



*I focus on Beauty and Beauty
manifests all around me.*

I'm not sure about you but it seems like yesterday that I was thinking "wow in 10 years it will be 2000!" has it really been 20 years since then?

No, actually it's 11 years from 2000!

For me, it seems the years are flying by faster and faster, are you where you thought you would be 20 or 21 years ago?

If you're like most of us you start the year off with all good intentions and then before you know it, the year ends just like the year before. What is holding you back from feeling the best you can and living the best life you can?

Think about that for a moment. Why are you still feeling unfulfilled and unhappy? I believe I know a way you can jump start your happiness this year and it doesn't have to cost a thing and can take little or no time. I'm talking about giving, from the heart, without expecting anything in return.

Doing something for someone else can really help change your outlook on life. The difference you make in someone else's life will in turn make your life better. A shift in thinking happens when you see the "joy connection" with another human being, and compassion for fellow man can change how you interpret a situation.

Please read my story of how giving has changed the lives of my children.

It's hard to forget the feeling we have when we receive that special something on Christmas morning, or the feeling we get when we get that special someone that special something, that makes their eyes light up. The sad thing is not everyone gets to experience those incredible experiences which are important components in learning compassion for others. We as parents want to give our children the very best that we can, so why not give them the gift of confidence, self-pride, and self-respect. Parents really need to lead by example and show their children a better way. Compassion and empathy empowers children. To share and teach feelings of unconditional compassion for others gives all of us hope for a better tomorrow.

I asked my children, who have been doing "Pay It Forward" birthdays since they were 6, what do you like about doing them. Their answers were simple and to the point. "We don't want other people and animals to be sad", said my 7 year old. "I feel really good when I make someone else feel good" said my 9 year old.

I remember when my oldest daughter had her first "Pay It Forward" birthday. She asked for donations for the SPCA and after the party all the children were able to take the donations to the SPCA. I observed as each child felt such a sense of pride when they were able to show the volunteers what they were sharing with them. The children stayed with the animals to play with them and help out the workers. I was grateful to be able to share this moment with them.

My daughter was never upset about sharing her gifts with others because she was able to see how much she had and how much others appreciated her help. She was then able to learn how good it feels to help others and the feelings of joy that you receive from these selfless acts. When we look at the world and see other people and animals that are suffering in ways that we can never imagine and knowing that we have the power to change their lives why wouldn't we?

We have the chance and the responsibility to change our mind-set and to show that we are a global community and we should all work together. We do believe that one selfless act can change the world. Are you ready to do your part?

THANK YOU FOR YOUR TIME AND PLEASE WRITE US

Let us know how doing something good for someone else
has changed your life and we can all be inspired by your acts of kindness.
Then we can share in the "joy connection".

*My Thoughts
My Journal*



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I have a gift for you, a

PERSONAL INTENTION JOURNAL

There is No Better Time than NOW

to visit where you are on your Personal Journey of Life

Our Gift to You is a Guide to:
Re-discover Yourself Using This Personal Journal.

Notes for your Body,
Mind & Soul

An Easy Way to Get Back on Track
and an Opportunity to Discover,

How Great You Really Are!

As you use [Your Personal Journal](#) - you will discover that it isn't filled with tips that you can't fit into your lifestyle, no matter how fast paced. [Your Personal Journal](#) was designed to bring you the best and easiest way to implement and keep your New Year's Resolutions

As you follow the [Journal](#) you will find that the tips for your Body, Mind and Soul that were created with staying power in mind. So no matter if you put them into action this year, or five years from now the results will always be the same. . .

Be Kinder & Gentler To YOURSELF!

In fact, these tips are so usable, that they can be incorporated into your every day life even when there are many, many things going on and life gets in the way!

Here are some of the things you'll be learning when you download your [Personal Intentions Journal](#).

- **12 Easy To Follow Tips for your Body, Mind & Soul.**
- **You can Record your Personal Intentions for the Current Month.**
- **A weekly "One Line" Summary of:** Gratitude, Challenges, What you are Proud of yourself for and most importantly....What you did for Fun
- And So Much More!

Isn't it about time

you started taking time out for You?

**If so, don't delay go to the top of this message
and click on the attachment
and you will receive your gift
valued at \$17.95 "free" from us Right Now.**