



Community  
EMPOWERMENT

ISSUE NO.01 January, 2019 - RANDALSTOWN Community Empowerment

# NEWSLETTER

AFFIRM: I AM POWERFUL  
ENOUGH - LOVENOW360.NET



EMPOWERMENT

PERSONAL DEVELOPMENT

## 14 Invest In Yourself & Your Community

I now realize that I must Believe and have Confidence in my ability to "do what must be done" in order to succeed in my overall quality of life.

## 12 Perk Up: Boost Mood

How am I feeling, Now? Is it possible to create a better mood for yourself? Can you do it for others?



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## Your Best Year Ever Make A Commitment To Yourself

Success Principle #1: Intention - something that someone plans to do or achieve – the state of having a purpose in mind. Our intention is our deepest personal and professional goals and

desires. After clarifying and confirming our deepest goals and desires for success now, we must visualize them, write a personal mission statement and Re-Affirm them Daily.



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## Are you stress or overwhelmed? Coping With Anxiety



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## Learning to Say No

People come up to you and ask for your help all the time. There are ways to say no that won't make you seem like the bad person. One great way to do this is to let people know you have other tasks and that you can get to their tasks after you complete yours.



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## It May Be Time to Shift Your Mindset It will empower your mind, body & spirit



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## SMILE & STAY CALM

It's important never to get angry when others approach you with more work. Smile and find out why they are hitting you up for the extra work. It could be they are not aware of your schedule. You can produce your to-do list if this is the case.



## HEALTH INVESTMENT CREATE A BETTER MOOD

Is it possible to create a better mood for yourself? Can you do it for others? If it is possible, why isn't everyone always happy? It seems being happy is preferable to being in a bad mood.

Studies have shown it is possible to improve your mood. It can be as simple as thinking you're in a good mood. If you believe it, your attitude will change. In fact, even when you aren't in a good mood, the simple act of smiling can perk you up.

One reason why people don't improve their mood more often is that they don't know they can. From early childhood, we understand that we have different feelings. Sometimes we will be in a good mood and other times we won't. Parents and teachers told us it's just the way it is.

If you want to better your mood, start hanging out with upbeat people. There's nothing like a sourpuss to bring down a group. These cranky people seem to go out of their way to make sure everyone is miserable. By avoiding these people, you have less chance of being in a bad mood

at the start.

Next, create an environment for yourself that lifts your spirits. If a certain type of music gets you pumped, play that music more often. Some people like to burn incense as they feel it can positively alter their moods.

You should reflect on your life and be grateful for what you have. You have a lot to be thankful for if you're in good health. If your family is in good health, you should also be grateful. Your mood will naturally increase towards the positive when you appreciate such things.

Try not to worry about the mundane issues in your life. They are going to happen whether you worry or not. Just take care of them so that they aren't hanging over your head. Don't let things build to the point that they become a major matter.

It may seem obvious, but do more things that make you happy and less that don't. It's not always possible to avoid adverse situations, but you do have control



### Feeling Down? You Could Have the January Blues

over most of the activities in your life. Sometimes, all that is needed is to change up your routine. Try stepping up your game and do something out of the ordinary. In fact, make it a point to do this once every day, week or month. Make a commitment to empower your mood. This will change your life.

#### Snapping Out Of Your Funk - Feeling Down? You Could Have the January/February Blues

- 1 Get Out of Your Funk by Reading Inspirational Stories - Many stories will highlight the challenges the person went through and what steps they took to get there.
- 2 Do Something Different Once Per Week - Commit to trying something different. You could do this every day or commit once per week. You may get more out of it with a higher frequency.
- 3 Exercise Can Boost Your Mood If you are feeling a bit down, give exercise a try. It's believed that exercise releases serotonin, which is a chemical that controls your mood.
- 4 Try Not to Drink Alcohol - The problem is alcohol is a depressant. If you are using alcohol to try and pick you up during those dark and slow days, it may make the situation worse.



### It May Be Time to Shift Your Mindset

If you are experiencing low energy, or are not in good spirits, you may want to consider altering your mindset. When you are down, it can be due to negative thoughts. You start to dwell on everything that is going wrong. You reflect that you aren't where you thought you would be and it gives you a sinking feeling.

When you start to have negative thoughts, you are setting the stage to beat yourself down. What's worse is this situation continues to grow. Negativity feeds on itself. When you put yourself down, you will eventually put others down.

## Re-Affirm Yourself!

I now realize that I must Operate At My Highest Potential on a daily basis in order to grow and develop my mind, body and spirit  
I realize that I must Think Powerfully in order to overcome my life challenges to Succeed..

## ALWAYS BE CONSCIOUSLY OF HOW YOU ARE FEELING INSIDES

You will look for others who share your negativity because misery loves company. As the negative energy thrives, you fall deeper into the mental abyss.

To turn this around, you first have to realize that it's happening. No one likes to admit to doing something wrong, but negative thinking is wrong if you are engaging in it. You have to try and reflect on your life. Think back to when you were happy. Was it a couple of months ago or a couple of years? That will give you a good indication of when you started with the negative thinking. When you were happy, it's unlikely you were thinking negatively.

If you don't believe you are negative but you feel down about your current situation, consider asking friends and family how you have been behaving recently. Tell them you want an honest assessment. Unfortunately, because you are in a negative mindset, you may lash out at their answers. That will make them upset with you since you told them you want an honest assessment. However, if it helps you to see what you are doing, eventually they will forgive you when you turn the situation around. Once you have identified that you have a negative mindset, work hard to introduce positivity into your life. Set up a bad thoughts money jar and whenever you say something negative, put money into the jar.

You can do this at work, at home, or both. When you see the jar filling up, you know you have more work to do.

Avoid other negative people as much as possible. They will try to bring you back down, and you may even let them do it. Limiting your exposure to these people is a great step to take on your journey towards positivity.

At some point in your life, you are going to get into a funk. Some call it a rut. Whatever it's called, it's not good, and you probably would avoid it if you could. However, you can get yourself out of the funk by using these tips.

A big way to pick up your spirits is to volunteer to help others. These people are less fortunate than you and have experienced barriers preventing them from getting ahead. By helping them, you can make a difference in their lives. It feels great to know that you had some input into lifting their spirits. That, in turn, will lift yours.

Volunteering will also give you a perspective showing you that your life isn't so bad. It can help you to be grateful for what you currently have in your life. If you have good health and a loving family, everything else is immaterial. It's good to have financial security, but as long as you have the means to produce and help others, you should be able to generate income in one form or another.



### Snapping Out of Your Personal Funk

Another tip is to spend time by yourself. Your life is busy, and you need some quiet time to give your brain a rest. If you want to incorporate meditation, that is a good way to spend your solitude. Don't expect meditation to work right away. It takes practice before experiencing its benefits.

Don't forget to spend some quality time with your spouse or significant other. Set up a date night at least once a month. Find someone you can trust to watch the kids and go out and have some fun on your dates.



# We Are Powerful Enough!

## ARE YOU MAKING EFFECTIVE DECISIONS IN YOUR DAILY LIFE?

Ask yourself these questions, "Have I made a conscious decision to fulfill my purpose and achieve my goals and desires, no matter what? Have I made

### Making A Definite Decision

1. It will empower us to develop the mindset to keep moving forward in life regardless of negative people, setbacks and challenges we may face along the way.

2. It will empower us to access an energy within us that lets the world know that we are serious about what we have decided.

3. It will empower us to send a powerful energy out into the universe that aligns the exact forces that we need in order to succeed in the accomplishments of our goals and desires.

4. It will help us to eliminate negative conversations and refocus on positive conversations that support our decision to succeed.

5. This process will allow us to eliminate indecision, procrastination, frustration and uncertainty. In addition, it will empower us to attract and draw to ourselves - positive people,

situations and circumstances that will assist in our success.

After making a definite decision to succeed, we must trust and believe that the universe will align the exact forces that we need in order to yield powerful results. In addition, we must also trust and have faith that we are powerful enough to follow through on our decision to succeed.

We must remember, only we can create our success and only we can block our success. If our decision to succeed is stronger than our indecisiveness, we will succeed regardless of life challenges. Please do not procrastinate on internalizing this powerful concept.

"Tell the world what you intend to do, but first show it." This is the equivalent of saying that "Deeds, and not words, are what counts most."

Think And Grow Rich, The Inspirational Classic By Napoleon Hill



**When we make a definite decision to succeed, this does not mean an overnight success.**

Once we are clear on our intent to materialize specific goals and desires, now it is time to make a definite decision to succeed. Definiteness of decision is a requirement for Success, because it gives us the confidence, direction, and focus needed to ACT and produce powerful results. We will have setbacks, people may not support our decisions, and we will face challenges along the way. However, making a definite decision to succeed will empower us to do 5 things:



Decide now to listen to your intuition and follow through on what it tells you to do.!

Decide Now to - Relax and Be Patient  
With Yourself & Others

Decide now to Relax and be patient with yourself and people as you go through the process of fulfilling your purpose and materializing your goals and desires.

We must learn to relax and be patient, while at the same time, we must take the necessary action steps required fulfill our purpose and to materialize our goals and desires. Relaxing and being patient will empower us to feel energized and confident about materializing success, versus feeling discouraged and stressed. Also, relaxing and being patient will allow for our lives to unfold in divine order. At this level of conscious awareness, all that is ours by divine right will physically materialize itself

in divine order. Be still and "know", relax and be patient.

The next time you start to feel frustrated, angry, overwhelmed, impatient, stressed-out or if you start to feel consumed by the world around you, I encourage you to affirm this powerful affirmation within yourself:

! I decide now to relax and be patient with myself and people, while at the same time, doing what must be done in order to fulfill our purpose and materialize my deepest goals and desires. Mastering this concept will empower me to re-energize, think more clearly and take the necessary action steps required in order to achieve my daily objectives.

## Seek The Truth

We must Decide now to Look Beyond the negative appearances and seek the truth. Looking beyond negative appearances and seeking the truth will empower us to "judge not according to appearances but judge positive judgments."






Mastering this concept will empower us to stop getting caught-up in negative appearances and re-focus on seeing positive truths. One truth is that all is in divine order. Another truth is that we are powerful beyond measure. And yet another truth is that all appearances are not real. At

this level of power conscious thinking, negative appearances will melt away and positive truths will be revealed.

The next time that you are faced with a negative appearance and you start to feel fearful, overwhelmed or depressed, (this could be a negative person, situation or circumstance), I encourage you to affirm this powerful affirmation:

! I decide now to look beyond negative appearances and seek the truth. Mastering this concept will empower me to discover how profoundly powerful I am to transform negative appearances into positive truths.

## RE-AFFIRM YOUR POWERL: I Am The Greatest I Feel Great, I Look Great, I Am Great. Now Live

-  I Am Powerful – I am spiritually, mentally and physically strong enough to overcome my life challenges to achieve my goals and desires. I am powerful enough to fulfill my purpose and achieve the love, joy, peace and great riches I truly desire and deserve!
-  I Am Intelligent - I have the brainpower to create, orchestrate and manifest greatness in my life. I learn and master any information or skill because I am a thinker and I use my brain to think. My mind is strong enough to visualize and manifest anything that my heart desires.
-  I Am Courageous – I fear nothing or no one. I am the presence and the power of love. Love is the most powerful force on earth. Therefore, I am powerful enough to overcome my fears, doubts and insecurities to achieve my heart's desires. I can do all things with love that supports and strengthens me.
-  I Am Unique – I am a special individual expression of love. Only I can do things the way that I do them. I add something extra special to this world.
-  I Am Beautiful – I am beautiful because I am the Presence and the Power of Love. I Am The Greatest,,, I Feel Great! I Look Great! I Am Great! I Give Thanks!