

EMPOWERMENT

Live The Life You Love

Volume 1, Issue 1

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POINTS OF INTEREST

- Decide what you love
- Set your goals
- Manage your time, commit to the work.
- Share your dream and vision with others.

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IN SPIRIT WITH ANTHONY REGAN

The life of Anthony Regan is a courageous story of a man who remains determined to live a whole and fulfilling life with passion, meaning and significance in every area. Follow this week's "EMPOWERMENT" Blogs and discover how Anthony's passion, persistence and generosity to give his talents to support local charities has earned him the respect he deserves as a public figure. Anthony Regan lives an extraordinary example of what true success is all about. He shares his stories about becoming a musician, recording artist, publicly performing band member, talk show host of "Daytime Toronto" for 11 consecutive years, and sports Broadcaster for everything from the junior Hockey Leagues to "The Clarkson

Cup" and Toronto Blue Jays. He had no formal training or education and yet he continues to thrive in his career, and willingly shares his secrets to fulfilling his dreams. Anthony's personal philosophy is "do good to and for others and the Universe will always give back and take care of you." To learn more about the secrets to his success, follow the blog posts at www.essenceforabundance.com



Hop on over to You Tube and check out Anthony's video titled "Escarpment Beauty." Anthony filmed and recorded the video and the music. https://www.youtube.com/watch?v=Gw8vIIP8nE8&index=10&list=TLHK_MKJL90QVA8zZalDipnI2GosYUNVSS

WHERE IS YOUR BUCKET LIST?

Are you living vicariously through your family, friends and co-workers who are out living exciting lives? Here is a way to become empowered and create a life that makes you want to jump out of bed every morning with excitement and enthusiasm to start your day. BucketList.Org is an exciting website that will stim-

ulate your senses with 10,000 bucket list ideas to help you form a vision and set your goals and really start living your dream.

THE BUCKET LIST





There is nothing you cannot do, be or have. There are no limits so aim for the sky.

“Raise your words not your voice. It is rain that grows flowers not thunder.”



Make time to spend with yourself with the intention to be peaceful and creative.

Personal Development-“Are your skills and knowledge up to speed?”

If I told you there was an acre of diamonds hidden in a specific location would you be willing to do the work to find this precious commodity? Would you attend The University of Awesome and start learning if I told you the most precious, sought after gem the world has ever seen was right inside of you? Would you still do the work? The only difference between average and excellence, poverty and wealth, failure and success is what you are willing to

learn and do in between. Excellence is being committed to constant learning, growth, trial and error until you succeed at getting the desired outcome. Below is a FREE 6 part audio course from the Inspirational Speakers Club, presented by Earle Nightingale, who has dedicated his life to researching and teaching these principles of success that anyone can apply to their own life.

[How To Find Your Acre Of Diamonds Part 1/6](#)

<http://youtu.be/5MxhMLuJhjM>

Relationships- “Are you surrounded with love and joy?”

Nightingale-Conant Publishing Company conducted a survey to find out the top challenges people faced in their personal lives. Their findings revealed that relationships are the #1 struggle among those surveyed from all parts of the world. Communication is the key factor to laying a solid foundation for loving lasting relationships. Listen to gain under-

standing and perspective. Stick to the facts. Speak to clarify your understanding of the facts and the desired solution. Communicate effectively and learn to ask for what you want. No one is a mind reader. You are the best expert on your own thoughts and feelings. Never leave the solutions or outcomes to someone else’s guesses or assumptions.

Personal Growth- “Are you creative, giving and spiritual?”

Many people focus mainly on work and family as their fulfillment, underestimating the value and significance of fulfilling other areas of life such as hobbies, contribution/volunteer work and spiritual development as part of healthy, balanced living. When you stop creating and challenging yourself, you get stuck in your comfort zones and dissatisfied with the

mundane routine of home to work. When life lacks variety and creativity, boredom sets in along with fear and unpleasant dissatisfaction. To prevent this from happening, it is important to keep a balance on the “Whole Life Plan.” Putting all your eggs in one or two baskets is selling yourself short on living your full potential. These other areas are also part of your

unique identity that provides variety, creativity and connection with your inner being. These activities provide nurturing and excitement to your spirit that renews vitality and can energize life again.

Health- “Without good health nothing else matters”

When health starts to suffer, every other area of life suffers with it. Medical expenses go up and income starts to go down. It is impossible to be happy when you don't feel well and can't get out of bed or leave the house to do the things you want to do. A balanced, proper diet is the fuel that gives you energy and keeps you going. Regular exercise reduces stress and releases happiness endorphins for mental and emotional well-being. Proper rest

recharges your battery so you can cope, solve problems faster and ward off headaches, depression and other forms of sickness. The quality of your intake is in direct proportion to the quality of your output. Without a solid foundation of good health, nothing else can be supported or sustained.



Love yourself enough to live a healthy lifestyle.

Wealth & Prosperity- “Get yourself off the clearance rack”

Why are wealthy and prosperous generally happier people? They didn't get that way by accident or a fluke of good luck. They didn't develop a positive healthy attitude when they reached the top. It was having a positive attitude first that got them there. They invest their time and money in personal development, training tools and are committed to ongoing learning,

personal growth and developing new skills. They know the information they feed their mind is just as important as the nutrition they feed their body. People are their most valuable resource so they develop strong healthy relationships and focus their attention on finding solutions that will solve problems and improve lives. They work to thrive on all levels of their

being, maintain optimal function and performance and are dedicated to their vision and purpose.

*“If you help
enough people
get **what** they
want, those
people will give
back so you can
have what you
want.”*

Happiness -“Enjoy all the parts of the journey and be whole.”

In the book “You Can Be Happy No Matter What”, the author writes that you can only be happy to the degree to which you think you can control and direct the outcome of your own life. The secret to happiness is freedom. The secret to freedom is courage. Happiness comes from experiencing the actions that bring about the experiences of your heart desires.

Until you have the physical experiences of what you desire you will not be happy. Doing those actions requires courage. Believing you are free to do what you want and have the outcome you desire is the power that fuels your actions to do what you love and learn to filter out judgments, opinions and criticism of others who don't share the same vision. Unsolicited ad-

vice and jargon will inevitably come up along the way. When you get out of the business of other people's lives and start living your own, you can focus and direct your power towards the actions of doing and being who and what you want to be.



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We are on
the WEB!


ESSENCE FOR
ABUNDANCE

"There is no such thing as failure, only feedback."

CLASSES NOW AVAILABLE

7 Simple Ways to Say "NO"

Saturday Oct. 4, 2014 at Keswick Public Library 10:00am-1:00pm

Friday Oct 10, 2014 by teleclass 10:00am-1:00pm

Thursday Oct 16, 2014 by teleclass 3:00pm-6:00pm

REGISTER ONLINE AT: <http://7simplewaystosayno.weebly.com>

APPOINTMENTS NOW AVAILABLE FOR:

Personal Empowerment Life Coaching Sessions

N.L.P. Sessions

Reiki Treatments

Call to book a treatment or session.

Testimonial-



[Joanne Pugh](#)
[Personal Empowerment](#)
[Master Life Coach](#)

"I struggle with an innate ability to over-do it and I have many, many goals and aspirations. I sought Joanne's assistance with Life Coaching in order to help sort out the goals and the best steps to achieving these goals. Joanne has an amazing ability to take every jumbled thought you have in your mind and work with you in order to create a cohesive plan that makes immediate sense. Her ability to direct your thought process is amazing and her ease in personality provides an amazing ability to open up to her. Joanne and I have worked one-on-one, in person, for over a year and I will continue to work with Joanne to obtain my goals, and to refer those that I know to her for guidance and support."
[Louise Gardiner-Vahey](#)
Age: 29
Keswick On.