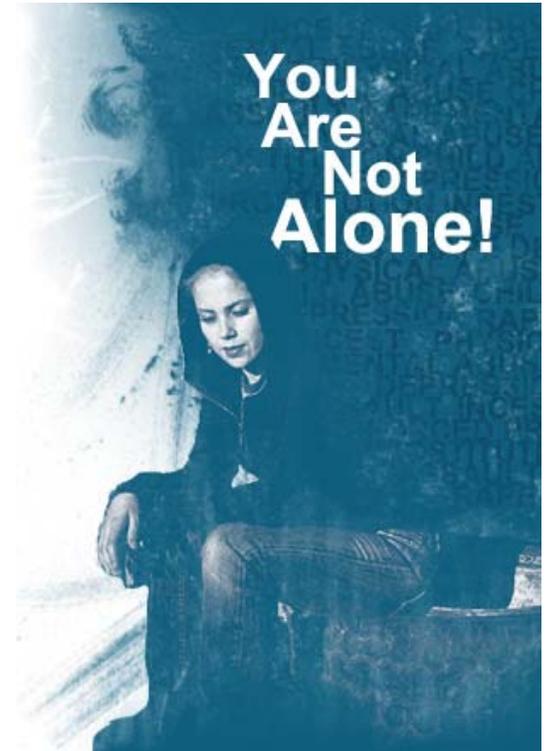
- Provides private, confidential treatment regardless of race, age, gender or sexual orientation
- Conducts a medical examination with written documentation, photo documentation and evidence collection
- Provides treatment for sexually transmitted infections and pregnancy prevention
- Assists victims in filing sexual assault reports with appropriate law enforcement
- Promotes post-assault treatment by providing information on Mental Health Resources and counseling availability, and other local support networks
- Some SANE programs can provide services without a police report (this does not include child abuse, disabled victims, or elder abuse).

What is the goal of S.A.N.E.?

The goal of the sexual assault nurse examiner program is to provide free coordinated, timely, comprehensive and compassionate care to pediatric and adult victims of sexual assault. The SANE program is available 24 hours a day and provides an environment that is patient focused. A protocol for treatment of the sexual assault patient is followed under the medical director and the International Association of Forensic Nurses (IAFN) standards of practice. The SANE program nurses work collaboratively with police, prosecutors, child protective services and community advocacy services to provide optimal and coordinated care.

Care provided can include, as appropriate:

- SANE examination
- Referrals
- Emergency contraception
- STI prophylactic treatment
- Expert witness
- Educational presentations



Trained SANE nurses are able to give expert and knowledgeable testimony aiding in the prosecution and court processes. SANE provides a safe, confidential, compassionate and sensitive environment. It is the first step a victim initiates in the healing process following this traumatic experience.

SANE is part of a multidisciplinary team that facilitates the collaborative works of many community agencies and services which varies in each community.

**COURTESY: Amber Hamilton
S.A.N.E. of Eastern New Mexico**

www.enmsane.org

You are not alone. Every two minutes, someone in the U.S. is sexually assaulted.

Miscellaneous Guests

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