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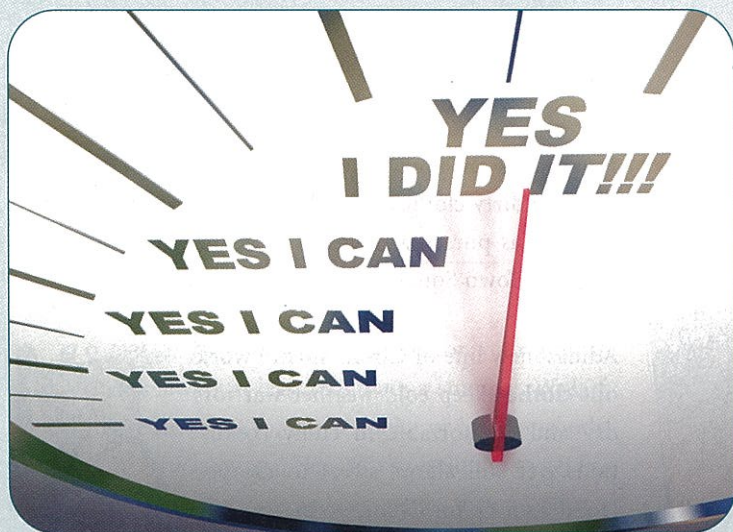
**Livin' Local:**  
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## YOU HAVE THE POWER

By Judi Moreo

**B**etween the news, emails, twitter and overall bad attitudes about the economy, the housing situation, the government and the state of the nation, we could all get very depressed. This constant repetition of negativity in our lives causes our subconscious minds to produce feelings of defeat and helplessness. It's enough to convince us that we have no power over our lives.

The truth is, we do have the power! Successful living is hard work, but we can simplify the process when we realize that what we believe determines the way life works for us; it all takes place in the mind. Improving our mental attitudes is the first step toward being happier, healthier and better off financially. Instead of dwelling on the petty, tiresome, disconcerting negativity that is all around us, we must fix our attention on a positive goal—one of better times ahead. Only then will we truly realize our power, for life will back up our positive mindset. Changing our lives for the better simply takes positive daily affirmations and a can-do attitude.

- Take five minutes each morning to quietly and confidently do some positive thinking and say to yourself, "All is well." Give thanks for what you have and where you are headed. Let changes come. Don't expect things to remain as they are; expect them to get better.
- Don't spend a lot of time with people who are negative. The people who pulled the world out of the last depression were positive people with goals, ambitions and dreams. You and I have big goals, big

ambitions and big dreams. So while others are wallowing in self pity and their "ain't it awful" philosophies, stay focused on what's ahead. It takes the same amount of mental ability to create a positive life as it does a negative one, so why would you spend time on the latter?

- Be creative! Concentrating on problems destroys creativity. Searching for solutions does the opposite. We can't afford to let negativity ruin our creative thinking ability. Creativity is, after all, the foundation for solving problems, making decisions and living successfully.
- Remember that you are not the victim of circumstance, heredity or environment. These are excuses for accepting defeat. Circumstances beyond our normal control may place us in uncomfortable situations, both mentally and emotionally, but they don't have to be your demise. Think of how all the people with worse conditions than yours have come through and been victorious. Read their stories. Use your mental abilities to think like a survivor and feel like a champion.

We live in interesting times, and the world is changing. Now more than ever, it's imperative that we have positive tunnel vision so we can achieve our biggest goal...working toward a fulfilling and successful future. In whatever darkness you might perceive yourself to be, turn on your light and let it shine brighter than ever before. You have the ability to create change. You have the power!

*Judi Moreo is the author of the award-winning book, "You Are More Than Enough: Every Woman's Guide to Purpose, Passion, and Power" and its companion, "Achievement Journal." She is a motivational speaker, author and coach. Judi can be reached at [judi@judimoreo.com](mailto:judi@judimoreo.com) or (702) 896-2228.*