



Newsletter
May 2010

Advice to help you fit in the focus, action & progress you need to achieve your life goals.

I was walking through the grocery store the other day and overheard a young African American man chatting excitedly to one of his co-workers. He told his colleague “I can feel it...my dream is catching me”.

As I pushed my youngest daughter in an almost full shopping cart, I reflected on how I could relate to what this young man said. So many of my dreams have caught up to me and this month is especially surreal as I will finally hold a hard copy of my first book in my hands. It was a life long dream of mine to publish a book to help women realize their dreams. This month, it is finally coming true.

There is a certain truth in letting your dream “catch up to you”. If you already believe that your dream will come true – if you can close your eyes and feel the success of it, the feeling of accomplishment, the excitement, the gratitude for it – the world will put the rest of it in place for you. All future thoughts, action, and progress toward your goal will manifest what you already believe to be true.

So as you forge forward toward your dreams, here’s to feeling them as if they have already come true and then to have them catch up to you.

Motivationally Yours,

Marla Majewski
Founder
Inspire Empire Co.

Inspirational Tip of the Month

How is your Inspira-Meter lately? Are you so full you are overflowing with motivation and inspiration you couldn’t fit in one more positive thing into your life before you burst from happiness? Or are you so caught up in the “everyday” that you are running on inspirational fumes and in need of an inspirational fix?

Remember to check your Inspira-Meter gauge as often as you check your fuel indicator in your vehicle. It is easier to refuel your motivational juices before you find yourself on empty and unable to get to your inspirational “fueling stations”.

Three places for getting an inspirational fix:

- 1) Create an Inspire Circle, where you meet other positive women on a regular basis to support each other in your quest to have and reach your personal goals and dreams.
- 2) Create a thinking spot. Find a place in your home or somewhere you have access to on a regular basis and go there! Be alone with your thoughts, clear the mental clutter in your head and feel more organized inside your mind.
- 3) Find your Vitamin. Many of us know that a good bath or nice walk in the park will let us maintain our inspirational momentum. What is your vitamin? Find out what it is and carve out time to do it!

Inspired Organization

Mental clutter is just as bad as physical clutter. Your thoughts are what manifests your physical world. Take a moment to observe the pollution, chaos, or toxicity of your thoughts.

Ask yourself the following questions:

- Why are they there?
- Is it to avoid a conflict you need to confront or deal with?
- Are you creating clutter to sabotage your efforts to be successful?
- If your thoughts were words spoken to you by someone else, how would you react? Would you put up with it?

Get an “Inspired By Me” Mentality

We spend so much time as women trying to please other people, we often subconsciously place our motifs for our personal goals and dreams external to our self. If we want to get back into shape, its so we look better for our spouse. If we want to start a business, we may do so to raise funds for our children’s college education.

Let’s consider, however, that we do not need to have an external reason to be inspired to do something that will make us happy. What if you said “I am doing “x” or “y” because I want to”.

What’s wrong with being motivated to do something you love simply because it makes YOU happy?

NOTHING!

Women who find activities in their life that they enjoy, lead happier and more fulfilling lives.

So if someone asks you, “what inspired you to do that”? say “I was inspired by ME”!

It will allow you to fit in the personal priority to see your dreams come to fruition.



Being the Right Kind of Role Model For Your Children

Everywhere you go, whether you realize it or not, you have a constant audience of your behaviors, actions and reactions to the events in your life. When you act with grace and integrity it will be noticed. If you overreact to a situation, attention will be paid. When you take the time to be a friend, a team player with your spouse, lend a helping hand or give out a random act of inspiration, they will be taking “notes”.

When I was a little girl, I watched my parents argue – all the time – and treat each other with so much disrespect the two people with the most influence in my life became the “what not to be” example of behavior.

When I look at my own kids, I am in no way perfect. I will

humbling admit to being a military mom on school day morning to get all three of my children (age six, four, and two) dressed and fed before the 7:35am school bell. I am not proud of my rendition of Robert Louis Stevenson’s *Dr. Jekyll and Mr. Hyde* and I know that they will likely chalk my morning behavior up as “what not to do” when they are parents.

Without a time crunch, however, I love to have fun and laugh and really be present with my children. I try to create those moments Marcus Buckingham describes in his book *Find Your Strongest Life*.

With every action we take we create the example of who our children will become in the future. However, we spend so much time in trying to mold our children into who we want them to be we forget that the easier path is to show them the type of person we want them to become – through our own actions, reactions, and choices. If we are genuine our children will be also. If we are kind, our children will be kind. If we are honest we will raise truthful kids.

The “do as I say, not as I do” approach to our families don’t work. They will always be in conflict as our children try to emulate us. We teach them who we are not by our words but by our behavior.

Getting Back to The Girl You Used to Know It's HERE!

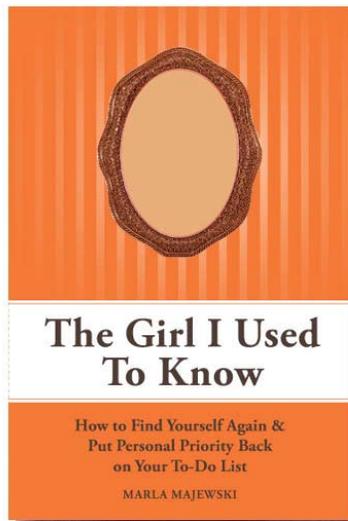
In 2005, I started the research to discover what inspires women.

Discussing my findings with others I found that many were truly resonating with my concepts and theories on ways to create and maintain personal motivation. This led to the creation of inspire circles, motivational workshops, a life coaching program and ultimately the content for my debut book *The Girl I Used to Know—How To Find Yourself Again and Put Personal Priority Back on Your To-Do List*.

This seemed to happen in spite of myself—as I also juggled the addition of two more children, the move to a new country—and within it two different cities, an extensive house renovation and my husband's perpetually changing business card. Phew! Where does the time go?

The Girl I Used To Know will provide practical tools and tips to get back to the girl you used to be. Written for women in their 30's and 40's who seem to struggle to fit in personal goals and dreams amidst the juggling

act of raising a family, holding down a job and trying to have a life.



The official publication date is September 2010, but you can receive an advanced reader's copy TODAY! Click on Merchandise on www.InspireEmpire.com or hit the cover of the book on the home page to buy copies for you and the special women in your life today.

You can save 25% on the price if you buy in bulk (it's a great book for book clubs, moms groups, your entire female staff or for your circle of friends). Just use the code GIRLIUSEDTOKNOW when you check out.

Once you read it, please let us know what you think at Info@InspireEmpire.com.

Find a Mirror...

Find a mirror and take five or ten minutes to truly look at yourself and reflect on where you are in your life. Stay there and just look, without judgment for a few minutes. Enjoy your smile, your laugh lines and perhaps experiment with some cheeky expressions. Take all of your negative thoughts and place them on an imaginary shelf for the duration of this exercise. Repeat out loud the following affirmations:

My mental clutter is now clear and free.

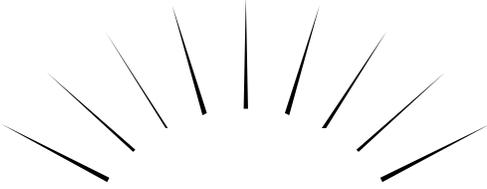
I am happy as I am and everything else will be gravy.

I already know the girl I used to know.

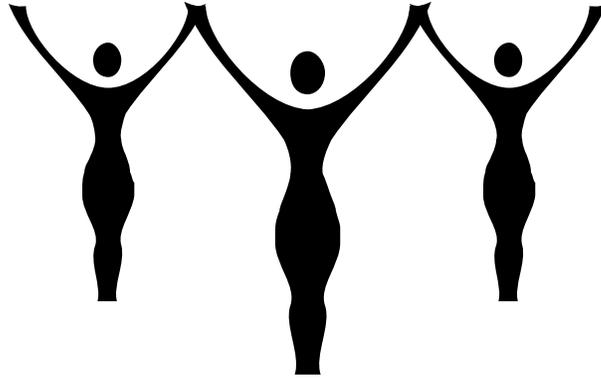
I deserve to let my competencies shine through.

Contact Us

We are always looking for additional knowledge on what you find effective in getting your inspirational momentum going again. So please let us know what inspires you. We would love to hear your story. Please email inspired@InspireEmpire.com.



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women creating inspirational momentum