

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



“The future belongs to those who believe in the beauty of their dreams.”

Eleanor Roosevelt

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What's new?

Everything this month (how exciting!). Have fun exploring the different sections of Spirited Women's Network. Each month I will feature new additions in this section. Stay tuned!

The Dream – August 2008

Welcome to the first edition of the Spirited Women's Network Newsletter. It is my absolute privilege to be able to join with you and share my dream and vision. Spirited Women's Network began from an exercise I did at a seminar in which we explored our life's purpose. I discovered mine was love and connection, not a specific goal or career as I always assumed it would be. When I really thought about it I realised that love and connection were the undercurrent of all of my relationships and the motivation behind most of the things I do that have meaning for me. Undertaking to create and develop Spirited Women's Network was a massive step for me and has taken me on an incredible journey. To say that I have been out my comfort zone is an understatement. But if we never have the courage to explore our dreams and bring them to fruition, what a drab and boring place the world would be. I wonder what wonderful ideas and life changing directions have been lost in the void of doubt and fear? Fear can keep you locked in the mediocre box forever. So to all you wonderful women out there, I dedicate this first newsletter to you, a tangible reminder that dreams can come true if you feel the fear and do it anyway.

Natalie

Living An Extraordinary Life

By Debra Fentress

Extraordinary (adjective): defined as "beyond what is ordinary".

One choice we make without giving it much thought is how we want to live our lives.

Most of the time, we go through life doing the same routine in the same way. Even when we "try" something new, we do it the same way we've done everything else. What would happen if you decided to do something in an extraordinary way? How could it change your life or you?

Mediocrity seems to have become the norm. In fact, now it's becoming commonplace to do things sub par. Lately more articles have cropped up in the news about the lack of customer service and the accompanying horror stories. We reward celebrities, sports figures and rappers for behavior that lands them in jail. And we have laws protecting workers regardless of their performance. So how could your life be different if you chose to stand out by being extraordinary?

To do so requires that you first make the decision to be extraordinary. It takes conscious thought of our actions to live a life "out of the ordinary".

Following are six additional characteristics of being extraordinary:

1. **Realize You're The Creator:** Take responsibility for everything you do and have created in your life. Things change, time goes by and the only constant is you! This tells you that you and you alone are creating your reality. Only when you accept this responsibility can you really become extraordinary.

Recipe

Blueberry Dream Fritters

Ingredients

- vegetable oil for frying
- 1/2 cup whipping cream
- 1 egg
- 1 tsp vanilla
- 1 cup self rising flour
- 1/3 cup self rising cornmeal
- 1/3 cup sugar
- 1 1/2 cups fresh blueberries

Directions

- 1.Heat 2 inches of oil in large skillet or deep pan to 375 degrees
- 2.Stir together cream, egg and vanilla.
- 3.Combine flour, cornmeal and sugar in large bowl. Stir in cream mixture just until moistened . Fold in blueberries.
- 4.Carefully drop batter by heaping tablespoons into hot oil. Fry until golden brown, turning once. Drain well on paper towels.
- 5.Sprinkle with powdered sugar if desired.

This Month's Poem

The Dream

by Louise Bogan

O God, in the dream the terrible horse began
To paw at the air, and make for me with his blows,
Fear kept for thirty-five years poured through his mane,
And retribution equally old, or nearly, breathed through his nose.

Coward complete, I lay and wept on the ground
When some strong creature appeared, and leapt for the rein.

2. Stay In Alignment: Live according to your values and avoid compromising them. Our values are what are most important to us. When we live in alignment with our values, we discover that our life has more meaning and flow to it. If you find you're stuck in life, the odds are that you've sold out on yourself and what you believe in. Take a good hard look at where you're settling and right the situation.

3. Keep Your Word: When you say you'll do something, then you do it. No excuses! If you agree to things and don't follow through, you get the reputation of being unreliable. Once this happens, it's a hard one to correct. Only agree to what you know you'll do.

4. Walk Your Talk: Walking your talk could be the hardest. Whatever you say you stand for, back it up with your words and your actions. If you realize you're responsible for your reality, live within your values and keep your word, people recognize integrity in everything you do.

5. Practice Respect: Treat others with respect and kindness. In today's society, this is becoming a lost art. Even our TV commercials promote sarcasm, disrespect and meanness. You will stand out from the ordinary when you treat each and every person as if they were divine messengers.

6. Respect Yourself: Treat yourself with respect and kindness. No one beats us up as well as we do! And we forgive others much quicker than we do ourselves! It's impossible to fully respect others without respecting ourselves as well. No matter how much you fake it, people will pick up on the incongruency.

Once you actually put out the intention to be extraordinary, you'll discover the universe supports you in your endeavor. You might find new people who think like you showing up in your life. Or, those who aren't aligned with the same values as you just quietly disappear. Whichever happens, make note that you're on the right path!

And then, an amazing thing happens.....you discover that you were remarkable all along. You just needed to let that part of you shine!

So, here's my challenge to you---for the next 30 days choose to be extraordinary and find out how your life can change for the better!

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About Debra

Life Change Catalyst© Debra Fentress is committed to assisting others in achieving the outcomes they desire in their life and business. As an internationally recognized speaker and author, Debra Fentress, provides seminars and private sessions to assist you in achieving the outcomes you desire for your life or business.

Seven Surprising Ways to Meet Your Dream Man

Finding your dream man is easier if you stop trying. Surprising? Maybe. Most experts will tell you, though, that finding the right man means first building a good relationship with yourself.

1. Start With Yourself

"If you don't like yourself, you can't like other people."

-- Robert A. Heinlein

If you're unhappy with yourself then no outside relationship will make you happy. Invest time in personal development and get to know yourself. Talk with your friends about their experiences, read books, or look for a reputable seminar to attend.

2. Decide What's Important

Another woman, as I lay
half in a swoond
Leapt in the air, and
clutched at the leather and
chain.

Give him, she said,
something of yours as a
charm.
Throw him, she said, some
poor thing you alone claim.
No, no, I cried, he hates me;
he is out for harm,
And whether I yield or not, it
is all the same.

But, like a lion in a legend,
when I flung the glove
Pulled from my sweating,
my cold right hand;
The terrible beast, that no
one may understand,
Came to my side, and put
down his head in love.

Dream Destinations

1. A cruise – Join one of the many cruise lines and live it up on board. How about Alaska!

2. Europe – Why not Italy?
Great food, fashion, fun and a little romance.

3. Asia – Something a little spicier? Vietnam, Cambodia, Thailand.

4. An Island – Hawaii, Bali, Fiji - Nothing is as great as 'tropical time.'

5. Health retreat – I'm thinking spas, massage, yoga, meditation and nourishing food. The ultimate in self-indulgence.

To find out more about any of these destinations, contact Kay Wilson at Ucango Travel Nambour. (54 590808)

Think about characteristics that fit with your goals and passions. Are you career-oriented or more laid-back? What hobbies or activities do you enjoy? What moral and religious values are most important to you? Which of these characteristics are "must haves" and which are more flexible?

3. Pursue Your Passions

What do you really like to do? When you're doing things that you really enjoy, you feel happier and you're spending time with others who enjoy those same things. Put some energy into your favourite activity or hobby and you'll probably like the results.

4. Try Something New

What have you always wanted to do? Is there an activity or a training course or a new skill you'd like to try? Then give it a shot, even if you're a bit afraid. At best you'll discover a fun new activity and meet new people; at worst, you'll discover you don't like it and move on to try something else.

5. Desperate No More

Dr. Joyce Brothers says, "No matter how love-sick a woman is, she shouldn't take the first pill that comes along." She's right. It's hard to be objective when a man is interested in you because it feels good to be wanted and you may not want to see anything that is negative about him. That's why it's so important to have a strong sense of self-worth, so you'll be able to recognize when someone is or is not a good fit with the characteristics that are important to you.

6. What If He's The One?

"I was nauseous and tingly all over....I was either in love or had smallpox."
-- Woody Allen

How do you know if you've really found the "right" man? There's no easy answer to this question. You need to pay attention to the little messages from your heart and from the people around you. Does he really have the characteristics that are important to you? Do your friends and family like him? If not, they may see something in him that you don't, so ask them to be candid with you and listen to their thoughts with an open mind.

7. What If He's Not The One?

This can be a very painful realization, especially if you've put a lot of your heart into a relationship. As hard as it is, you're better off slowing things down or bringing them to a halt if it becomes clear the relationship is not right for you. It may seem strange to look for your dream man by not looking for him. Time and again, though, most women find that when they focus on their own self development and build satisfying lives for themselves they tend to attract the kind of man with whom they can have a fulfilling long term relationship.

(From www.adamanddrew.com Tips on Dating)

Your Dream Job

According to an article in the Courier Mail (June 12, 2008 ; Jill Pengelley), "More Australians are unhappy in their chosen careers, and nearly 65 per cent are looking to move, a poll has revealed.

The survey, commissioned by recruitment firm Chandler Macleod, finds half of all workers did not plan their careers but fell into them. Sixty four per cent are looking to move."

Is this you? Do you have the courage to start looking for your dream job? Perhaps these books can help.

Find Your Dream Job: 52 Brilliant Little Ideas for Total Career Happiness - Ken Langdon and John Middleton

**Happy at Work : Ten Steps to Ultimate Job Satisfaction
By: Sophie Rowan**