



SHOW

ISSUE 47

OUR
CELEBRATE
ISSUE

CELEBRATE
THE
NOW

EATING FOR TWO

RELATIONSHIP
CELEBRATION

GOAL SETTING FOR
GODDESSES

CELEBRATE IT ALL

PLUS

Celebrate and Flourish
Celebrate Your Health
12 Signs to Celebrate

IN THIS ISSUE: THE ART OF CELEBRATION



SHW

Smart Healthy Women Magazine was created for smart women everywhere who want the latest strategies for living a life of health, wellbeing and happiness.



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Hello from Smart Healthy Women Magazine!

It's that time of the year again - yes, it's time to celebrate the year that was, our achievements and our lessons.

We all need to celebrate our good fortune in life, and we can always find someone who is less fortunate than us.

This is not to feel superior, oh no, but to remind ourselves that at any time we can lose our footing and need to find our balance once more.

We need to celebrate the fact that we are here in these bodies at this time on this earth, and what that means to us.

We need to celebrate ourselves, and our loved ones, and even our enemies, for they show us where we need to demonstrate even more love.

What are you celebrating this month - is it your health, your comfort, your friends, your family, your fortunate life?

In love and light, and celebration too,



Estelle 

Estelle Williams
Editor-in-Chief

Contributors



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Erin is a Life Coach, specialising in the Law of Attraction. Erin has emigrated from the UK and now lives out her dream in the Spanish Mountains, coaching others to achieve their own dreams by improving their mindset and energy.

Erin is qualified in Reiki and worked as a Holistic Therapist/Spa Manager in her former UK life. To find out more about Erin's coaching, visit www.magiclifecoaching.com



Danny Bader

Danny Bader is a best-selling author and inspirational coach whose life was transformed by a near death experience. He started the corporate coaching company jckrbbt to help others understand themselves by creating a powerful vision. He has written the best-selling books *Back From Heaven's Front Porch*, *Five Principles To Creating a Happy and Fulfilling Life* and *Abraham's Diner*; *Simple Wisdom* for more control, focus, and inspiration. Bader is one of the world's most renowned inspirational speakers, giving workshops to the biggest organizations including Marriot, Reebok, Merck and more. He has spent over 10,000 hours inspiring others to live their best lives!



Erin Martin

Dr Lillian is a clinical psychologist and author with 20 years of experience treating adults (18+, mainly women) with mild to severe psychological issues (anxiety, depression, substance use, eating disorders etc). She likes to write about mental health and well-being and strives to promote accurate and nonjudgmental views about mental health and to assist people to effectively address these issues with skills and strategies that work--in an engaging and approachable way.



Dr Ryan Harvey

Dr Harvey is the Deputy Clinical Director at House Call Doctor. Dr Harvey is highly experienced in paediatrics, and has administered medical care to children living in remote overseas communities.

He now works with many families, administering acute care when unexpected medical situations arise overnight.



Maggie Georgopolous

Maggie is the Leading Global authority on career development for women in male dominated industries. She is the author of the book, *Up the Ladder in a Skirt*, which is hailed as the book for women in challenging roles globally by business leaders, movers and shakers. A mechanical engineer who climbed to the top of the leadership ladder, she was the executive chairman of a large agricultural company by the age of 32. She is a sought-after consultant in oil and gas, agriculture, manufacturing and automotive industries. She has directly impacted the career choices and progress of over 10,000 women in over 32 countries around the world.

Contributors



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A weekly contributor on 2UE's Talking Lifestyle and a regular TV show guest, Melissa Ferrari is one of Australia's most sought-after relationship experts and is renowned for her warmth and engaging personality. Through her private counselling sessions, seminars and couples retreats, Melissa has helped thousands of individuals and couples gain insight into their relationship problems and has given them the tools to help them resolve ongoing conflicts and move towards developing and maintaining a loving and connected relationship



Kim Speed

Kim Speed is the author of the book, "Branding on a Shoestring". After a successful career in the advertising world as Creative Director at a top advertising agency, Kim struggled with a series of ups and downs with her own business startup. Her 'Aha' moment emerged when she realized her passion was to help small business owners build and grow their companies with simple, effective marketing. This created the opportunity she needed to live the life she wanted - a business where she lives her values and puts her family first. Visit her website: <http://purplemooncreative.com/>.



Gillian Stevens

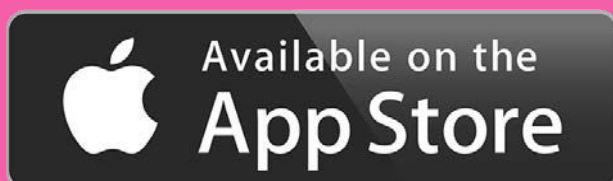
Gillian Stevens recently retired from her job as a secondary school guidance counselor, where she empowered at-risk youth to overcome barriers to success. She has now pursued her dream of becoming an author, and her book, Explore, Transform, Flourish: Support and Hope for Those Who Help Others (How Professionals Keep It Together) is a practical guide which motivates and supports individuals through a process with strategies, tools, and resources to achieve not only work-life balance, but also invites to create their best life yet! Visit her website at <http://www.gillianstevens.ca/>.



Estelle Williams

Estelle is the Founder & Editor of Smart Healthy Women Mag. She is an expert Coach, Author and Speaker, who has also studied Humanistic Astrology over the last 25 years. She is passionate about providing her clientele and readers with successful strategies for realising a life of purpose, meaning and fulfilment using the best in change tools, and believes that by reaching their potential, everyone can make the world a better place. She loves to share strategies to enhance the many facets of the busy woman's life, and has also been seen on the Huffington Post and SheSavvy sharing her insights.

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THE ART OF CELEBRATION FOR THE

SMART FEMALE ENTREPRENEUR

by Gaelle Lecourt

When a woman shares her most recent accomplishment in one of my Facebook groups, I often ask the same question that's **ALWAYS SURPRISING** to them:

"How are you going to celebrate?"

One of the recent answers I read was:

"Wow! Great question. Haven't really thought about it. I will have to think of something spectacular to do to congratulate myself. Money is a bit tight these days, so I will need to be extra creative."

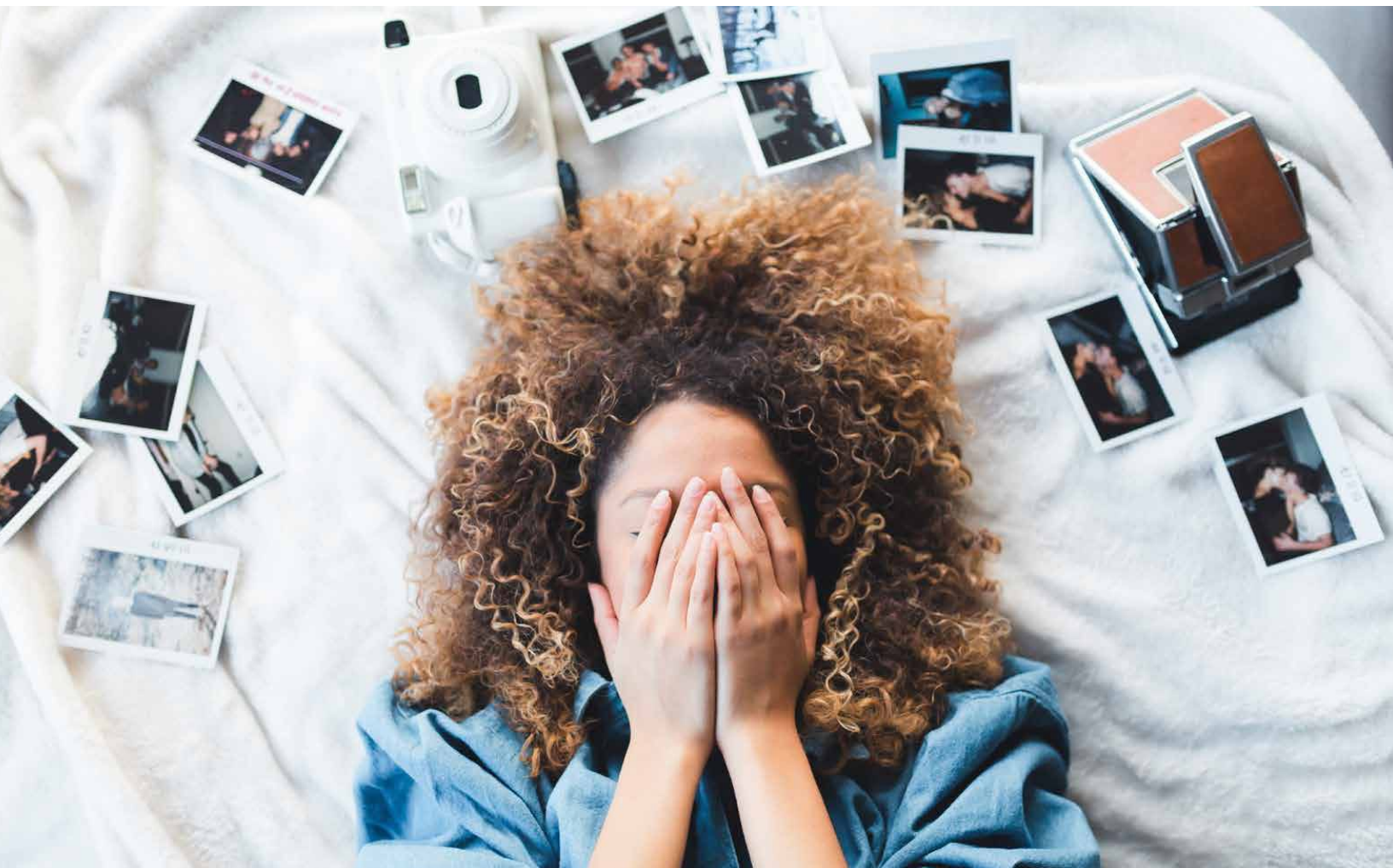
This is a very common response I get.


It always strikes me for two reasons:

1 We don't celebrate enough.

2 We often think that celebrating implies spending money, buying stuff and when you start your business, you might not be in a position to splurge on a month vacation to Hawaii!

As the journey to create a successful business can be challenging and take some time, it's even more important for female entrepreneurs to include a celebration strategy while setting goals for themselves.





Here are 8 strategies I share with my clients to make sure they master the Art of Celebrating:

1 Break your 3 main goals into 2-3 milestones so there are mini-celebrations along the way to keep you motivated.

2 Create a “TREAT LIST”. This is a document where you associate with each milestone/goal an image of how you will celebrate reaching this moment. As humans are visual creature, it helps to visualize this TREAT list every day for 5 minutes

3 You can also use a free app (the one I use on Android is called VISUAPP) that will pop up several times during the day with a slideshow of your pics and a nice music to remind you to visualize on your treats!

4 Find a song that you love, that is motivating and boosting your vibe, and make it your celebration song! Play it each time you have a celebration or each time you want to get back into high vibe! Make a whole playlist on Youtube of songs that celebrate your grit and victories into your business.

My favorite right now? “Best day of my Life” by American Authors

5 Share with your celebrations with like-minded sisters who will celebrate with you and keep the celebration wave rolling for you!

6 Make sure you have both type of celebrations: celebrations with or without monetary value because making money is nice but keeping it and making profit is even better!

7 Make a list every Sunday of all the things you've accomplished and what you've learned. Sometimes we tend to see the glass half-empty and this ritual helps to have an unbiased view of all you've accomplished.

8 Journal to keep track and reflect on your progress as sometimes celebration is about intangible progress, golden nuggets or epiphanies you didn't plan to collect on the path. These are things such as important mindset shifts or money blocks that are removed! Journaling will help you articulate these and record those paradigm shifts that enable you to burst through limitations.



Below is the non-exhaustive list of monetary and non-monetary treats my clients and I have had over the years:


- Mastermind or Coaching programs
- Seeing the Northern Lights from the Igloo hotel in Finland
- Cosmetic surgery
- Massages, flotation tanks, hair color, facial, Mani/Pedi, Sauna, Spa day, Reiki etc...
- Sushi
- Weekend on a lake
- Sports game
- Guilt-free afternoon to do what you want
- Hiring someone to take care of chores at home (cleaning, cooking, yard work etc)
- Horse ride buggy rides etc...
- Dinner at a restaurant
- Hiking or a walk
- A new laptop or a new phone (any electronics!)
- Weekend away
- Organic face cream
- Drinking a cup of coffee on the porch on Sunday morning, enjoying a time for yourself
- Bath with salt, essential oil, candle and relaxing music

For example, even if I eat sushi several times a month, I make the treat-sushi dinner special by really being mindful of what I'm celebrating in the moment!

It's exactly the same thing for the non-monetary celebration like a relaxing bath or a walk.

And next December, you'll indulge in reviewing your original treat list and its many updated versions to check all the treats you experienced and the milestones you reached in 2018!

*What's
important with
each treat is the
mindfulness
you set during
your celebration
time.*



“TAKE THE TIME
TO CELEBRATE
STILLNESS AND
SILENCE AND SEE
THE JOY THAT
THE WORLD CAN
BRING, SIMPLY.”

— Tony Curl



By definition, to celebrate is to mark something by festivities or other deviation from routine.

We celebrate the birth of a New Year every January 1st and “true love” about six weeks later on Valentine’s Day.

Then many of us of Irish descent—and a lot who claim to be once a year—drink green beer in a celebration of the life of Saint Patrick.

I understand these, and celebrate them all, but have also come to realize the importance of practicing celebration daily.

Or, as I like to say, “Celebrating the NOW”.

Far too many people are focused on the future or waiting for some big moment rather than enjoying what they currently have.

This thinking sets us up for perpetual let downs and ultimately missing the amazing things that are right in front of us.

CELEBRATE THE NOW

by Danny Bader

In fact, science has proven that those who celebrate what they have and their accomplishments on a regular basis are more confident, motivated and happier overall than those who fail to recognize the good things in their lives (The Happiness Project and Success Intelligence, Ben Renshaw).

You're probably wondering, "Sounds great, but what do I have to celebrate daily"? With hectic schedules, bills, and the doom and gloom of the news, it's easy to forget what we are most thankful for in life.

So, here are a few of the ones that I am most grateful for and celebrate daily. And while this list may not apply to you, it will help you get started thinking about your own.





Not sure where to start with your own “daily celebration”? Don’t be discouraged; it’s not an easy task.

After all, it requires us to be conscious or mindful of our most valuable resources. To truly celebrate what we are joyful for, we must be relaxed and be able to put our lives in proper perspective.

And like anything, this takes time, dedication and good old-fashioned practice.

MASTERING MINDFULNESS

The first, and most important, step is to commit to being mindful. This means being aware of your surroundings, taking the time to enjoy your meal, focusing on your breathing a few times a day and slowing your pace down so that you can truly take in the world around you. You don't have to do this all day but remembering to do it throughout the day will help you gain a better perspective.

OBSERVATION IS KEY

Once you learn to slow down, you will begin to notice things that may have slipped past you in the past. "That snowfall really is beautiful. It's not just a nuisance." You will start to see things more vividly and this will allow you to begin to appreciate all the things in life that are important to you.

TIME TO CELEBRATE

This part is critical! Now that you are finally seeing all the wonderful things that you should be celebrating in your life take the time to recognize them. Whether it's writing them down in a gratitude journal, discussing them at the dinner table each night or simply making it part of your daily prayer/meditation, it's important to communicate what you are thankful for in one way or another.

Or, rather, celebrate it! I encourage people who are just starting out to have fun with it by starting a "Celebration Board" and cut out words and pictures of what you are most grateful for and pin it to the board. Hang your board in your bedroom or office to remind you daily of all of the great things in your life!

Jesus, Buddha, and many wonderful spiritual teachers all encouraged us to “Stay awake”. By this they mean to live this gift of life in the moment.

Look around. Choose to see what can be celebrated. You’ll celebrate the fact that you did!

But I promise, once you learn to “Celebrate the NOW”, you will be more fulfilled, happier, and more energized than ever before!

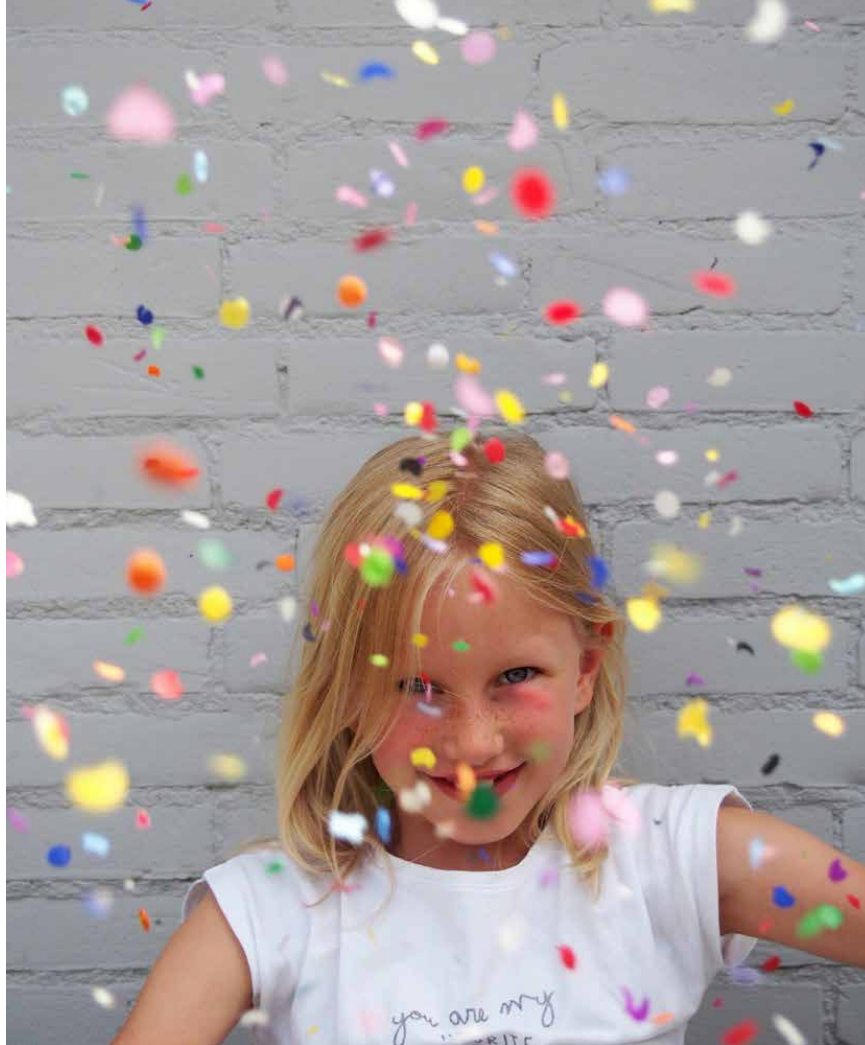
Now to me, THAT’s a reason to celebrate.



Big or small, celebrate
it all.....

Celebrating isn't just for birthdays and weddings, its for any time that something good comes your way.

The energy of celebration is positive and high vibe and feeling good is the aim of the life game, so get your sparkly pants on and celebrate!



CELEBRATE IT ALL

by Erin Martin

1 *Give yourself permission to celebrate.*

Do you allow yourself the space to celebrate your wins?

It's so easy to brush over the little wins that we experience and to focus on the not so good aspects of our life isn't it?

Take the time to acknowledge the daily wins that come your way, they are there!

Take notice when someone gives you a compliment or when you manage to accomplish all of the things on your 'to do list'.

You may think of these things as unimportant, but these are little wins that should be celebrated!

Big or small, pat yourself on the back when something goes well and feel good about it, enjoy it.

Allow yourself to feel proud, whether you consider it to be a minuscule or massive win.



2 *Treat yourself*

Be kind to yourself and treat yourself to something special.

This doesn't have to be anything expensive or extravagant, but something that feels special to you.

Go for a spa day, buy that pair of shoes that you have been lusting after.

Give yourself an afternoon of self love and relax in a hot bath with your fav book. Whatever feels good and is a genuine treat, just for you.

You are deserving and so shower yourself with love and kindness and allow yourself to feel good.

Think how much you would celebrate your best friends or children's success and focus that level of joy on yourself.



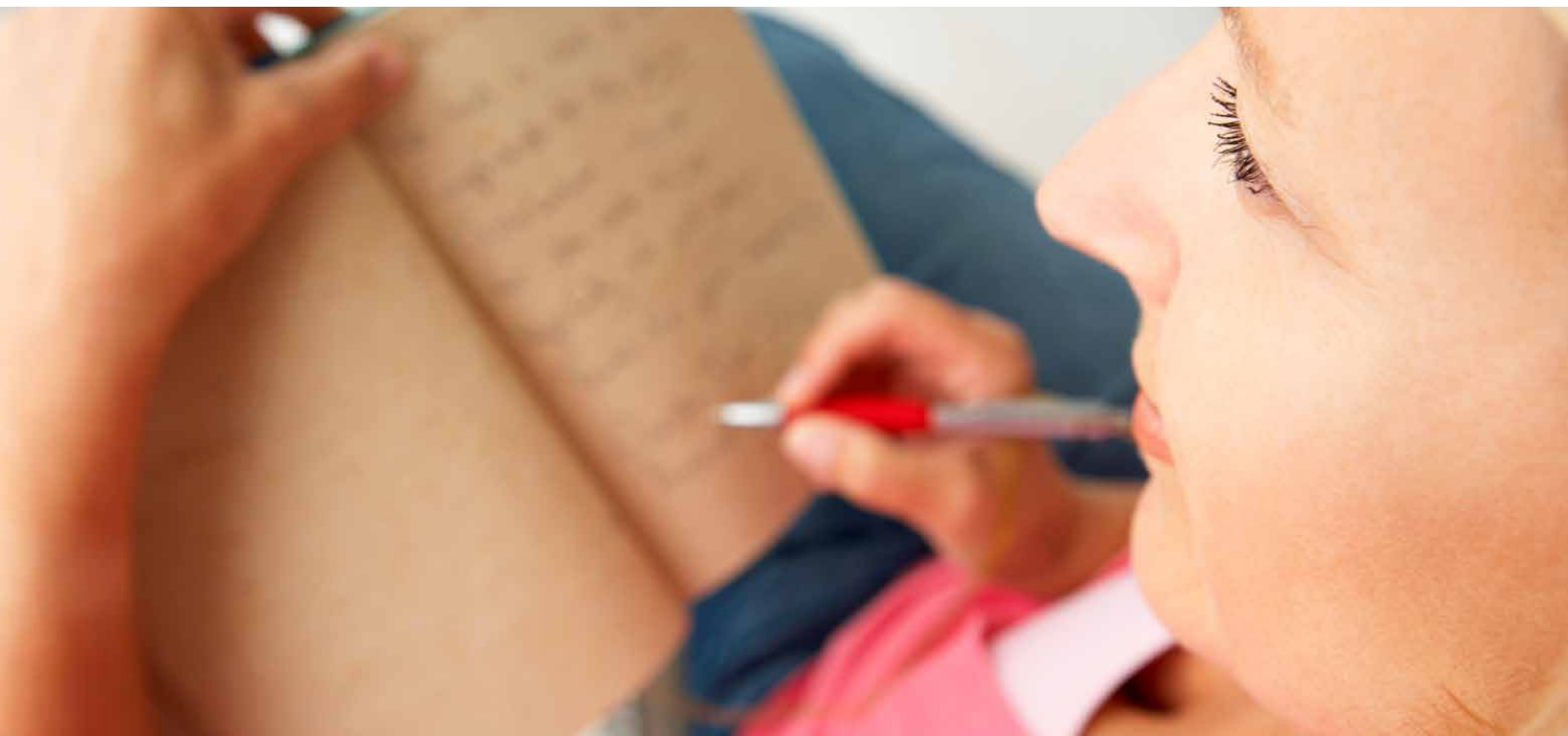
3 Journal

Journal your wins and successes. Journaling is a beautiful way to be present in your life and showing gratitude for what you have.

It's a lovely way to appreciate what has come into your experience and to acknowledge the things that went well today.

Often, we can forget the compliment from a stranger or the amazing performance review that we had.

Journaling encourages you to relive the positive wins and to spend a little time thinking of them before they disappear from your conscious mind.



4 *Acknowledge what's working*

Celebrating your success allows you to see what is currently working in your life or business.

By focusing your attention on the things going well, it may help you to figure out how you can transfer that success into other parts of your life.

Maybe you have great success in certain areas of life but not in others and by reviewing your behaviour patterns, you might find ways to use those skills to improve other life areas.

Look at the amount of energy and passion you put into some things, leaving other areas of your life a little malnourished.

By looking at what is working, you may also be able to let go of some things that aren't serving you, freeing up more of your time to focus on your happiness.



5 *Success mindset*

It feels good to celebrate and this raises your vibration up high, allowing more to flow to you.

Celebrating your success puts you in the mindset of being successful, not striving for it. Allowing yourself to feel the success, your mindset will begin to shift into a more powerful energy.

By accepting and feeling the success, your confidence will rise. Momentum will kick in which will push you forward into even more success.





To be happily successful, you have to feel it, not always striving to be it.

The power comes from within and celebrating your achievements cements this feeling into your energy.

Share your success with others too, not to gloat or feel superior but to inspire.

Be the role model to your family, friends and children. Show them that its important to celebrate their own wins.

Celebrate constantly through your life!

Whether its in your journal, a quiet treat just for you or a lavish knees up.

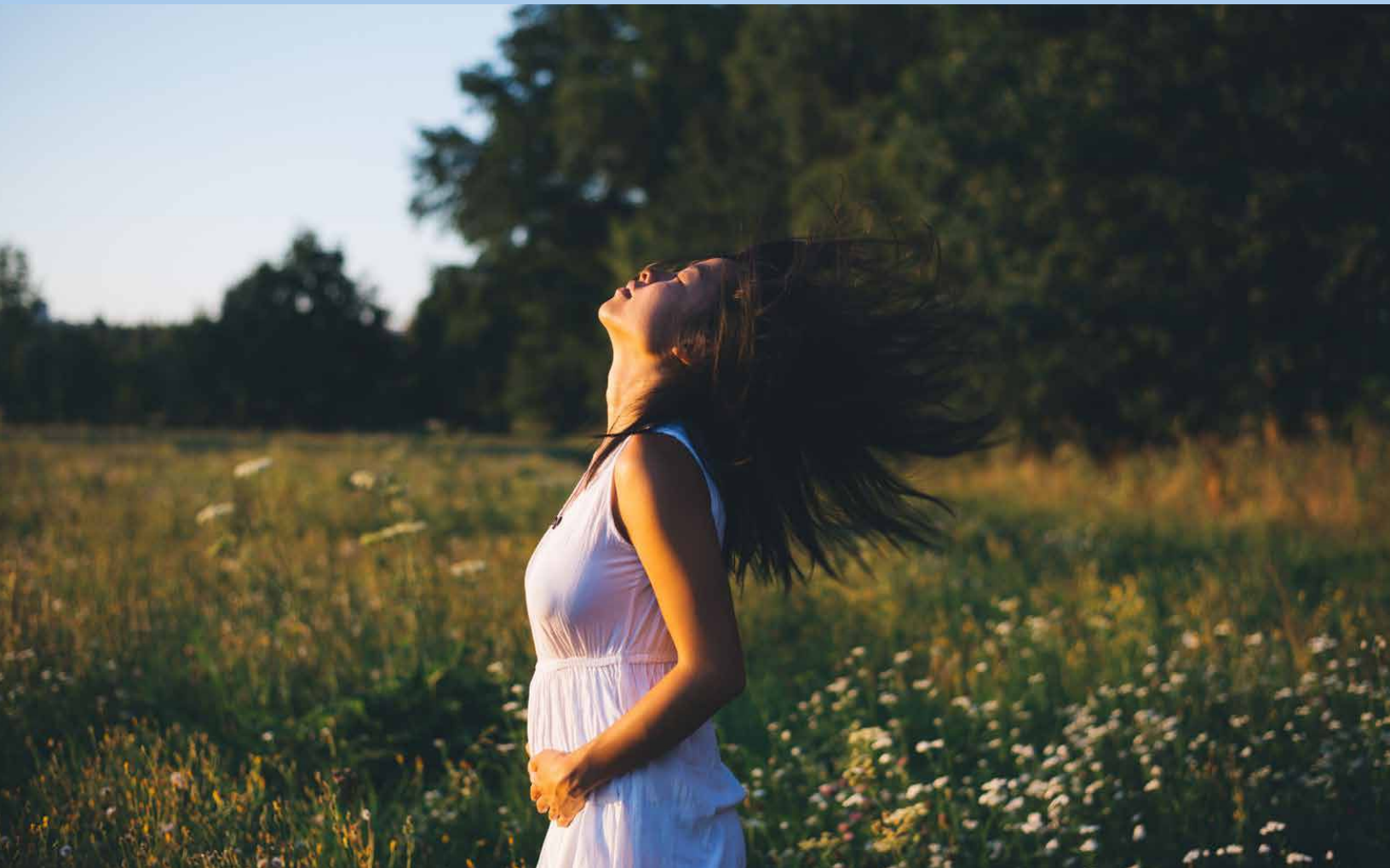
Life has constant ebb and flow so all the more reason to make the most of every opportunity that deserves a big

Well done!

HOW TO ENJOY THE HOLIDAY SEASON

WHEN YOU'RE EATING FOR TWO

by Dr Ryan Harvey



Whether you celebrate Christmas, or are just spending time with family and friends over the holiday season, there's guaranteed to be a smorgasbord of food for you to indulge in.

If you're pregnant though, that smorgasbord of choice can be a dietary minefield. As an expectant mum, there's a long list of foods you shouldn't eat.

When you're pregnant, hormones racing through your body impact your immune system.

That's why, as doctors, we advise pregnant women to watch what they eat to protect both them and their unborn baby.

Pregnant women are far more at risk of suffering food poisoning from bacteria, such as *Listeria* and *Salmonella*, in the food they consume.

While *Listeria* is rare, a report from the New South Wales Government Food Authority found "pregnant women are up to 13 times more likely to get listeriosis from contaminated food than an 'average' healthy adult with no underlying illness".

An alarming one in five cases tragically result in miscarriage or infant death.



So, what CAN mums-to-be eat?

Here's a breakdown, and remember, hand and kitchen hygiene also play an integral part in food safety.



R

1. Sliced deli meats, **ONLY** if they are cooked/re-heated until they are steaming hot to kill off any Listeria bacteria.
2. Cooked whole roast meats that are sliced just before eating are safe, and ensuring any leftovers are eaten within a few days.

What to avoid: Processed (sliced, diced and shredded) ready-to-eat deli meats and cold, cooked chicken, because they risk containing Listeria.



1. Only eat eggs that are fully cooked i.e. Scrambled eggs.
2. Dishes that are cooked with pasteurised eggs as an ingredient.

What to avoid: Raw or undercooked eggs can contain Salmonella bacteria.





CHEESES

1. Hard cheeses like Cheddar and Parmesan are good. They are acidic, which can kill off Listeria bacteria during its shelf life.
2. Soft cheeses are out unless they are an ingredient in cooked, hot meals.

What to avoid: Soft and semi-soft cheese on its own, such as Brie, Camembert, Fetta and Ricotta.

PATES & MEAT PASTES

1. Cans and pouches of pate, meat or fish pastes are safe because they do not require refrigeration.

They would have been cooked at a higher temperature to ensure they are 'sterile' of any bacteria, such as Listeria.

What to avoid: Refrigerated pate and meat pastes, as the risk of listeria could occur between the cooking and packaging stages.

FRUIT, SALADS & JUICES

1. Fresh, frozen, and canned fruit and vegetables are good. Prepare your own fresh cut fruit and vegetables at home, and wash them before consumption.
2. Pasteurised juices are safe to drink because they are heated to a temperature that ensures any food poisoning bacteria are destroyed.

What to avoid: Fruits and vegetables that have been pre-cut and aged; pre-packaged salads, and fresh juices at cafes or from grocery stores.

SEAFOOD AND SHELLFISH

1. Smoked seafood and cooked crustaceans can be safe if included in fully cooked dishes.
2. Watch your intake of certain types of cooked fish that can have high levels of mercury (such as flake, swordfish and marlin).

What to avoid: Cold-smoked seafood, raw fish and pre-cooked prawns.



SUSHI & OYSTERS

1. It's safe to consume freshly prepared sushi that only contains freshly cooked ingredients.

What to avoid: Raw fish sushi and oysters. Raw fish is more likely to accumulate bacteria or viruses than cooked seafood.

SEED & SPROUTS

1. Seed sprouts (eg. alfalfa sprouts and bean sprouts) that are cooked are safe to eat, because the heat kills off any bacteria.

What to avoid: Any kind of raw sprout poses high risk of catching Listeria, Salmonella and E. coli.



*Always
check
sandwiches
and salads to
see if they
contain
raw sprouts.*

CHOCOLATE, ICE CREAM, YOGHURT

1. Chocolate is completely safe to eat in moderation.
2. Hard frozen ice-cream and gelato is safe as Listeria can't grow in a frozen product.
3. Soft-serve yoghurt should be safe to consume because the acidity doesn't allow Listeria to grow.

What to avoid: Soft serve ice-cream is high in moisture and protein content, and Listeria can grow slowly in this product.

As you can see, by noting the foods you need to avoid, there's no reason not to sample the delights of the holiday table, and you'll enjoy a healthy holiday season and a healthy pregnancy.





life is a gift

WAKE UP EVERYDAY
AND REALISE THAT

GOAL SETTING FOR GODDESSES:

How to Celebrate
the End of Year with
Peace of Mind

by Maggie Georgopolous



The silly season can often be a real stress for us.

Whether we have a family of our own, are catching up with family or just spending it with friends, the lead up to the end of year can be a mind field of stressors.

We can end up feeling like we have just run a marathon while carrying the kitchen fridge rather than rested, relaxed and enjoying the festivities.

We then end the year by making resolutions on how we are going to make the next even better.

I don't know about you but that doesn't feel like a celebration when all is said and done.

Let's have a look at how you can make it a real celebration and make sure you celebrate your successes.

Let's put some strategies in place to ensure that you really do get to enjoy the celebration and don't get lost in the hype of what you should have done or should be doing.

CELEBRATE YOUR SUCCESSES

Sit down and write yourself a letter. In that letter make sure you cover the following things:

★ Your greatest accomplishments for the year (no matter how small or insignificant you think they are)

★ The magic moments

★ What would have disappointed you if it hadn't happened

★ What you are most grateful for in the year that has been

★ What really made a difference in the year

★ What was one thing you wish you knew at the start of the year, and finally

★ Now I am celebrating....



Break down the roles that you had in 2017

One of the challenges women have is the many ‘hats’ they feel they must wear.

An important part of being a Goddess is to make conscious choices about the roles you choose and how you play them.

Nobody said you had to be all things to all people and it is always best to avoid doing things that you feel you should. This only leads to a stressed-out you who resents the people you wish to help.

LET'S BREAK DOWN THESE ROLES:

- The roles I had in 2017 were...
- The roles I wish to show up as in 2018 are...(list no more than 8!)
- Now pick a word (only one) which describes how you want to show up





MAKE YOUR PROMISES FOR 2018

A Promise differs to a goal in that it is a personal commitment you make to yourself about what your heart desires.

It should describe your intention and the impact you want to make in the world – this year.

The difference in energy is subtle and should leave you free to receive opportunities that come your way this year.

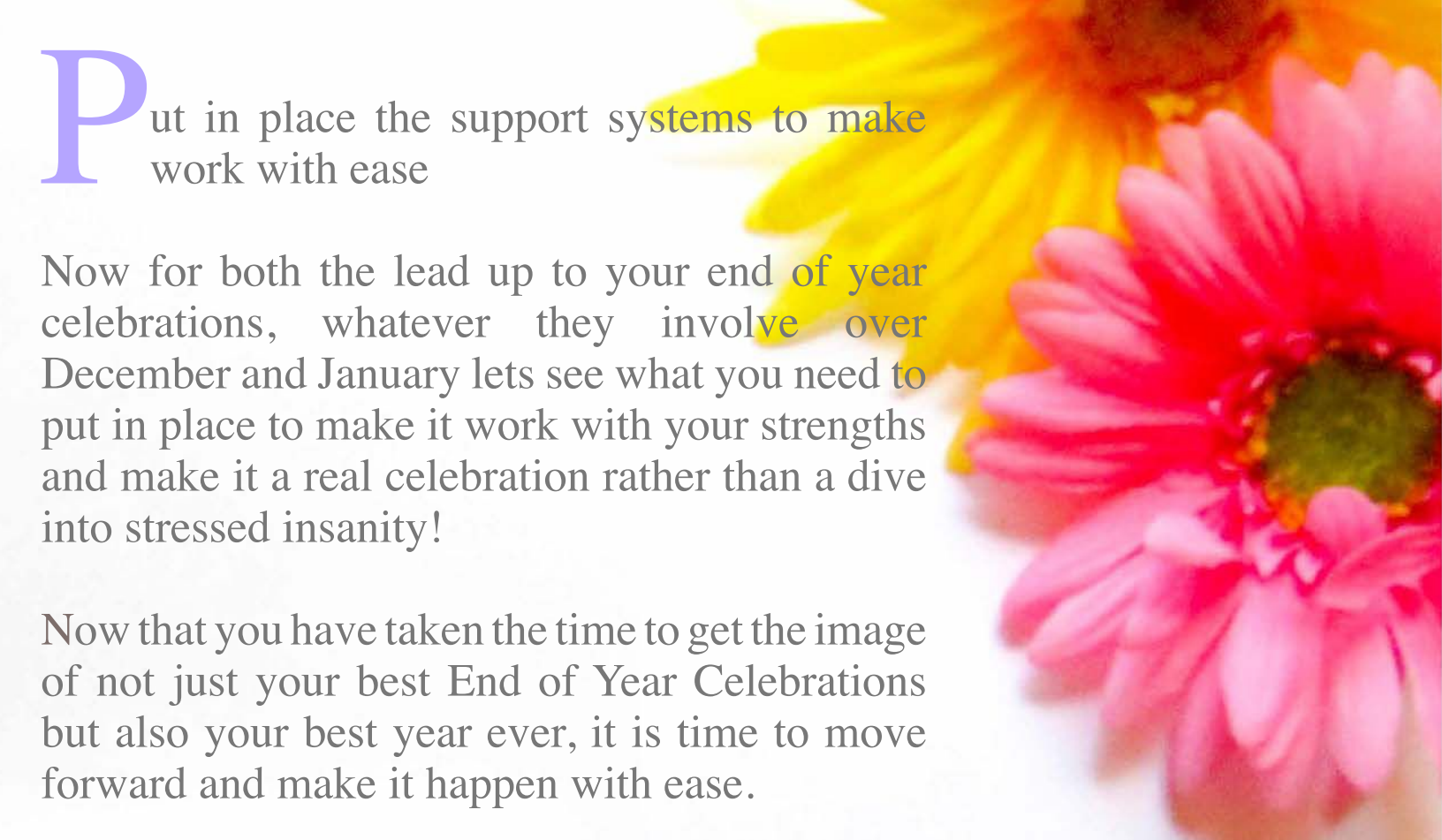
Promises also to support your more gentle way of treating yourself.

You can, of course, still share your promises – in fact I would encourage you to do so as this helps people to be able to support you with them.

IN YOUR JOURNAL

- ◇ Make one or two promises for each of the roles that you have listed.
- ◇ Once you have done this, rank them. This will help you determine which promises are your priority
- ◇ Take the above and write yourself a letter about the year you have just had, as if it is the end of 2018.


- (Make sure you describe all the amazing things that you have experienced, what you are grateful for, the support you have received, the people you have attracted and connected with, your magic moments, and so on.)




Put in place the support systems to make work with ease

Now for both the lead up to your end of year celebrations, whatever they involve over December and January lets see what you need to put in place to make it work with your strengths and make it a real celebration rather than a dive into stressed insanity!

Now that you have taken the time to get the image of not just your best End of Year Celebrations but also your best year ever, it is time to move forward and make it happen with ease.



*Remember,
go back to the
letters when you
need to remind
yourself to
celebrate and
make sure
it is for you.*

A young girl with a yellow bow in her hair, smiling and looking up, with colorful paint splatters on her face and dress. The background is a soft, out-of-focus green and yellow.

YEAR'S END IS NEITHER
AN END OR A
BEGINNING BUT A
GOING ON, WITH ALL
THE WISDOM THAT
EXPERIENCE CAN
INSTILL IN US

- *Hal Borland*

RELATIONSHIP CELEBRATION

by Melissa Ferrari

Most of us look forward to the December Holiday break all year. Traditionally it's a time to slow down and unwind, but for many it's also action-packed with lots of things to organise, social engagements, hosting duties, family functions and children needing entertainment.

Although you may be intending to spend more time with your partner over the holidays, once the silly season starts it can be easy to forget about making them a priority amid all the chaos. There can also be a lot of stress at this time of year which is sadly why December and January are the most common months for couples to break up.



So don't become a statistic and make sure you celebrate your relationship this festive season with these simple tips:

1

Acknowledge your love

It's easy to become complacent in love, especially when you've been with someone for a while.

So use the holidays as a reminder to tell them how much you love them and what they mean to you, write a beautiful card or love letter, pull them under the mistletoe for a kiss, or simply thank them for being the special person in your life.



2

Give thoughtfully

You don't need to spend up big when it comes to presents, but putting careful thought into what they might like is a nice way to acknowledge your love for one another and bring more joy into the season.

Other 'gifts' outside of the season are a great idea too, even if it's as simple as bringing them pancakes in bed.

3

Embrace the memories

Use this holiday downtime as an opportunity to reflect on the year and bring out old photos and videos to enjoy reliving cherished memories of good times spent together. Playing favourite songs or watching movies you both love, are also other examples of ways to remind each other of your bond you have.



4

Plan special activities

Family functions, work Christmas parties and summer barbecues with friends are all great fun but don't forget to schedule in a few date nights for yourselves or other activities where it's just the two of you. Give your relationship the dedicated and uninterrupted celebration it deserves.

Another good idea is to revisit a popular date destination from the early days you were together to help boost old feelings and the experience of 'limerance' (which is the desire to form or maintain a relationship with the object of your love), because that's how the brain is wired.

5

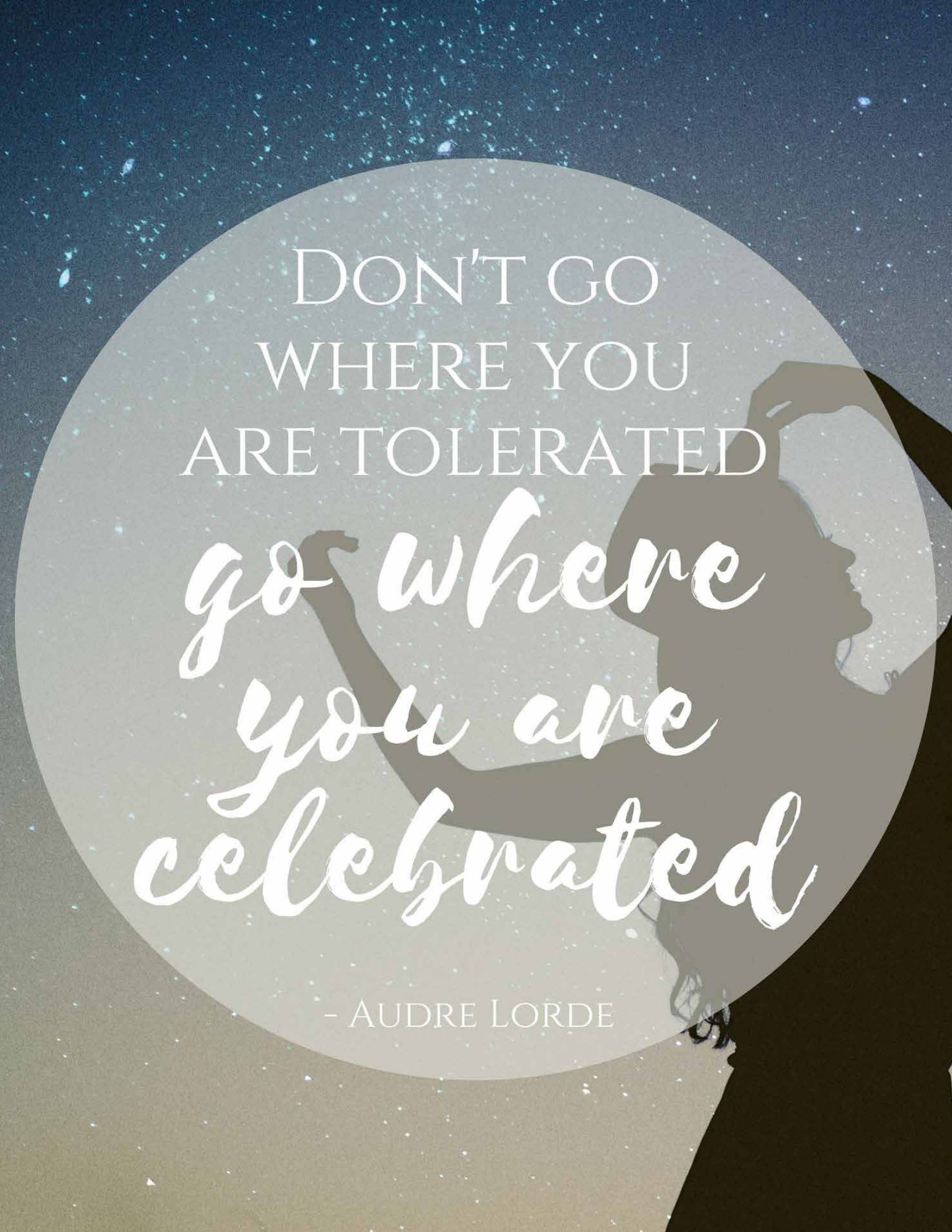
Do something new

There's nothing like mixing things up to add some fresh spice to a relationship whether that's simply repainting the house, trying a new fitness regime together, taking that trip you've always wanted to do or buying new sets of clothes.

The brain loves novelty so doing anything with your partner that feels 'new' can also help enhance a more positive experience for you both which is what you want over the Christmas holidays.



*Use this time
to remind each
other of the
bond that you
have*

A circular graphic with a starry background and a silhouette of a person with their arms raised. The text is centered within the circle.

DON'T GO
WHERE YOU
ARE TOLERATED

*go where
you are
celebrated*

- AUDRE LORDE

CELEBRATE AND FLOURISH

by Gillian Stevens



Burnout, compassion fatigue, or any of the stress-related conditions that are appearing in epidemic proportions, particularly at this time of year, are the effects of an imbalance and the body's inability to cope.

Over the last 15 years in my role as a guidance counselor, I had become disheartened and frustrated working in an education system that seemed to be broken. I wanted desperately to make a difference but felt stuck. I was burned out, overweight, tired, and unhappy.

When my colleagues asked the inevitable questions about what I'm going to do in my retirement, I spontaneously and brazenly stated that I'm going to write and publish a book.

In the beginning, I convinced myself that it was enough that I had stated my dream out loud. But, as summer drew to a close,

I suffered some angst knowing soon I'm going to have to walk my talk. It was the time a friend invited me to attend a 'Get Motivated' conference.



At that conference, I was approached by a book publisher that I knew would be instrumental in helping me fulfill my dream of being a published author.

I realized I could make a difference by writing a book that supported those who give up their time and energy to help others while often sacrificing their own well-being, needs, and desires.

During the year of my book writing, I was excited and scared everyday. However, when I held the finished book in my hands, all the time, energy, struggle, and anxiety was definitely worth it.

I was flourishing and living the life I had been thinking and writing about.

I invite you to consider applying the Flourishing Process to your life:

Focus

Slow down and become aware of what you want and need.

Set your intention to focus on yourself and place your attention on what needs to shift.

Love

Love yourself enough to make the time for yourself and what you want, need, and dream about. Admit what you love about yourself and what you love to do.

Own it

Everyone has a story, and we can get fixated on an issue that causes us to repeat sabotaging behaviors. Re-frame your story and focus positively on the learning gained from each experience. Celebrate all the learning and focus on being a victor, not a victim.

You could use an ornament on your desk as your anchor so that each time you look at it, you think of 5 things to be grateful for. An anchor is lovely way to bring the practice of gratitude into your day naturally so that, over time, you do it automatically.



Unity

We're not alone in the busyness of our lives, although, the speed of life often makes us feel like we are rushing and isolating ourselves from others. Seek support from your tribe or mentor.

Responsibility

Go first and others will follow; not because you ask them to, but, because they are inspired by your confidence and actions.

Take charge of your life and commit to your goals. Step into the responsibility of being a leader among your friends, colleagues, and family and lead by example.

Inspiration

We all have a unique personal purpose by virtue of the fact that we are here, at this time.

By cultivating your relationship with your spirit and inner wisdom, you open the lines of communication to discover your purpose.



Synergy

When our body, mind, and spirit are in alignment or in synergy, we are healthier. We are also stronger together when we take care of our well-being, accept the help from others and encourage others to do the same.

Harmony

As we move authentically in our lives, doing what we believe we're here to do, make us contented, if not happy. We mean what we say, and act consistently with what we believe in and that contributes to creating harmony within our relationships in our homes, workplace, and communities.

The universe works in mysterious ways. Perfect circumstances arose to guide me toward achieving my goal. My friend's invitation became the catalyst that sparked the commitment that moved me from thought to possibility. I had been in the right place at the right time all along, and it had all worked out perfectly when I was ready. I urge you to seize each moment knowing you will be supported in creating the life you deserve. Here's to living a flourishing life!



EXERCISE
IS A
CELEBRATION
OF WHAT
YOUR BODY
CAN DO
- NOT A
PUNISHMENT
FOR WHAT
YOU ATE



CELEBRATE YOUR HEALTH

by Kim Speed



Are you like me this holiday season - feeling as if you're dealing with a never-ending 'To-Do' list, mad dashes to meetings, busy mornings, crazy afternoons, and sometimes even crazier evenings; the word jam-packed gets a new meaning as there is bumper-to-bumper traffic of tasks — in your head.

This is also when exercise gets pushed to the edge (and sometimes falls away totally) and sodium-laden convenience snacks have an irresistible charm.

I begin to think that if 'Remember to Breathe' is also an item on my 'To-Do' list, then where does the six-letter word called HEALTH fit in?

Can there be a magical elixir that one could just drink and have one's health taken care of?

While there isn't any one magical elixir, there are some really simple steps that have worked for me - they're like magic because they bring me back on track with my health.

Good Ol' Water...

Dietitians swear by this. At times, you ‘think’ you are hungry but what the body is really asking for is water. Boring, some might think. When you are stressed, it is easier to reach out to the sugary snack in your purse or drawer and get that instant gratification.

But just a moment! One deep breath in.

Do you remember what follows that instant gratification? A SLUMP. A big energy slump! Like a truck just ran over you.

Reach out for that glass of water instead – better still invest in a water bottle – so it stands right there as a constant reminder to ‘drink me’.





Just That Bit of Planning

How about planning on paper? Or electronically, if that suits you better. This is a different type of 'To Do' list. All it needs is 30 minutes. It starts with a Master List of ALL the things you need to do, then scheduling them to the weekdays.

What's new you say? You did that already.

The difference is that Health becomes part of this list. Research has time and again showed us the benefit of writing down tasks. Your exercise, eating, and fun will also get scheduled on this list.

Build in some mandatory time for thinking through and then preparing healthy snacks in advance like foods that taste great and easy on your taste buds.

How will you keep yourself accountable? Building in healthy rewards and getting a buddy to do it with you are good ideas to consider. my way to an early grave.

Get Em Movin'

Those tired and aching muscles... But where is the time you say? Circle back to the list here – it is tied into your schedule.

And that planning has helped you identify the activities you like – they can range from the regular pumping iron in the gym to slower paced yoga classes. Or dance. Or time out with the kids. Or the dog you need to walk. I have tried all of these at various points in my life.

Being creative and asking yourself, “What is the most fun way for me to exercise?” is a great way to come up with creative ways to schedule that muscle movement.

Each Monday evening, I incorporate a core strength class with a meditation focusing on gratitude and thanks for our personal health and wellbeing.





Fun

Fun? Do you still think of having fun when you think when there is hardly any time to even breathe in an over-packed schedule?

That is precisely the reason that you need to ‘build’ it in. It has to circle back to a core value related to meaning in some sort of way. What – Just What – use is living life, if it’s all a helter-skelter, race-against-time mad mush ALL the time.

So, do a bit of back-to-the-past visioning. Think back on the times when you have had a really good fun. What were you doing? Who else was involved? And the best empowering question of all – how can you recreate those moments and make them be a part of your week or weekend?

A good idea is to think of a mixture of what you can do on your own and those that involve other people. Do a bit of self-coaching if parts of you feel guilty. You deserve to have some ‘me time’ in order to rejuvenate. Ask yourself what might come in the way of this special ‘me time’ and then go ahead and slot it into your schedule.

Pillow Time

Last but not least – the pillow is your best friend.

Make your sleep a priority and following common sense sleep hygiene like sleeping on time, keeping your mobile away from you, waking at a regular time, avoiding the news right before you sleep, or any kind of overstimulation is key to getting a good night's sleep.

These are simple strategies but doing these on a regular basis brings results.

The Planning Tool helps one keep on track and acts as a record and a tracker. It helps you to coach yourself into recognizing what makes you tick, what does not, and to do more of what does make you tick.





12 SIGNS TO CELEBRATE

by Estelle Williams

When it comes to celebrating, each of the Sun signs approach it in a different way.

Air signs are often the life of the party – their conversations sparkle and enliven everyone to whom they come into contact.

Fire signs are also irresistible when it comes to party invitations and other fun festivities. They often go hard and fizzle out early though, so it's best for them to pace themselves.

Earth signs may seem a little too grounded and serious to have a lot of frivolous fun, but every party needs the organisational, culinary and decorating skills of this group.

And water signs may be hard to find during party season, all that boisterous energy will be overwhelming for the empathics in this group, otherwise they may tend to indulge a little too merrily in the holiday spirit, if you know what I mean, in order to handle the chaos.



MARCH 21-APRIL 20
CARDINAL FIRE ~ RULED BY MARS

Aries

The Ram loves a party, and her fiery energy burns bright and strong, at least early in the evening.

If she's not careful though, she might find burning the candle at both ends will eventually have a toll on her health, so moderation is key. The slightest hint of boredom at any soiree will see her seeking greener pastures to ignite her sense of fun.

Taurus

If you want your celebrations to be the finest that money can buy, then make sure you include the Taurean girl in your party committee.

She will see to it that no expense is spared to ensure a gourmet experience is had by all and her talent for celebration is in her steadfastness and reliability.



APRIL 21-MAY 21
FIXED EARTH ~ RULED BY VENUS



MAY 22-JUNE 20
MUTABLE AIR ~ RULED BY MERCURY

Gemini

The Twins will be the life of any party, only make sure that they have the freedom to flit and float around the guests, igniting the chatter and the camaraderie.

Music is essential so you might want to let these girls have free reign over the turntable, the place will be jumping with fun and good vibes.

Cancer

The Crab will rarely host a boisterous affair in her own home, she's more into quiet and intimate gatherings where everyone feels honoured.

If you do spot her out and about around town, then it won't be a long night as she is not a stayer on the party circuit. She likes to have fun of course, but she knows her limits.



JUNE 21-JULY 22
CARDINAL WATER ~ RULED BY THE MOON

Leo

The Lioness will be the centre of attention at any gathering, and especially so at any celebration whether she is the hostess with the mostess, or if she is an honoured guest.

You won't find her playing second fiddle to anyone, so be prepared for high drama if anyone dares to take the spotlight from her.



JULY 23-AUGUST 22
FIXED FIRE ~ RULED BY THE SUN

Virgo

Any important celebration needs the Virgin as the mover of the engine that makes it all a success. She will have checklists that will be organised and ticked off, and she will know who provides the best patisserie and the finest wines at the best price. Be careful that she doesn't run herself off her feet however, so give her the opportunity to have a rest break.



AUGUST 23-SEPTEMBER 22
MUTABLE EARTH ~ RULED BY MERCURY



SEPTEMBER 23-OCTOBER 22
CARDINAL AIR ~ RULED BY VENUS

Libra

The Libran lady is the one whose counsel you should seek when putting together the perfect guest list. She knows that David should sit in close proximity to Susan and Paul, but for goodness sakes don't put him near Suki! She is aware of the balance that makes any celebration a success, and this goes not only for the guest list but for the decorating as well.

Scorpio

The Scorpion is a difficult one to work out when it comes to her celebrating style. She is more likely to have a serious celebration once she has dealt with any unpleasantness in her life to her complete satisfaction, and her triumph will be most probably kept to herself. She loves to understand the deeper meaning behind any celebration and is not one to party for the sake of partying.

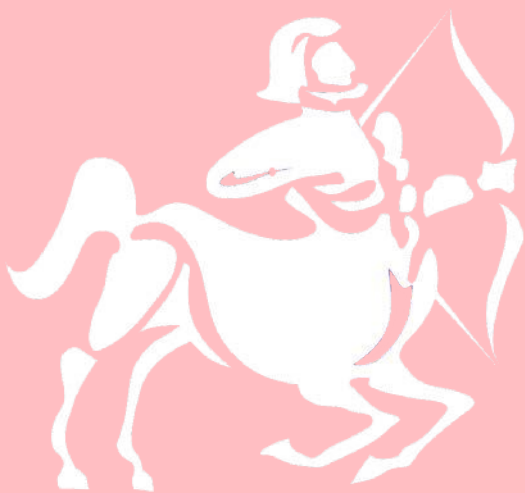


OCTOBER 23-NOVEMBER 21
FIXED WATER ~ RULED BY PLUTO

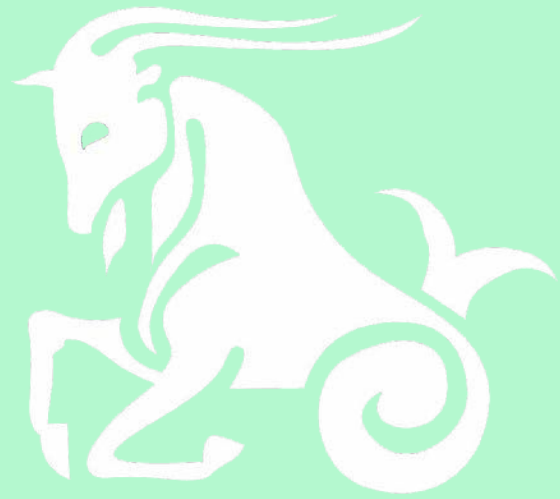
Sagittarius

If you're hoping to catch the Archer in the midst of a celebration, be sure to get her snapshot as soon as you spot her.

She finds a lot of celebrations become tedious if drawn out and will probably have a whole raft of parties, friends and conversations to choose from and it's doubtful if you'll see her in one place for a whole evening.



NOVEMBER 22-DECEMBER 21
MUTABLE FIRE ~ RULED BY JUPITER



Capricorn

Contrary to popular belief, the Capricornian girl knows how to party and have fun like no-one else.

Her serious side is happily set aside when there's a celebration going on, and her reputation is one of rubbing shoulders with those in her sphere who are important enough to warrant her attention and who will be of service some time in her future.

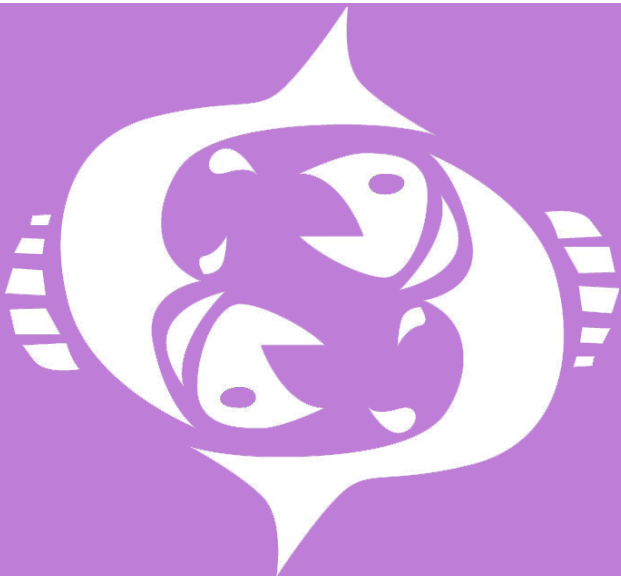
DECEMBER 22-JANUARY 20
CARDINAL EARTH ~ RULED BY SATURN

Aquarius

The Water Bearer is fond of parties, especially if it involves a quirky and eclectic mix of people. She is not one who stands on ceremony and tradition, rather she is interested in the differences of people and celebrating diversity. She is such a lover of freedom, and not just for herself but for all her friends, that she is likely to be organising a benefit for a worthy cause.



JANUARY 20-FEBRUARY 18
FIXED AIR ~ RULED BY URANUS



Pisces

The girl who is born under the sign of the Fishes is fond of partying (sometimes a little too much!) and she is also fond of intimate gatherings that are not loud and boisterous, as she often feels battered by noisy environments and people.

She'll escape with a flick of her tail if she feels her energy is being drained by less sensitive souls, and who can blame her?

FEBRUARY 19- MARCH 20
MUTABLE WATER ~ RULED BY NEPTUNE

A woman is lying on her back on a large, vibrant rainbow-colored blanket spread across a paved road. She is wearing a white tank top and shorts, and her arms and legs are raised in the air, holding paintbrushes and paint cans. She appears to be in the middle of painting a mural on the road. The background shows a clear blue sky, distant mountains, and utility poles. The entire scene is overlaid with a semi-transparent green filter.

REMEMBER THIS *moment*

cherish THIS STORY

CELEBRATE THIS *life*



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