

THINK LIKE A WINNER

“A JOURNEY ABOUT CREATING SUCCESS”

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Cliffe' Du Vine



*From
Chateau de Paradiso*

I NEVER IMAGINED PARADISE LIKE THIS

CREATING

“HEAVEN ON EARTH”

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About this book

JANICE 'UNPLUGGED'



In 'Janice Unplugged' I share some of the fun and challenges that I've encountered on my journey to success. I've included quotes and words of wisdom I've learnt, along with the articles I've written on my twenty year journey. It is in fact a chronicle of events and my thoughts, fears, emotions that were experienced. It's sharing my heart, soul and mind.

In this book, 'Think like a Winner', I urge you to search for answers to the questions... incorporate what you're ready to include in your life and they'll lead you further on your journey. Being 'a winner' is what ever brings you happiness, joy, peace and contentment in life. **THAT IS YOUR ONE GOAL IN LIFE.**

If Eric Clapton can be 'unplugged' - why can't we all?

Other Songs that have inspired or had words of wisdom on my journey.

The Greatest Love of All *sang by Whitney Houston (I needed to learn this)*

One Day at a Time *sang by Suzanne Prentice (sang with my dad)*

My Way *sang by Frank Sinatra (there had to be a reason for my challenges)*

When you Believe *sang by Maria Carey and Whitey Houston (I was looking for a miracle as I had huge goals and this song is about miracles))*

Angels *sang by Robbie Williams (I love them visiting me)*

Respect *sang by Aretha Franklin (I needed to learn this)*

You Gotta have Faith *sang by George Michael (Needed as I live in the Be, Do, Have state)*

INTRODUCTION

Janice – the lady with *nice* in her name, works with motivating and inspiring people's thinking and attitude to spring load to success. She's an expert she says, because she had to do it for herself. She thought happiness, fulfilment and success would just happen. She didn't realise that she had to create it. She learnt the hard way by changing her self-belief from a person with low self-esteem, to a person with high self-esteem believing that the *world is her oyster!*

Her greatest journey, after many stumbles along the way was discovering her real self. Re-aligning her dreams, and years of working towards creating them followed that.

A few of her successes include surviving 15 years as a single parent and raising two daughters. "The greatest learning curve out" she says "and the most rewarding"; - volunteering to work in the patrol boats for the 2000 America's Cup, self-publishing her first book *Sailing a Different Course* and achieving a 19 year goal with her daughters.

She calls herself an Attitude Specialist because she had to learn to keep positive to overcome her constant array of challenges. As a Professional Speaker, she works with corporates, groups and individuals as a trainer, coach and conference presenter. Her hot topic public workshop *Dealing with Difficult people & Tricky Situations*, allows her to become a gypsy and enjoy adventures around New Zealand. Her Attitude Training Programme includes four books and she's also written other ebooks.

She is adamant that self-esteem is the key to success and has a free ebook *The Purple Tick for Success Thinking*. She organizes an annual 'New Zealand, Self-Esteem for Success Day' in June each year and is spreading this around the globe.

Her goals include 'trying new things' hence the photo below, "I thought I'd better try blonde before I went grey". She's now brunettish.



MY LOGO



My Logo is based on the @ sign you see on any keyboard.

I see a similarity between that and life.

You can stay AT one place in your life, never learning new skills and going around and around in one place, repeating the same mistakes, 'stuck' in a rut

OR

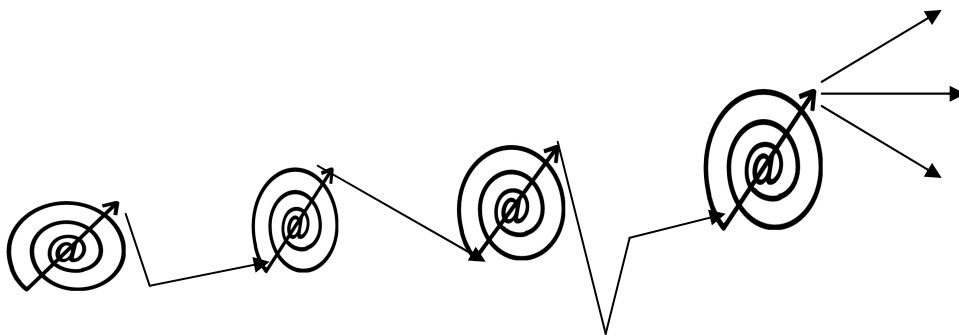
you learn new skills and then move forwards and upwards in your life.

When you learn one skill, you integrate that skill into your daily life.

You remain at that point in your life for as long as you choose. You either get stuck again, zig zag or progress up or down in life, or you learn another new skill.

By learning the next skill needed for your success,
you master another challenge
and move onwards and upwards in your life again.

With each challenge you overcome, you achieve success and gain momentum in your quest to be 'who' you want to be as the **master of your life!**



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Plum Jam (21st January, 1987)



Plum Jam...I don't know why I cooked it, yet I do know why. It was my state of my mind at the time, *betwixt and between*, a phrase my mother used for confusion, fear, relief, courage and excitement.

When I was a child mum always made plum jam the night before we went on our Christmas holiday. Consequently my association with plum jam meant we were embarking on a journey with the household in a confused state of organizing. The next morning we'd be up early packing last minute essential 'stuff' into the car and departing on our holiday adventure.

As a result my connection with plums meant they must be cooked before I left home. If I didn't they'd be wasted and another family phrase I'd grown up with, was *waste not, want not*...whatever that was supposed to mean. With four children to feed, my mother said not having jam throughout the year was a big blow to our taste buds. However, in my case making the plum jam meant the body was in a state of busyness...and my mind was free to plan. And, that's exactly what I was doing. Thinking through the 'what ifs' and 'what nots.' before I made my big move!

Racing through my mind were questions like: Was I able to carry out my plan? Would I still have the courage in the morning? Could I get away without being spotted? What would happen after he came home? How would I manage?

That night after I'd made the jam, I had trouble getting to sleep. When dawn broke it was to a sunny day, ready for an exciting and scary adventure. Just like when I was a child leaving for the family holiday...my plum jam sat on the bench that morning, freshly cooked. The kitchen smelt lovely and sweet, and dare I say it...jammy!!

The final stages of labeling and putting the lids on the jars was another preoccupation for me, ensuring I kept physically busy, so mentally I could think through my plans again.

My three year old and eighteen month old toddlers were their normal selves wanting food and attention. They didn't know, they had one of the biggest shocks coming up in their young lives. I'd decided however it was better to have them growing up with one positive parent in a one parent family rather than two parents that constantly fought and were unhappy. One happy parent and one unhappy parent would at least give them a choice about how they'd live the rest of their lives.

My ex-husband left for the day and I went into overdrive. The bags were pulled from under the bed, the cot, the highchair, the buggy, the toys, the clothes, the children's car seats were all stashed into my small Toyota.

There was definitely no room for any extra people to come along for a joy ride!

Breaking the news to my mother at 8.00am was a shock for her. Talking to her through her tears, I'm not sure if they were relief or shock. One friend knew I was going to leave. To the rest of the world I appeared happily married but a different girl from whom they'd known in the past.

Of course my children and I were always welcomed with open arms. Our family, extended cousins and relatives are like that but my husband that was another matter. He didn't smoke, gamble, womanize, there was no domestic violence, he paid the bills, provided for the family, wasn't overweight or ugly, dressed nicely, appeared well mannered but as my mother said, you can't live with him. And she was right!

What people couldn't pick up on was that there was no physical abuse, but instead mental and emotional abuse. The type that can't physically be seen...by physical marks...it only appears through behaviour.

Back to final crunch time. I'd been finalising my plan during the jam making process. I must have had some initial plans but mum suggested I go somewhere I couldn't be found for awhile. So the cat and mouse journey began.

It was like a television programme based on a real life unfolding. My real life drama!

Two weeks earlier, my sister had moved into a new home and after a few phone calls it was decided I'd go there. I needed her new address, so I had to visit another sister's neighbour, where they would have a map to her new home. It was like a movie drama in which I was hiding my location.

While I was packing, I'd kept checking the driveway and had an ear open to ensure no-one came home unexpectedly. There were a few times I blessed television and this was one of them as my daughters were occupied watching a programme while I got organised. Eventually, the moment of no return. The car was packed, then the last minute preparations with toddlers, the toilet stop, a drink, food and toys to keep them occupied close at hand. Finally I had the courage to walk out of my marriage close the door behind and take a giant leap of faith in myself to begin a new life as a single parent.

It wasn't on my 'to do list' of life...but here I was!



I drove around the back streets, scanning the road for people I didn't want to see. The car was packed to the brim.

There was a television programme called *The Hillbillies* where they had a truck piled high with household furniture as they moved into the city life after making millions in an oil well on their country property.

I felt a bit like that...although I didn't have furniture hanging out of the car windows or the money, however I felt like I was in a shambles

Getting petrol seemed like another major crisis. I went to a petrol station I didn't normally visit so I wouldn't see any familiar faces. Our last port of call and then we were onto the motorway. Courage had got me there. Survival of the fittest or the sanest, I'm not sure which!

I'd like to say we had our windows down, the sun shining on the bonnet of my newly polished modern car, the music blaring, the wind billowing through our hair as we sang the songs of the moment...*the wheels of the car go round and round, round and round, round and round, the wheels of the car go round and round...*all the way down the road.

Well the wheels did go round, but I'm not sure if we sung that song, or if the wind billowed through our hair...but the relief was immense, a huge weight was off my shoulders as I began the next most challenging phase of my life. I now had the opportunity to find me again and create a brand new life. If I wanted success and I wanted my children to be successful, I needed to create it. That became my goal and focus in life



Questions

What do you need courage to do?

What is choice A or choice B?

Will you lead a successful life if you take either choice?

What will bring you the most happiness?

Can you fulfill your potential as a human being?

A Lesson about Life

Desiderata

Go placidly amid the noise and haste and remember what peace there may be in silence.

As far as possible without surrender be on good terms with all persons.

Speak your truth quietly and clearly;

and listen to others, even the dull and ignorant they too have their story.

Avoid loud and aggressive persons; they are vexations to the spirit.

*If you compare yourself with others, you may become vain and bitter,
for always there will be greater and lesser persons than yourself.*

Enjoy your achievements as well as your plans.

Keep interested in your own career,

however humble,

it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery.

But let this not blind you to what virtue there is,

*many persons strive for high ideals,
and everywhere life is full of heroism.*

Be yourself.

Especially do not feign affection.

Neither be cynical about love,

for in the face of all aridity and disenchantment it is perennial as the grass.

Take kindly the counsel of the years,

gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune.

But do not distress yourself with imaginings.

Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline,

be gentle with yourself.

You are a child of the universe,

no less than the trees and the stars,

you have a right to be here.

And whether or not it is clear to you,

no doubt the universe is unfolding as it should.

Therefore be at peace with God,

whatever you conceive Him to be,

and whatever your labors and aspirations in the noisy confusion of life

keep peace with your soul.

With all its sham, drudgery and broken dreams, it is still a beautiful world.

Be careful.

Strive to be happy.

*Found in old Saint Paul's Church,
Baltimore, Dated 1692*

This poem has been displayed in my home for over ten years.



Passionate GOALS are not for the Fainthearted!!

You've not set any??? There's still time!!!

So you want to be a success...that's fantastic! You're ready to make a 'real effort' to contributing to your future life. This time it's not wishy washy and living a life that's not your hearts desire. You're ready to make a real commitment to living a life of *fun*, *enthusiasm* and *passion*, learning about and living being you whilst creating your dreams.

It's never too late to start setting goals. Many people miss each year the opportunity to commit to plausible goals at the start of each year. Time just passed them by. We hear people say 'it's March already, where has the first few months of this year gone?'

If you've been living a life of *fun*, *enthusiasm* and *passion*, you may have been enjoying a fulfilling enriching life whereby you've not realized how quickly the year is passing. Instead you're busy...living!

However, if you've lived a life of boredom, burn out, drudgery, unhappiness and passionless...which you haven't enjoyed, think about how you'll survive in the future in your present state of thinking.

BUT WAIT – It's not too late!!

Your next year is set to begin. You don't have to start and finish at the beginning of a year. Anytime is your perfect time!

Start with honoring yourself and spend time searching for your passion and values by asking yourself what's important and what you desire from life. It's often hard to answer these questions but some responses will just spring to mind.

If you've found time has slipped by while you've been engrossed in an activity, sport, business deal, or hobby, think back, it was probably because you were really enjoying yourself. So much so, that you could spend every day doing this or something similar. These are the type of answers you're looking for, and can then expand on.

If you are still having a challenge, think about what you couldn't live your life without Eg. gardening, sailing, stamp collecting. These are things you can start to list as activities you are passionate about in your life. You may well have been taking it for granted and not given yourself the opportunity to think about it. But now you note that these activities help ensure you live a life of *fun*, *enthusiasm* and *passion*. When you're setting goals you need to ensure they're listed as regular activities.

Soul, mind and body alignment is the guaranteed way to living with *fun, enthusiasm* and *passion*. *Soul* is your hearts' desire. *Mind* is your thoughts on 'how to create your hearts desire. *Body* is physically making it happen. This is when you're starting to align your life to your values and goals.

Hey, it's not easy and it will take some commitment on your behalf. Along the journey it's sensible to make only a few changes at a time and integrate them into your life, before taking on the next goal.

*Soul, mind, body, values alignment, means you're constantly being a change-agent.
YOUR OWN!*

If you're thinking about your life, decide it's mostly okay except your health and wealth, these are the areas that you need to focus on.

Of course it's easy to say all this but how practical is it to implement into our lives? It's quite simple if you have the skills and want to learn. On the other hand, the biggest challenge many people have is letting go of the old (even though it doesn't serve you) and implementing the new.

Sometimes the past doesn't want to let you go. People continue wanting to play unhealthy mind games. They expect you to keep looking after them. They tell you that you'll never achieve. They say you haven't got the courage or time to make changes in your life.

Additionally, sometimes you don't want to let the past go. You've got good and bad memories. You're in your comfort zone, in a rut, not having to learn new skills in life. A bit like our comfy slippers. Two favourite old but good quotes I like are:

Success comes in cans, not cannots

If you think you can- you're right, if you think you can't – you're right as well,

Both are absolutely correct – if that's what you believe. You'll create your destiny to match the quote.

On your life's journey there is a wealth of knowledge that you can discover and integrate into your life. Important ones for me have involved learning the process of change, communication, personalities, parenting, adult/child relationships, stress management, letting go, synchronicity, coincidences, problem solving, conflict, leadership, and more.

Your life isn't a rehearsal, it is the real thing so welcome it with open arms. Life is for living, so why not live it with *fun, enthusiasm* and *passion*. It is possible! Listen to your hearts desires and search for the skills and knowledge to create your dreams and reach your sole (souls) destination.

IT IS POSSIBLE AND IT'S IN YOUR HANDS!

10 Questions to ask Yourself for a Fun Filling, Joyous Life



1. How many blessings can I be thankful for today?
2. Who can I positively surprise today?
3. What can I do to promote peace today?
4. Whom can I spread positive gossip about today?
5. What can I do today that will take me where I ultimately want to go?
6. Have I gone out of my way to make someone's day today?
7. Is there someone I can forgive today?
8. How can I maximize my uniqueness today?
9. What can I celebrate today?
10. Have I given myself an opportunity to laugh at myself today?

Scott Friedman, USA

Sometimes the only way for me to find out what it is I want to do is go ahead and do something. Then the moment I start to ace, my feelings become clear. - Hugh Prather



Create Magical Goals

Achieving is a constant state of learning. You reach one goal and the next one is scooting along ready for you to grasp and include in your life. Hence you constantly need to learn new skills or ways of thinking to move onwards and upwards in life. These suggestions you might find helpful on your journey.

Goal Versus Intention

In the state of juggling life, which is where many people are today, some of your goals fail to meet the deadline you have set yourself. This sets you up for negative thinking, where in fact 'life' cropped up and you 'lived'.

The word 'goal' has a deadline connotation to it. Sometimes using the word 'intention' is helpful as there is not the same sense of deadline attached to it. So missing the deadline for a goal (and the negative thinking attached to it) versus achieving an intention (positive thinking) is less stressful and leaves you feeling more successful.

Hard road Or Easy road

A goal or intention is the *magic* in your life. It makes your life 'sparkle'. It gives you an adrenalin rush, thrill and something to strive for, an exciting reason to get out of bed every morning. Everyone's different, everyone is unique, and so for you there is only your way. Your main priority is to work towards what you desire.

There are two ways you can learn. One is to take the hard road and cruise along until the day you realise you're only 'dreaming' about your goal not 'working' towards it and therefore may not achieve it. The other is the easier road. That's where you can learn, by listening to others who have achieved, on tapes, CD's, or seminars, reading books, or by attending courses. Your learning is then choosing what *feels* right for you and setting an action plan to work towards it.

Personality and Goals

Understanding your personality is a huge advantage because different personality groups set goals in different ways. Learning your strengths and weaknesses is a great insight in appreciating why you're achieving in some areas of your life and not in others.

Right-brained creative thinkers are constantly coming up with new ideas, they achieve in a creative business and marketing is generally much easier for them. The most difficulty they will have is in the area of finances, systems and analytical areas. These people use credit cards the most. It's the opposite for left brained thinkers.

Peter Jackson, director of The Lord of the Rings Trilogy had a huge challenge. As an entrepreneur he wanted to do something that no one had previously done. He had the magic (right brain creative thinking) but he needed the systems, computers, analysing of the left-brained people to help make it happen. He employed them.

In business, it means the left brained thinkers can choose between learning a skill, or employing someone in their business to do their marketing (creative thinking). The right brained thinkers also have to choose because they someone to do the analytical (finances) and systems part of their business.

Balanced and Specific Goals

Recently I worked with a group and asked how many people had one to ten goals. Everyone put up their hands. Then ten to twenty goals, and twenty to fifty, and fifty to one hundred, and no hands went up.

When you brainstorm your goals, it's important to think of the different areas of your life, Health, Family, Business/Career, Finances, Self, and Community. Having a goal for each area is at least six goals, now brainstorm each area for additional goals.

Additionally, if for example, you want to travel you need to be specific: which country, areas, attractions, activities, special events, type of accommodation and time of year. Don't visit America in summer if you want to experience a white Christmas there. However if it's camping in the Rockies... summer is great!

Hearts Desire

Recently I heard the CEO of a large corporation say she decided at the age of 17 that she wanted to be the CEO of a large corporate company. It took her 20 years to achieve it.

Passionate goals are your heart and souls desire.

For some people the challenge is, to discover their hearts desire. You have choices. You can choose to coast along in life, following whatever takes your interest and being 'open' to experiencing new things in life. Alternatively you can learn through coaching, books, or seminars on your personal development journey. As Nike says JUST DO IT.

*When you are pushed, pull.
When you are pulled, push.
Find the natural course and bend with it.
Then you join with nature's powers. - Dan Millman*

Mind Maps

Mind maps or memory mapping is a technique of brain theory using both the left and right sides of your brain. They have different functions.

Here is a brief overview.

Left brain – used for skills of logic, word and symbols

Right brain – uses skills of pattern, colour and shape

Mind maps organise information efficiently and in a visual manner that is easily stored. In your brain it saves times, organising content and improving recall. It's useful for brainstorming, planning, note taking, summarising and revision.

Advantages of Mind Maps

More relaxing allowing your mind to be more open, creative and imaginative

Shapes and colours are easily remembered

Quick and fun to write

Easily changed

Unique to the learning of each individual

How to Use Mind Maps

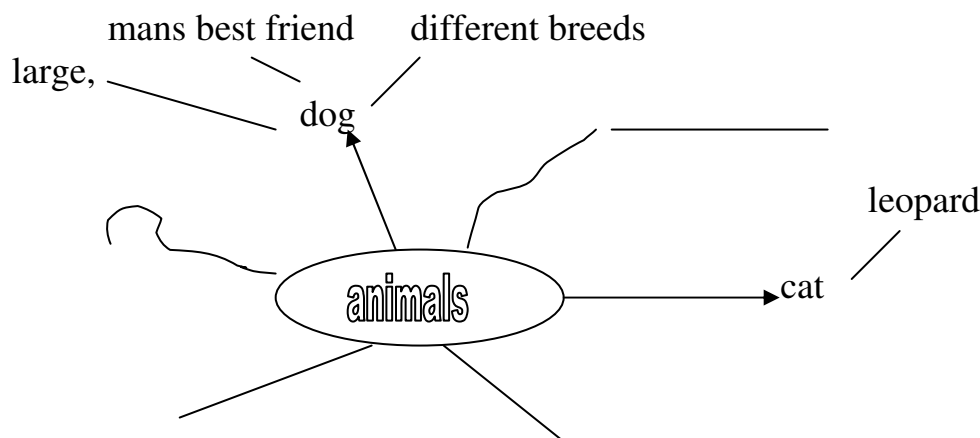
It's best on a rectangular page with coloured pens and highlighters

Begin in the centre of the page with the topic title

Draw a line for each key heading (examples below)

Use lower case for clarity

Use colour, highlighting, symbols, signs, etc.



Research has proven this method of memory recall produces better results than linear methods of learning. A book written by Tony Buzan titled Mindmapping has more information.



Become a better YOU

Everyday fun, happiness and enjoyment needs to be incorporated into your daily life. Watching the sunrise from the top of a mountain after an early morning walk on a weekend tramp might not be everyone's idea of an adrenalin rush, but if it's what you enjoy, you need to ensure you're doing it in your life. You are unique, there's no one in the world like you and it's up to you to become yourself.

Your life is about fulfillment and enjoyment and it's your choice to include this into your life. Maybe it's the beach, or forest, or golf course where you experience tranquility and a sense of inner peace. You need to discover it, as well as your ideal relationship, job, financial and lifestyle choice on your journey to becoming yourself,

When you have a goal, target, intention or mission in life, you have a sense of urgency in life and an *energy* to achieve. You are more motivated and enthusiastic about life.

At the beginning of each year, it's a good idea to think back to the previous year and what you didn't achieve. If you're struggling with achieving your goals it's a good idea to analyse why. Here are a few possible reasons.

1 Did you need to do some 'background' work before achieving your goals?

Some big goals require a series of small goals (the background work) to be achieved before reaching the 'final big goal'. Each step is progress in the right direction. An example is, if you want to run a marathon you may need to get fit, lose weight and improve your diet to give you stamina.

2 Did you lose motivation?

When you're working towards achieving a goal, it's important it is what YOU really want. If other people invite you to run a marathon with them, you may agree to keep them happy. It's their main goal and not yours, so you may be less motivated. However in the process, you are making yourself unhappy.

This is a common challenge with many people. In some instances it feels easier to *go with the flow* rather than cause a disagreement. It's not an intentional cop-out of being responsible for your own life. It's because you have not yet learnt the personal development skills, communication and knowledge, on how to break the cycle. Being *kind to others* versus *being kind to you*.

3 Were you afraid of losing friends because you were changing your life?

In the process of working towards a goal, you are experiencing change. If losing weight is your goal, the people who you might have gone on social outings with may encourage

you NOT to change. They liked you 'as you were'. When you choose to become healthier, the decision to change is *your choice*. However, your associates are having change *forced* upon them. Your weekly routine may have included two visits to a local restaurant, which serves 'unhealthy' food. Now you don't wish to go, but instead visit the gym. They are lonely and forced to accept your decision. Rather than be pleased that you wish to address your health issues, they encourage you to remain as you are, because it suits them.

So remember you are unique and learning to become yourself, it's important to learn to become yourself, which in this example is fit and healthy.

However, don't be dismayed about losing a friend, new people will enter your life as you continue to make positive changes.

4 *Did you change your goal?*

Not achieving because you've changed your mind means you weren't on track with the right goal. Now you have the opportunity to refocus.

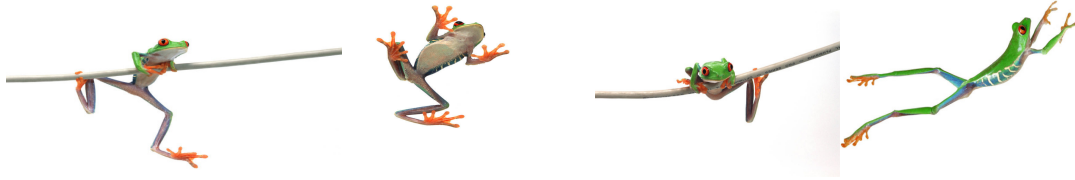
You want to achieve your dreams and live the life you want as early in your life as possible. Some people seem to have the knack of achieving it early in life, for others it takes longer and some people never achieve it. You want to eliminate the zigzagging through life to find fulfillment and happiness, you want to go straight towards your dreams. For some people, it may even be discovering what your own dreams are because you've been caught up in someone else's.

If you understand your values, beliefs or rules for your life, you will set goals that will be specific to your dreams and desires. By that I mean there's a *WIIFM what's in it for me*. E.g. If a health related goal involves losing weight and building stamina for your marathon, you'll have additional benefits. These could include: more vitality, looking good, feeling attractive, opportunity to modernize self-image, the purchase of new clothes, a sense of achievement, increased enthusiasm about life, and more energy to include new activities into your life. All of these factors raise your levels of enthusiasm towards achieving your goals.

Often you've never thought about your values, so when you've been setting goals they've been contradictory to who you are and what you believe. In your goal to be yourself it's important you take time to assess your values as step one. Then as you start setting your goals, every one needs to be aligned to your values. Failure to do so will inevitably mean failure of your goals because of inner conflict. E.g. You want to be healthy, but you continue to smoke.

Decide what you want and overcome the challenges to achieve it. You'll feel much better about yourself and life when you're working towards and achieving your goal.

The Parable of the Frog A Lesson of Life



Once upon a time there was a race of frogs
The goal was to reach the top of a high tower
Many people gathered to see and support them.

The race began

In reality, the people didn't believe that it was possible that the frogs would reach the top of the tower, and all the phrases that one could hear were of this kind:

"What pain!!! ... They'll never make it!"

The frogs began to doubt themselves.

The people continued:

" What pain!!! ...They'll never make it! "

And the frogs, one by one, admitted defeat,
except for one frog that continued to climb.

At the end he, alone, and with an enormous effort, reached the top of the tower.

One of the quitters approached him to ask him how he had done it,
to finish the race.

And discovered that he...was deaf!

...Never listen to people who have the bad habit of being negative...
because they steal the best aspirations of your heart!
Always remind yourself of the power of the words that we hear or read -
always think positive

Conclusion:

Always be deaf to someone who tells you that you can't and won't achieve your
goals or make come true your dreams.

How to beat the motorway jams!!



.....Put YOUR priorities first.

A critical turning point happens when a circumstance creates a change of direction and thinking in your life. Contending with the morning traffic, disruptions to our family life, additional stresses and re-occurring health problems, were the strategic indicators that pushed me into following my dream. Over a period of five months I'd had two office re-locations. The last one was from the suburbs into the central city. Then another move was imminent in six months time. Life had become more chaotic!

Furthermore the years of being undervalued at work were taking their toll. Every night had become a sleepless night. Driving to work was taking two hours. My health was deteriorating further and my stress levels were high. A critical turning point happened and I resigned from my job of seven years.

Whereas once my job and suburban location had suited our family situation and I could transport my children to school take them to after school sports and jobs, the new city location proved unsatisfactory.

Sometimes it's hard to win and when the juggling became unhealthy, I needed to re-evaluate my life. Always on my 'to do' was full self-employment and I'd tried two small part-time businesses. Almost two years previously I'd thought about changing my job and now once again it became top priority and so were her dreams.

The dreams were working on her computer in a secluded bay in the Hauraki Gulf, or anywhere in the world, or writing in front of the fire on a rainy winter's day. Somewhere where I didn't have worry about the accidents and hold-ups on Auckland's roadways but still juggle the role of mother and sole breadwinner for the family.

Creating your own destiny is possible. It takes courage and tenacity, along with a belief in oneself to create change. It may not be an overnight move and it may involve years of planning. However life prompts us and urges us to move forward.

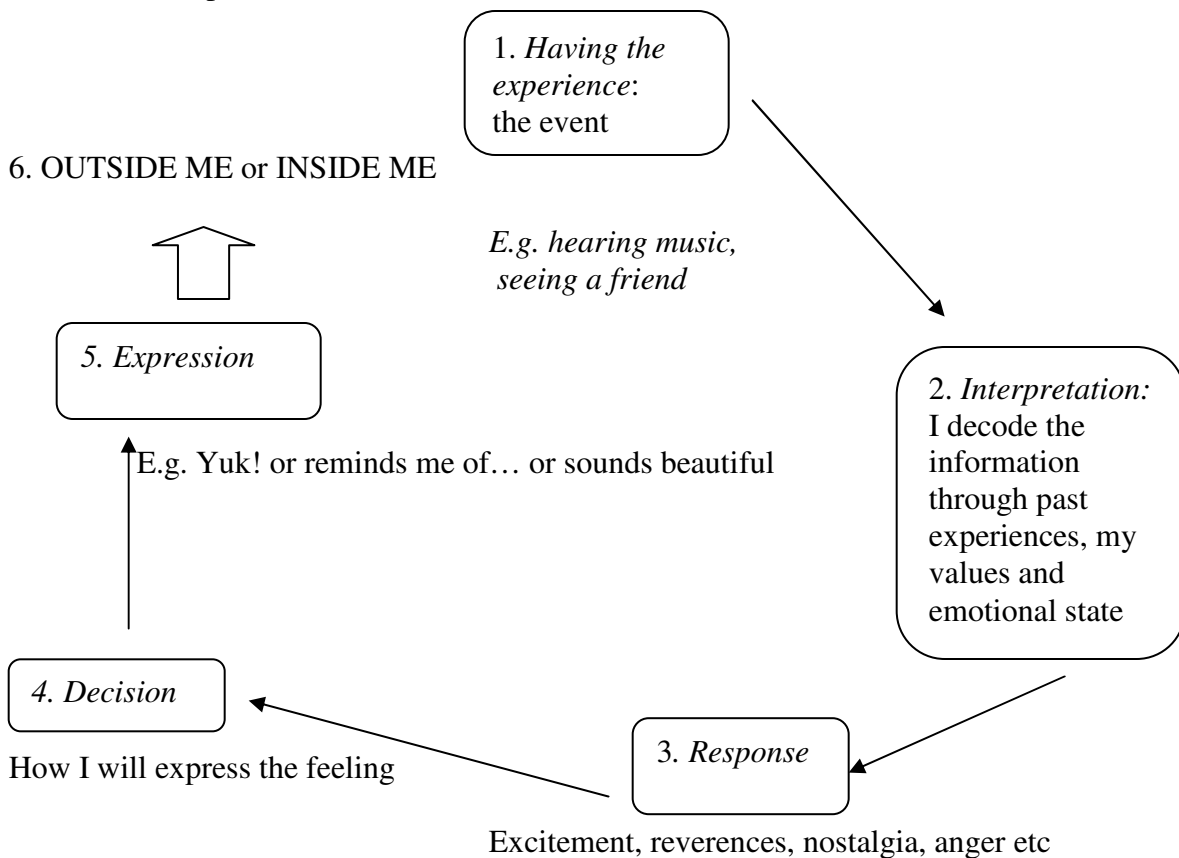
Everything is possible she says – depending on how much effort people are willing to make. It's fruitless grumbling about life. Instead focus on **becoming a winner in your own life.**

Feelings and how we express them



Our feelings are our inside response to things that happen to us. This response happens so fast that it seems hard to believe that there are five steps to it. Knowing about these five steps gives us a chance to slow the process down a bit and become more aware of our feelings.

Here are six steps:



The 'outside me' and 'inside me' ways of expressing feelings are explained further.

INSIDE ME are things like: breathing, heart rate increases, muscles tighten up, tears swell in your eyes, you sweat, shake or feel weak and your stomach churns.

OUTSIDE ME, you have several choices. We'll look at two.

- 1 You can express your feelings in actions: you can smile, hug, shrug, look away, and run away and so on.
- 2 You can use words to express the feeling directly, - "I'm afraid of driving this fast," "I feel upset" or "I'm feeling bored".

As well as your inside (feelings) and outside expressions matching, your non-verbal expressions must match as well, otherwise you're setting up a contradiction. It's saying "I like this coffee" when your face is screwed up expressing the opposite of your words.

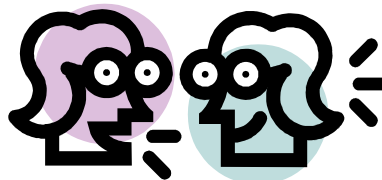
So, the key ingredient is for you to have integrity to yourself. When you feel something, you have the ability to express it and then you can make a choice.

For you to build your self confidence and self-esteem, clear communication is a powerful tool. Here are three additional ideas for self-disclosure:

This is what I THINK e.g.; "I think your behaviour in the office is inappropriate."

This is what I FEEL e.g. "I get upset and I don't like it."

This is what I WANT e.g. "If you have something to say please come and see me privately."



By expressing your needs with another person you are proposing an offer. It is not a threat, ultimatum or manipulation; you are inviting someone to respond to what you shared. They also have the right to respond and then you negotiate a solution between the two parties.

When you communicate here are two goals to consider:

- 1 Be honest and kind at the same time.
- 2 Be a self-defining person.

When addressing a situation for a solution, you have three options:

- 1 Change the person
- 2 Change people
- 3 Change yourself

This applies to any personal or professional relationship and the only person you have control over is *yourself*.

Albeit, the important message is you *cannot* change any other person unless they choose to change.

You can only change your views, outlooks, thoughts on the situation and it's up to you to search for a suitable answer for yourself. That's your key!

The reason why birds can fly and we can't is that they simply have perfect faith; for to have faith is to have wings. – James M Barrie



Intrinsic Versus Extrinsic

The researches say we have two kinds of aspirations in life.

*We have INTRINSIC which are meaningful relationships,
personal growth, community contribution and
EXTRINSIC
aspirations which include fame, wealth and image.*

*Apparently those of us who embrace intrinsic aspirations
have a deeper sense of well-being and satisfaction
that the extrinsic devotees miss out.*

9 Tips to a more Positive Life

Keeping positive in a negative world is sometimes a challenge.

Some people are 'sad sacks', moaning and groaning about the weather, the lotto results, the traffic, the price increases, and the government. It's easy to pick up on the negativity and the doom and gloom they want to spread. You have to choose not to.

Your success is stepping stones in progress. You need to think positive so you succeed. It won't happen overnight, but there's a quote, *It takes fifteen years to become an overnight movie star.*

Our top sports people have been practising for years. It's the same with our life. Practice leads to improvement. The difference is that movie stars and sports heroes have coaches, many people just bungle along in life and expect successes. Some achieving and some not. It takes between 21 and 28 days to change a habit. You alter one and there's another habit you need to change.

If you want a more positive life, it involves change. Here are some tips.

1 **Turn off the television**

Negativity is rife in life. It's in the news and programs. If you want to be positive you need to be selective with the programmes you watch.

2 **Achieve Results**

You need to have a goal, dream or desire you're working towards. Maybe it's money in the bank, increased cash flow in your business, a holiday, new car or relationship. There's a saying from the Wizard of Oz: *Any road will take you there, if you don't know where you're going.*

3 **Overcome Fear**

Fear is False Evidence Appearing Real. There's a great book *Feel the Fear and Do It Anyway* by Susan Jeffers. Imagine not attempting to walk when you were young. You wouldn't want to live without it now. As a baby you didn't give up and you knew less then. Take small steps to overcome your fear. You will feel much better overcoming it.

4 Improve your Attitude

My Attitude postcard reads: *Past, Present, Future, Every second you have a choice. Choose Positive and be your own Success Story.* It's true; you can only think one thought at a time. Make it a positive one and read my Attitude Training Programme books.

5 Gain Confidence

Walk tall, stand straight, wear your best clothes, use eye contact (careful with some cultures) Smile! Robyn Henderson the International Networking guru says *Fake it until you make it.* You might have butterflies in your stomach, but no one can see them.

6 Improve your communication

It's important you learn to express yourself. Join Toastmasters and at the same time gain confidence. Attend assertive communication courses, learn about confident communication and remember *Hello* and *Thank You*.

7 Become Interactive

Just do it... is the Nike advertisement. Join social clubs, meet new people and make the appointments. Life is for living.

8 'Do' Victory

With every small success reward yourself. After completing a task, find a way of patting yourself on your back. Acknowledge that you've achieved something.

9 Get Enthusiastic

Find the 'it's great to be alive' feeling. Discover your passions, experience and enjoy them. Smell the roses, enjoy good health, eat well and find the vitality in life from within. You've got it, but it's up to you to discover it. Everyone has free will, the choice is yours!

*When life is disenchanting and you're on the wrong course,
and you've been thinking of charting another one,
there becomes a time when a vital decision needs to be made
between which road you journey down...
that's a turning point in your life.*

Being 'Nice' to everyone doesn't bring Happiness



It took me forty something years to realize I had the word 'nice' in her name. At school I can't remember playing the game to check what words could be made from my name, otherwise I might have realised earlier.

Being nice to everyone has had a detrimental affect on my life because unknowingly it was at my own expense. Over the years searching for a reason for my unhappiness, 'being nice' provided the clue. I needed to learn to be nice to myself first and everyone else secondary. I hadn't been doing that!

After realizing it was in my name I call myself, *Janice – the lady with nice in her name*. I use it for two reasons. First it reminds me to honour me. Second, as a marketing gimmick in my business because people remember it.

I had a fantastic childhood, with family, friends, camping, sports, sailing and weekends away. At primary school I'd been the head prefect but for some reason at high school, turned the invitation down. In those teen years I started saying 'no' to things that in hindsight would have been beneficial in my life. Those leadership and communication skills emerged after some years in hiding.

Unknowingly I grew into a peacemaker. In some ways society bred that. The 'see but don't hear' syndrome, 'don't skite because it is bad manners' and 'doing things to keep other people happy' mentality. Society had people thinking it was selfish to think of themselves first.

Consequently as a peacemaker I didn't form opinions, have answers to questions, or think deeply about life's challenges. In hindsight, I didn't value myself but then I didn't know I had to.

Like thousands of New Zealanders and millions of people worldwide I was lacking in high self-esteem

My low self-esteem was the reason for entering an unhappy marriage. Having the responsibility of raising my two children and wanting a positive environment for them, was the reason I left. It was one of the best moves in my life, something even with the huge challenges, I've never regretted.

It was the start of my personal journey of learning about me.

Throughout the journey my thoughts, desires, dreams and goals were crystallized. Learning that adversity teaches wisdom and therefore my constant challenges taught me new skills, was some consolation for my struggles. I learnt one lesson and another came scooting into my life.

That's how life can be for everyone. Albeit, we've got free will and can make our own decisions about how we wish to live our lives.

Each and everyone one of us has different lessons to learn. Everyone has different stages of growth. Some people experience early traumas in life and learn their lessons when they're young. Others have recurring traumas until they learn how to overcome it at a later time in their life.

Each of us is on a unique journey with individual challenges. Some people have health challenges, others relationships or finances. Some people have to learn about honesty and integrity or learning to trust and have faith. Discover yours and conquer it.

Questions

Are you being 'nice' to people and doing things you don't want to?

YES NO Sometimes

Which of those are you still willing to do but on different terms?

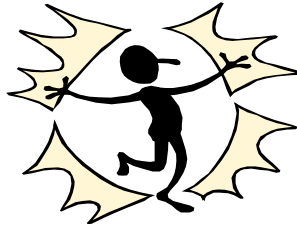
What's stopping you and what have you got to lose?

What have you got to gain?

Write down a phrase to express that?

TODAY

14 ideas for a positive day



1. Choose **joy**
2. Live on **purpose**
3. **Acknowledge** others often
4. Ask for what **you** want
5. Be **willing** to be uncomfortable
6. Explore **new** possibilities
7. Maintain a **positive** disposition
8. Take **small** actions towards a **huge** outcome
9. Openly express your **gratitude**
10. Have some **fun** and adventure
11. Smile, Laugh and love **more**
12. Look for the **ease**
13. **Always** expect success
14. **YOU have the power!**

Caterina Rando. USA



Winning over Adversity

Creates new thinking and career

Mothers have the habit of putting their kids first. Leaving an unhappy marriage so my children would grow up with a positive happy environment in comparison to a negative unhappy home was the reason I walked out. As a role model it was important for me to teach them to become themselves and positive contributing members in society.

It was the worst day of my life applying for government assistance. Thankfully someone had the foresight years before to introduce this into New Zealand. In an emergency it's great to know that we are helped when we need it. And it was gratefully accepted.

When my children were young and many external challenges were being faced due to the marriage breakup, it was great to be home looking after my children.

Playcentre is a parent run pre-school in New Zealand and it was also my salvation teaching me knowledge and parenting skills that I still treasure today.

I attended parenting, personal growth and leadership courses. Later I became the leader. Some of this knowledge I now teach people for their personal and professional life.

The key is to grow beyond dependency to independence. Consequently, it was a great day and feeling when finally I was able to fully support my children and myself. With a minuscule amount of assistance from the other parent, it always has been and continues to be a financial challenge to 'survive' and then thrive.

Every new step in the journey of my life is another move up the rung of my ladder of my success as I change to become the person I need to be, to enable me to achieve my next goal and in life.

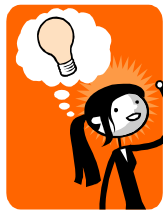
It was during this time that I learnt about 'inner callings' 'personal gifts and talents' 'reason for existence on earth' and sewed the seed that there's a bigger role for me to play in life.

It's led to the creation of a new dream and me constantly learning and 'working' towards achieving it. It's spurred me to my seventh career

Whenever I've felt the need to overcome the next major hurdle, the appropriate person or course would 'pop' into my life and I would discover the answer. That old saying "the teacher arrives when the student is ready", it is true!

One such occasion was after attending a John Kehoe course. While I was putting the rubbish out one morning the words vibrated through my head – *sell the family home and buy a home and income*. I had never ever thought of that as the answer I was looking for, but it was perfect!

When buying the next home and income property, another person and I put in the exact offer and had the same financing conditions. Therefore we both had to resubmit another offer. I rang my mortgage broker asking whether I could offer another \$5000. She suggested offer \$5500. It was the extra \$500 that won the deal. She'd never told anyone that before, she said, but the thought flashed through her head so she told me. The new home provided me the opportunity to work smarter not harder for income. I didn't know then, but I'd purchased a haunted house, which lead me to learning another lesson.



Then there's the 3.00am message that was so 'real' I sat bolt upright in bed. I was told to write my life story. I'd never done any writing, so it was very bizarre. Since then I've self-published my first book *Sailing – A Different Course*. Part of this book was channeled because the words kept repeating themselves constantly in my head until I wrote them down. However once written, it wasn't long afterwards that the process started again with another set of words. Hence a collection of poems about the Hauraki Gulf emerged.

Continuing with writing my life story, I wrote another book on *Single Parenting*. In 2000 I experienced 'burnout' so I had to stop the 5.00am writing sessions. I also stopped running workshops and only concentrated on my tutoring job.

During the recovery from burnout period (which took two years,) I gathered the notes for another book titled *90 Days of Nurturing*. However, as a slow learner in life, I rushed back into work and experienced burnout again. It was a five year journey and now I constantly monitor my health.

I've discovered the messages that I receive can be interpreted differently. I haven't written an autobiography, instead the stages and lessons of my life, which amounts to a similar thing as my initial message of 'writing my life story'.

Lack of self-esteem was the reason for my unhappy marriage. Not knowing how to love myself I was drawn into marriage for the wrong reasons. Now it's easy to look in the

mirror and say I love me...but there are still thousands of people who don't have that ability. Hence when the next message I experienced came through, I wasn't quite so astounded.

One morning while I was out walking a voice spoke to me. It was so clear, deep and loud that I looked behind to see who was talking to me. Nobody there...and so more questions to find answers to.

However, I was told to organize a national self-esteem program. I've the blueprint, which was channeled through to me, but I haven't started this programme yet. However, no doubt it will happen in the future, when the time is right. (I started this in 2003)



Then there's the person that arrived when I needed some tender loving care. Also the business coach who I needed to help me get organised with systems (which I'm not good at) for my new career as a professional speaker.

In my past many people have arrived as my 'teachers' when I've needed to learn a new lesson. I now recognise it as a way of life and living.

It's an awesome feeling having the knowledge and wisdom that overcoming adversity has taught me. Understanding the process BE who you must be, DO what you must do, and you will HAVE what you want, is the key to my new career. Understanding we're on earth for a reason, to learn about ourselves, love, help and protect each other and our environment, offers me peace of mind. Of course I've another favourite saying:

When the going gets tough, that's when the 'tough get going.'

Being bitter and twisted about the 'hard times' I've experienced in life is a waste of energy. I've made the choices, learnt from them and am who I am today because of them.

Another valuable lesson was embracing the concept that whatever decision I made at any point of time, was the best I was capable of making then. Five seconds, minutes or years later I may have made a different decision.

However, it's important to forgive myself for any past decisions and not hold any anger towards myself. Instead understanding it was just part of my past and a choice I made.

My greatest wish is to be fulfilled in all areas of my life. As a mother, daughter, sister, friend, partner and businesswoman and to live *being* me, *doing* what I'm on earth to do and *having* what I deserve. It's the old saying Be, Do and Have!

Every person has this capability. Reaching it is the challenge. Chasing money doesn't provide the answer. Being cynical, bitter or holding onto anger about past relationships doesn't bring happiness.

Society is changing immensely. Families are splitting, children are without two parents, and we're in an age of greed. Terrorism is rife; technology is expanding our thinking.

However, we have a choice of living negatively and giving energy to the negativity we experience or choosing to learn from it and being positive.

We need to re-establish our values and remember life is about learning and love.

Knowing yourself and following your dreams, having a positive attitude and choosing to be happy are some of the steps to a life of success on your road to winning over adversity.

Questions

What adversity have you conquered that has led to new opportunities?

What have you experienced in the past but took the less fearful easy option?

What could you make changes to in your life now?

Who could you ask to be your mentor?

*Notice the difference when a man says to himself
"I have failed three times" and what happens when he says
"I am a failure" - S. I. Hayakawa*



Juggle your life to get what you want

*It's more sensible to have good health
than get a payout from your insurance broker!*

We've memories from our parents or grandparents telling us to eat our vegetables, get plenty of sleep, work hard and have Sunday as a rest day. Good old-fashioned ideas. They abided by it and it worked for them.

However, they didn't have the stressful life that we have today. We've got the dishwasher, the television, the remote controls, and the high tech toys that supposedly make life 'better' for us. But for many folk it hasn't worked! Many people are in burnout mode with an unbalanced work/life ratio. They blame it on stress or they're too busy. They don't have enough relaxation or exercise time. They don't laugh or experience joy. They don't feel at peace, fulfilled or happy.

Many people are left wondering how to bring back the fun and enjoyment into their lives.

Around the world, people are suffering and dying from diseases or conditions that can be prevented by less stress, healthy eating and being physically active. So the question for many of us is how do we do it?

Here are ten easy tips to balance your life, find time for you and feel better about yourself.

1. Record or remember what you've done over the past few weeks to enable you to evaluate any patterns in your life. i.e. Eating takeaways three nights a week, working late every night, not having enough me time, being lonely, too tired to exercise, not laughed enough, all work and no play, or generally feeling unhappy.
2. Decide what you want to achieve in your work/life balance. Is it spending more time with your family, working in a new career, having better health, wanting a new relationship or having more fun?
3. When assessing what you want to include in your life, ask yourself "Why is this important to me?" This gives you some ideas about your values. Often this is the most difficult part of this exercise, because people have never asked themselves this question. E.g. If Health is important then continuing to smoke or eating unhealthy food, or being overweight is incongruent with being healthy, therefore you need to re-evaluate what you want. Having your values aligned with what you wish to achieve provides a much better grounding for your success.

4. Make yourself a weekly, hourly diary that you could record a new timetable for yourself.
5. Slot onto your new hourly/weekly diary first, the MOST important thing you wish to implement into your life. i.e. *more time for you ...do it DAILY* (if you can)

Soak in the bath on Sunday night,
Read for 30 mins Monday, Wednesday nights.
Movie on Tuesday night,
Massage on Thursday, Social time with friend on Friday night
Garden on Saturday afternoon,

6. Then schedule the rest of the week AROUND Your new diary.
7. Assess your STAGE IN LIFE when you're doing this exercise. Maybe you want to play your favourite sport every day, but with a family, house and work may not be possible YET. Slot it in regularly so you are not feeling you're missing on enjoying your passions. However, remind yourself in five years you can include it weekly and in ten years time include it daily.
8. Be Realistic – don't expect to make drastic changes quickly i.e.: losing weight, getting fit, and giving up smoking. Be patient with yourself. Join weight watchers, join a gym, walk with a friend, and get a coach.
9. Check out your thinking and self-esteem. This is equally important, many people appear full of confidence but behind the smiley face is a person who does not love or even like themselves. If this is you, search for answers, coaching, local courses at night schools or books can help readjust your thinking.
10. Praise yourself for your achievements.

You've probably heard the saying "Life is a journey not a destination," so be gentle with yourself. The first step is one step in the right direction.

This is your life and your choice – life is very precious so grasp it in your hands and more importantly in your head, overcome those negative thoughts and **Go for Your Own Personal Gold.**



35 Tips and Tricks **to** **Improve Your Life**

Yourself

- ✓ Discover “who you are?” Pursue you and love being you. Continue on your constant self-improvement journey
- ✓ Boost your Intelligence – Smart People live longer.
- ✓ Get a Pet. Spending time with an animal increases level of three ‘feel good’ hormones that are proven depression beaters.
- ✓ Watch less television
- ✓ Laugh out loud; get your endorphins roaring around your body.

Health

- ✓ Eat smaller portions meals more often. Research shows that people who ate 6 small meals had 5% lower cholesterol than those who had 2 meals.
- ✓ Limit sugary drinks.
- ✓ Don’t ignore insomnia. Lack of sleep is likened to many health problems.
- ✓ Eat broccoli – Not only high in b vitamins and iron, it helps break down cancer.
- ✓ Quit smoking

Relationships

- ✓ Go out with friends regularly, talk on the phone, and spend time with them. Friendship is a give and take. Make sure you’re doing both regularly.
- ✓ Get on with your mum. People with good relationships with their mums were healthier.
- ✓ Hug when appropriate. Remember this saying: A hug is a perfect gift, fits all and nobody minds if you exchange it.
- ✓ Send cards, emails, e-cards, flowers, post it notes, and well wishes to friends and family
- ✓ If you’re not in a relationship with a partner, get yourself ready by discovering you, getting rid of baggage and becoming an independent person who your future partner would love to be with.

Career/Business

- ✓ Catch the bus or train to work. – Studies show people who drive have higher blood pressure and are less productive
- ✓ Learn and call workmates by name.
- ✓ Establish a 'hero' board at work and display your wins.
- ✓ Prioritize key events at work and tick them off your list when achieved.
- ✓ Before you attend a work meeting, review the minutes to ensure you've done what you said you would.

Wealth or Abundance

- ✓ Count your Blessings – look around and notice the abundance in your life.
- ✓ Reassess your budget and stop wasting money, start saving and join loyalty programmes.
- ✓ Start saving for your future.
- ✓ Clean out all your old clothes, books and things you don't use. Notice how much is 'old' and then open your mind to receiving new things.
- ✓ Check out your investments and realign your investment goals.

Spiritual and Mental

- ✓ Meditate or sit quietly in a peaceful place. Close your mind to busy thoughts and open it to 'universal' thoughts flowing in.
- ✓ Get in touch with the earth. Walk barefoot on the grass or the beach. Paddle in the sea. Look at the sky, stars, clouds, wind blowing and anything to do with nature.
- ✓ Dig in the garden, pull out weeds, and replant your garden. Touch trees, plants or smell the flowers.
- ✓ Pray – it's okay for it to be anywhere you like. It doesn't need to be in a church. If you're unsure what to do, just have a chat. You'll feel loads better.
- ✓ Help others and be kind to animals. Everyone is touched when you help another human being in need.



Dream IT and Achieve IT!

Patriotic kiwis wore red socks the day Team New Zealand won the world renowned famous yacht race, the America's Cup. The regatta was held in San Diego, America. The year was 1995 and New Zealand was at a virtual standstill.

Most eyes were glued to television sets. But not my group of Kiwi adventures I was with. We were tramping around Lake Waikaremoana, a lake known for its isolation and beauty in the middle of the North Island of the New Zealand.

We all wore our red socks, which was a symbol of patriotism to our New Zealand yachting challenge. However, we realised it would be impossible for us to watch a television and see the race in the trampers huts on the mountain.

Besides when we departed from the low-lying valley in the Urewera National park our mobile phones hadn't got any reception. Consequently we didn't expect to hear the results of the final race for the challenge for a few days. As a sailor, that was a tragedy!

For a novice trumper, having a heavy pack strapped to my back was a challenge. I had to concentrate staying balanced and on the simple task of placing one foot in front of the other. After a few hours and climbing steadily up a steep mountain, the silence was shattered when a group of Japanese trampers quickly approached us coming down the track. "We've won, we've won" they chanted as they danced down towards us. Their packs were obviously empty, but someone's mobile phone had worked higher up the mountain and they'd managed to hear the good news about the yacht race.

Team New Zealand's 'Black Magic' the financial underdogs, but not small fry in spirit and expertise had managed to triumph over all odds. They had grasped the worlds most sought after yachting trophy, the famous America's Cup, from the Americans.

Hugs were exchanged in celebration. It was impossible to have a drink to celebrate in good Kiwi fashion at the time. Our alcohol was stored in plastic milk bottles somewhere in the heavy packs. We voted celebrations would take place in the trampers hut on the mountain peak, for the evening's entertainment.

The tramping continued and dodging the tree roots on the path became an increasing challenge for me. However, it was still possible to soak in the magic of their surroundings as the sunshine filtered through the native bush.

During my passionate exchange with my eyes glued to the ground, a dream emerged. I was going to be involved with the America's Cup Challenge, when it came to New Zealand.

As a single mum with two dependent children my responsibility was to ensure the well being of my family. As the sole income earner and with minimum additional financial support for her children, it made the dream seem more distant and unattainable.

Single parenting was challenging, along with continued challenges from my ex partner. It drained me physically, mentally, financially and at times spiritually. Additionally, there was no one to offer me support in times of exhaustion and need. But dreams are a salvation and striving for them became part of my purpose.

My creative and lateral thinking brainstormed for ideas of products for the marketplace. I created a musical CD with sailing music. However, finally the possibility of losing the family house and the financial loss if the product didn't sell was too great a risk, so that idea was discarded.

Intuition is a great skill that we women have and the idea of a telephone call and asking to be involved had positive results.

Sir Peter Blake, the skipper and leader who had led his team of sailors to win said:

You can make any dream real

If you work away at it long enough.

Consequently, I was also not one to give up on a dream. My background included travel and tourism so when I first met with the organizers I was asked to be a tour guide for tourists who wished to see the Cup. A flinch of my face answered that question. Alternatively I could be out on the water helping in the boats.

Passionate about the sea and sailing and with my first book titled "Sailing – a Different Course, and being a boatie for over 25 years, of course the answer was astoundingly - YES!!!

Juggling my family and work life made it possible for me to be out on the water.

Attending my first meeting was interesting as I walked into a room of males. I thought I was in the wrong place. With no friendly faces I had the distinct feeling of entering into man's territory. It was like one of those tourist tee shirts, covered in white sheep with one black sheep. I was the black one and I sheepishly strolled towards the back rows.

However, determination and a dream to follow meant I returned to the second meeting. I was still the black sheep amongst the white ones but thankfully, a friendly grandfatherly face took me under his wing. Later he told me, I reminded him of his daughter.

Creating dreams has previously ‘plopped’ me in unexpected places. A few years earlier during a Whitbread race finish, I was suddenly whisked aboard to crew on the launch with the international media photographers aboard.

For a person passionate about sailing it was awesome. To ensure good photos for the media, the launch cruised inside the coastguard and police security boats. I was aboard the closest boat allowed to the incoming yachts. The same happened with the America’s Cup regatta.

The role of the patrol boats for the America’s Cup Challenge, was to ensure the correct setting up of the course and also keep any of the spectator boats off the racing course. Boats were positioned at either end of the windward course and angled out port and starboard with their buoys in place and then allocated an area to patrol between neighboring buoys. This meant there is a huge area of water allocated for the course.

If there was a wind shift all the buoys had to be hauled in and repositioned again. Three people were on board each boat a skipper, radio person and someone to manhandle the buoys.

Anywhere on the course would have great for me. It’s a spectacular view watching the yachts spin on their keel, maneuver effortlessly and hear the sound of the winches grinding and sails setting. Then there’s the awesome sight of the huge spinnakers puffed full with wind as the yachts beat down the course towards you.

But creating a dream, meant, I was again plonked into a great spot on the course.

The start and finish box is where the yachts must enter within five minutes prior to the start of the race. Outmaneuvering the competitor ensures the best start for each yacht. At close quarters the yachts are even more magnificent as they steer towards the outskirts of the imaginary boxed area, spin on their keel and then speed off in another direction. It’s the best place on the course to see the yachts in action. That’s where I was! Positioned there for every start and finish of the regatta and once again the closest patrol boats for the five nil win and over the Italian boat, Prada.

If it wasn’t difficult

it wouldn’t be worthwhile

doing – Sir Peter Blake

Fun is an integral part of my life. Daily, I managed to slip on board something fun. A water pistol for those quiet moments when I was undetected, cheer leader pom poms to shake at every win and of course some 'blowers' and other items that are used in times of celebration.

But I was there!! My dream launched on mothers day in 1995, starting at the ground as I plowed my way between the tree roots on the tracks around Lake Waikaremoana, had come to fruition. I was involved in the defense of the America's Cup Challenge. It was great supporting my two things I loved, my sport and my country.

Discussing my next dream with the organiser, I told him I'd like to helm (steer) an America's Cup yacht. He told me it was impossible. Never, was my reply. It will happen. Somehow, and it did!

There was no indication that any previous America Cup yachts were coming to sail on Auckland's harbour. However whilst attending a conference a few years later, my daughter rang a radio station during a competition and was allocated a seat aboard NZL40 (a past America's Cup Yacht) for me. Here's my photo to prove it, helming an America's Cup yacht. Dream it and make it a reality,



'Sink or swim' is always a choice. 'Swim' has always been my answer and life's challenges always ensured I overcame the adversities. In the pursuit of my dream I'd focused and was determination to succeed.

I've always thought: if other people can do it, so can I.

My message to you is the same.

If I can do it, so can you.

Create your dreams!

Creating Happiness

The Dictionary defines happy as:

feeling, showing or expressing joy; pleased; causing joy or gladness.

Therefore seekers of happiness must decide what will bring them joy or gladness in life and pursue it. For some people deciding what brings them happiness can be the challenge.

Instead of honoring the abundance in their lives, they limit their thinking to what they don't have. They become stuck in their thoughts of negativity. If happiness is expressing a feeling which is created with our thinking, people must examine and choose their thoughts.

When you are watching a bee looking for pollen from a flower, they don't choose the first flower. Instead they examine many before deciding whether to delve in and collect the pollen from the flower. It's like that with our lives. We examine different areas and then decide what we need to delve into to bring us happiness.

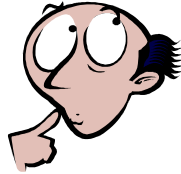
Here's an exercise where you can rate your level of happiness in each area of your life. The column headed 'others' could be spiritual, community and project may be a big goal, i.e. Saving for a holiday. These two areas are optional. However the score ten is the highest and one is the lowest.

Self	Health	R/shps	Work	Finances	Others	Project
10	10	10	10	10	10	10
9	9	9	9	9	9	9
8	8	8	8	8	8	8
7	7	7	7	7	7	7
6	6	6	6	6	6	6
5	5	5	5	5	5	5
4	4	4	4	4	4	4
3	3	3	3	3	3	3
2	2	2	2	2	2	2
1	1	1	1	1	1	1

Your areas where you have the rated yourself the highest marks are the area you've had the most successes. The areas with the lower marks are the areas of your life where you need to focus your goals. The successful areas make you feel like a winner (and you are) the other areas make you feel like you're a loser (which you're not) you just haven't achieved your goals in that part of your life YET! You have free will so you can do it, if you choose.

A Success Affirmation

By
Brian Head



*I deserve to be successful.
I am a warm, loving, creative human being;
I have as much right to success as any one.
I deserve to be successful as I have set goals and am conscientiously working
towards achieving them.
Each day brings me closer to the success I desire and deserve.
I am confident and strong.
Success is good for me and for the important people in my life.
I use my success in the most positive way.
I am a caring person and ensure that I handle my success responsibly.
I deserve to be successful.
I am a capable person who makes a worthwhile contribution to the community.
My success is beneficial for all.
I am successful now but this is going to increase more and more as I achieve the
goals in my life.
I am prepared for success.
I deserve my success.
I am worthy of it.
I am on the road to accomplishment and reward.
I deserve to be successful.
I am working hard to make a reality in my life.
My goal of (insert goal) will be achieved no later than (insert date).
In my mind's eye I see myself shortly after that date enjoying my success.
It marks a milestone in my life as it represents the successful accomplishment of a
worthwhile goal.
I am successful now but I'm on the road to even greater success,
even greater achievement.
I deserve this success and I am going to enjoy it.
I am happy now but I will be even happier when this goal is accomplished.
I am a successful person and I am on the way to greater success.*

The next part of my Journey

Press Release

The Purple Tick for Healthy Thinking Campaign earmarks NZ 3rd Self-Esteem Day- 28th June 2006

Attitude Specialist, Janice Davies has started this **WORLD First** day and has called it the **Purple Tick for Healthy Thinking**, after NZ's red tick for healthy heart. From researching the groups she presents to, **95% of people have suffered low esteem** sometime in their lives. Some never recover and it's right across society, including our **children, adolescents, adults and pensioners**. The self-esteem day is a time to **remember to boost your own and others esteem as well as helping New Zealand**.

In Auckland, she's planning a **morning of Professional Speakers** presenting to a business crowd. Around the rest of **New Zealand** she's planning a marketing programme for people to do: **5 Activities to boost their own esteem, 5 to boost others and one activity for the community or environment**.

Janice believes low self-esteem is one of the reasons we have many of our social, and educational problems. **Research** carried out by Richie Poulton and his team at the **Dunedin Multidisciplinary Health and Development Research Unit**, over a ten year period, found that adolescent with poorer mental and physical health had higher levels of criminal behaviour compared to those of adolescents with high self esteem.

Additionally in the workplace there are underachievers and people lacking in the confidence to perform, she says. The **self-esteem day** is an idea whose time has come – everyone can learn to believe in themselves and achieve greater things, then maybe the message will rub off to do it daily.

Janice is a professional conference speaker, business trainer, success coach and author and President of National Speakers Association of NZ (Auckland). With **5 books on attitude, setting goals** and esteem, Janice has set herself a goal to be on the **Oprah Winfrey show in the next 5 years** promoting this event. She has been appointed the **first NZ Representative onto the International Council of Self Esteem**. A **charitable non-profit organization** dedicated to sharing research, resources and information and strategies to **enhance human effectiveness**.

Although she has **no sponsor** yet, and **this is voluntary**, Janice is certain that a company with vision of **creating the feel-good factor in New Zealand** will be interested in sponsoring this event out into the **community, to our schools, work places, hospitals and rest homes**. It's an huge opportunity!

2007 Update: The Worlds' first self esteem day has led me to speaking and sharing at the National Speakers Conference in Surfers Paradise in March. In 2008 I've been invited to speak at the World Conference on self esteem in Slovenia. This event is proof that another of my favourite sayings "The world is your oyster" – is true, as I'm invited to share with arounds from around the globe. Embrace this annual event on the last Wednesday of June each year. More information on my website.

Steps to thinking like a winner and creating your dreams

Other Products

Dealing with Difficult People – Ebook available on website
Workshop CD (register for your copy)

Attitude Training Programme – **Ebook and Hard Copy Programme**

Attitude Training improves your thoughts about your everyday personal and professional life. This series of four books progresses you through a mindset change to achieve the following

- 1 Think positive about life
Say Yes to a Positive Attitude book
- 2 Keep positive in everyday situations.
200 PowerTips to keep your Attitude Positive book
- 3 Plan and live your dream life.
How to get what you want in your Life and Achieve Success book
- 4 Believe in yourself that you can do it.
Be a Winner by boosting your Esteem book

These books are available as the above package or individually.

Say Yes to a Positive Attitude Book

There's lots of negativity. It's rife in the world and if you dwell on it and look for it, you'll find it everywhere. However, if you train to change your thinking, you'll overlook the negative and focus on the positive. This book helps you transform your outlook on life.

200 PowerTips to keep your Attitude Positive

Daily you experience a variety of situations and challenges in different areas of your life. This book explores 30 areas and includes a variety of tips for your personal and professional life that will help you maintain a positive attitude.

How to get what you want in your Life and Achieve Success

Life is an exciting adventure, but it's easy to get caught in a rut of everyday living, which seems hard to change. This book examines your values (rules) and delves into your mind to discover your dream life. Then it provides a programme so you can achieve it.

Be a Winner by boosting your Esteem

These books are available in hard copy or ebook format on www.attitudespecialist.com/resources.htm

Other Books:

Sailing a Different Course - A book about sailing in the Hauraki Gulf and positive quotes about sailing.

Coaching:

Online Success Coaching which consists of 5 sessions over a ten week period is available via the website.

The Attitude Training programme can be supplemented by weekly motivational quotes and an extended version of Success Coaching from Janice's website. For more details visit www.attitudespecialist.com

Additional Information on Janice Davies

- ◆ Professional Conference Speaker
- ◆ Author of 6 books on Attitude, Esteem and Goals
- ◆ Worked with: Department of Labour, Air Nelson, Barfoot & Thompson, Ministry of Social Development, IAG Insurance, Air New Zealand
- ◆ President of National Speakers Association of NZ (Auckland Chapter: 2006 - 7)
- ◆ New Zealand's only representative on the International Council of Self Esteem
- ◆ Founder of NZ's National Self Esteem Day & International Self Esteem Day

Keynote Presenter:

If you're looking for a presenter at your conference, Janice can help out. She has turned her life around and has expertise in Attitude, Motivation, Stress, Goals, Self Belief, Success, **Life/Work Balance and more. A 'go getter' Janice will share her life lessons.**

Workshop Presenter:

Over twenty years in training and teaching means Janice provides interactive workshops Using the latest accelerated learning techniques and tailored to personality styles and learning styles, Janice has plenty to offer your company for in-house training or break out session at your conference. Contact Janice on 021 514 511 or 09 424 8400 or Email Janice@attitudespecialist.co.nz or visit www.attitudespecialist.com

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