



NEWSLETTER
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For busy professional women and small business owners wanting more success and fulfillment in their careers and more time, balance, and joy in their personal lives.

Just Do It!

Life seems to be coming back around full circle lately. Two years ago I attended a self-development workshop. At the beginning of the day we were told that we would be breaking a board in half with the palm of our hand. I'll never forget my initial reaction, "You won't be seeing me breaking any boards!"

About halfway through the day we received our boards... solid wood, about ten inches square, and an inch thick. Throughout the day we wrote on our boards. We wrote our fears, our limiting beliefs, and anything else that stops us from having what we want.

We were led through a series of exercises:

- We visualized what our life would be like if we still carried around those old limiting beliefs five, 10, 25 years from now.
- Then, we rebuilt our belief systems. Coming from our "highest good," we declared who we REALLY are and how we intend to be.

It was then time to break our boards and *break through all those old beliefs and fears that have been stopping us*. I was really struggling. I had one foot entrenched in possibility and the other foot was stuck in the past.

To me that board represented a belief that I'm not good at anything that takes athletic ability. This is a very old belief rooted in my experience of living with a heart condition and having open-heart surgery at the age of five.

To be honest, I wasn't just struggling, I was freaking out! I

wanted so badly to break through this old stuff and yet, it seemed insurmountable to me. Our leader, recognizing my dilemma, looked at me and said, "You're going to be the first one to break through this!"

I soon realized that it has nothing at all to do with the board itself. In order to break your board, you can't be focusing on the board. You have to concentrate on a point 12 inches past the board.

When we focus on our fears and the beliefs that hinder us, that's ALL we can see. When we look past all that nonsense to the possibilities that lie ahead we can, indeed, DO and HAVE whatever we want.

I'll never forget that surrealistic moment when I broke that board in half with the palm of my hand. It was so EASY.

Last month, I attended another self-development workshop. On the last day of the event, we had the opportunity to break through old beliefs that were holding us back. Sound familiar?

Only this time the exercise was something even more challenging. Something that could cause us serious physical harm - actual damage - if done incorrectly. (Because of a promise I made in that workshop I'm not allowed to tell you exactly what it was, although I'm dying to! Just imagine something more along the lines of walking on hot coals, only more potential physical harm. Get the picture?)

As we broke into small groups, I could *feel* the trepidation of many of the participants. Yet, firmly etched – forever anchored – in my mind was the memory of breaking that board and the lessons I learned. I was calm. *I knew* I could do this. I'd been here before, wrestled with that lion and won! I was amazed by my reaction and enjoying every moment of it.

When the timing was right, I jumped up to volunteer. There was a fleeting moment of fear when I realized what I'd just volunteered for! Then I remembered that board proudly displayed in my house. I took a deep breath, got centered and focused, and looked PAST the task at hand to the *result* I wanted to achieve. And bingo! Done. No problem... without any of the fear, panic, and struggle that I'd experienced the last time.

So why am I recounting this? I learned something important that I want to share with you. The first time you take on something you're really afraid of you might struggle and shake. But if you move through it... do it anyway... push yourself past your comfort zone... *you won't have to **keep** facing that fear, continuing to let it stop you.*

The thing that initially looked insurmountable is now a piece of cake because you *took action in face of that fear.*

So what is it for you? Making that call to market your business? Having a difficult conversation with a family member or co-worker? Going for that job or promotion that you really want in

your heart-of-hearts?

Whatever it is, I urge you to go for it. Just do it. You'll find strength and confidence deep inside of you that you never knew existed. You'll believe in yourself on a whole new level. You'll be able to use your success as an anchor. Instead of hiding out, you'll be willing to take on bigger challenges, and they'll actually look easier. How great is that?

Tools to Help You Meet YOUR Challenges

My life is dedicated to personal growth – yours *and* mine. Many of you who've heard me speak have requested books, programs, or audiotapes to help you implement the things you learned in my presentations. With you in mind, I created two CD audio programs. I'm very proud of these and truly believe they'll make a tremendous difference in your life.

In these CD's I share with you the very strategies and practices I used to triple my income in three years working in a business that is more fulfilling to me than any work I've ever done. It's also how I brought my wonderful boyfriend, Tom, (who you get to hear on the CDs) into my life!

The first CD, **decide ~ believe ~ dream**, teaches you a *proven*, three-step process to intentionally create *anything* you want, whether that's rewarding work, financial success, or new and better relationships. *The secret to success is to have a firm commitment, an unwavering belief in yourself, and a clear vision for your future.* In this CD, I teach you *exactly* how to do that. This program will boost your confidence and quiet your fears and doubts.

The Power of Attraction is a two-CD set that embodies the principles and practices I live by every day. I teach you how to draw the things you want to you *with ease*. I show you how to do less worrying and struggling, and yet have more of what you want – *much more*. This program will dramatically raise your chance for success. Guaranteed.

If there's something you want that you haven't been able to bring into your life yet... you've got to give yourself this gift.

In order to make it easy for you to do that, I want to give you a gift - **a 20% discount off the retail price**. *For this month only*, you can purchase both CD programs for only \$40! Simply click [here](#). Enter this promotional code, **June06**, when prompted and you'll receive a 20% discount on anything you order this month. Feel free to pass this discount on to your friends or family. Please remind them that the promotional code is only active through the end of this month.

Decide ~ believe ~ dream and then use *The Power of Attraction* to create your life exactly as you want it to be!

With all my love,
Denise

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