



EMPOWERMENT NEWS!

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The Seasons of Life

The second quarter of this year is ending and the third quarter is knocking at our door, let us pause to assess the season of our lives. We acknowledge the four seasons that many observe. Winter, Spring, Summer, and Fall all have a very distinct weather patterns.

We see winter as a jagged time that causes things to become frozen, dreary, non-productive, or inactive. Winter often times paralyze normal activities. When winter comes in our lives, it can feel like things are inactive or non-productive, but we have to realize that there is an end to every season. The reorganization you have to make during wintertime will help you to learn how to cope with the season as well as how to appreciate the one that is right around the corner.

Springtime is when things begin to take root, flowers begin to blossom, the weather seems warmer but not too hot. One drawback to Spring is rain. Sometimes rain causes flooding and without the necessary protection, rain can leave much damage. Springtime in our lives can resemble this same process. The very purpose and plan God has for our lives requires us to be rooted and grounded in Him. Like the flowers sprouting out so shall our lives birth forth into new horizons and new avenues. Be careful for the raining days, if you do not guard your destiny with a singleness of mind, when the rain come it may wash your dreams right away.

Summer is the season of hot and dry weather. In some areas of the globe, the temperature starts wildfires, causes heat strokes, and if not handled properly it dries up everything around it. Summer in our lives can cause the very thing that we have worked for to become dried up and consumed. We must prepare for the drought. Pay it forward, when we are in our springtime, prepare for the summer. Lend a helping hand to others, and learn to enjoy the journey along the way.

Laissez faire is how we can view the fall season. This season is really allowing nature to take its natural course. It is one of the most beautiful seasons. The course of transitioning to the hard winter season almost causes one to overlook what lies ahead. The fall season in our lives parallels this process. When you labor and birth your dreams into reality, you sit back, relax, and enjoy the fruit of your labor. Watch out though, because "Old Man Winter" is right around the corner. Therefore, as things are developing and transitioning on their own be sure to prepare for winter.



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"Don't Quit"

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When funds are low and the debts are high,
And you want to smile but you have to sigh,

When care is pressing you down a bit,

Rest if you must, but don't you quit.

Life is queer with its twists and turns,

As every one of us sometimes learns,

And many a failure turns about,

When he might have won if he'd stuck it out.

Don't give up, though the pace seems slow -

You may succeed with another blow.

Often the goal is nearer than

It seems to a faint and faltering man;

Often the struggler has given up

When he might have captured the victor's cup,

And he learned too late, when the night slipped down,

How close he was to the golden crown.

Success is failure turned inside out -

The silver tint of the clouds of doubt,

And you never can tell how close you are -

It may be near when it seems afar;

So stick to the fight when you're hardest hit -

It's when things seem worst that you mustn't quit.

- Author Unknown -

What you need to know **About Insurance?**



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10 Quick Tips to Grow Your Small Business

Whether you are a one-person operation or 100-employee company, the name of the game is improvement. No business is static. Your business is on an upward track or on its way down. Making improvements to make your business better is a conscious choice. Must you not only balance your time but also choose the right area of business that will make the biggest impact. These 10 tips should help you focus on the areas of business offering the biggest gain.

- 1. Keep Score:** It's amazing how few small businesses have any idea of the daily, weekly, and monthly numbers and financial trends in the organization. Spend the necessary time keeping current on cash flow and if you lack the financial skills then hire an accountant.
- 2. Set Goals:** Like keeping score, setting goals and objectives is an essential part of business success.
- 3. Use High Impact Marketing:** It is easy to waste money on ineffective marketing. Learn how to use low budget high impact marketing to improve your small business.
- 4. Master Business Presentations:** A powerful business presentation can help improve your small business rapidly. Learning the essentials of a knockout business presentation can reap many rewards.
- 5. Monitor Trends:** No business operates in a vacuum. The events and changes in the global landscape have an effect on your business. Stay current on trends and issues.
- 6. Sharpen Selling Skills:** A high return area for business improvement is the sales function. Whether you are managing a sales team, never forget to focus on sales improvement.
- 7. Find Best Practices:** Every industry has its own best practices or ways of doing things that are tried and true. Avoid wasting money and time reinventing the industry is generally a good approach unless you are set on building the next Goggle.
- 8. Motivate Staff:** Talented and motivated staff members can bring on big improvements in business. Learn what motivates your employees to higher levels of performance.
- 9. Know Your Limits:** Every successful business owner, even Bill Gates, has a clear idea of their limitations. By knowing your entrepreneurial personality type, you can manage your resources and find help in areas of weakness.
- 10. Take a Break:** Running a small business is hard work. Sometimes the best way to improve your business and re-ignite your passion is to take a vacation.

Reference: <http://sbinformation.about.com/od/bestpractices/qt/bizimprovement.htm>





Health Tips for Heart, Mind & Body

1. Daily Exercise

You brush your teeth every day; exercise is equally important for your daily routine. Turn off the TV or computer, and get at least 30 minutes of exercise every day. To work your heart, it has to be aerobic exercise. You have many options: walking, jogging, biking, rowing machine, elliptical machine, swimming. Nevertheless, do not feel like you have to be an athlete. Walking is great exercise. Get 10 minutes here and there during the day. It all counts. Start with something simple, like parking in the far corner of the parking lot -- so you get those extra steps to the door. Take the stairs one or two flights instead of the elevator. If you take public transportation, get off one stop early and walk the rest. Get out at lunch to walk. Alternatively, walk with your significant other or your spouse after work. You will get a bonus -- relaxation and stress reduction.

2. Healthy Diet

Quit eating junk food and high-fat fast food. Your heart, brain, and overall health are harmed by foods high in saturated fats, salt, and cholesterol. There is no getting around it. You have to replace them with healthy foods: lots of fruits, vegetables, fish, nuts, olive oil -- what we call the Mediterranean diet. Eat like an Italian, a Spaniard, and a Greek! Enjoy!

3. Weight Loss

Too much body weight puts your health at great risk. When you take in more calories than you burn, you get fat -- it is that simple. You have to eat less. You have to exercise more. You have to push yourself to make these lifestyle changes -- but you have to do it to help avoid serious health problems like heart disease, diabetes, or stroke.

4. Regular Physical Exams

Tell your doctor your family medical history. Learn your personal risk factors, and the screening tests you need. Women may have mammograms to screen for breast cancer and Pap tests for cervical cancer. Men may have prostate cancer PSA tests. Routine screening for colorectal cancer should start at age 50, perhaps earlier if colon cancer runs in your family. You also need regular diabetes, blood pressure, and cholesterol tests. Make sure your immunizations are up to date. You may need flu and pneumonia shots, depending on your age.

5. Less Stress

When a person says they are too busy to exercise, it tells me other things are crowding out what's important in life: They don't spend time with family and friends; don't exercise enough; don't eat right; don't sleep properly. All these things reduce stress in your life, and that is critical to your health and longevity.

To be healthy, we need to set boundaries -- and set limits on work hours. We should not be working so hard that we are neglecting the things that keep us healthy. This is important advice, too, for people who take care of elderly parents or young children. Make sure you are getting proper exercise and sleep -- and that you are not trying to do too much.

Article credited to: Richard A. Lange, MD, chief of cardiology at Johns Hopkins School of Medicine

Referenced: <http://www.webmd.com/balance/features/health-tips-heart-mind-body>



Shandra M. Stringer, CEO

She is the embodiment of someone who works at the grassroots level to make a difference with individuals and organizations.

For More Information

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