

Power Within Buzz

POWER WITHIN NEWSLETTER • SEPTEMBER 2007 • VOL. I, NO. I



UPCOMING EVENTS:

- **Whistler:** October 12-14, 2007
– Westin Resort & Spa
- **Calgary:** October 16, 2007
– Calgary TELUS Convention Centre
- **Toronto:** October 18, 2007
– Metro Toronto Convention Centre
- **London:** October 19, 2007
– London Convention Centre
- **Edmonton:** November 1, 2007
– SHAW Conference Centre
- **Vancouver:** November 6, 2007
– Westin Bayshore Vancouver

If you would like to volunteer for any of these events, please contact sejal@powerwithin.com for further details and an application.

Volunteer Spotlight: Karen Clouter

“If you are given the choice of being good or being great...choose to be incredible!”

Words to live by. Karen Clouter is the living embodiment of this powerful phrase. Karen has volunteered with the Power Within for three years and with each event grows more and more dedicated to bringing nothing but excellence to the table. Her friendly disposition is utilized most at our product stations where she consistently goes above and beyond to make the attendee experience one to remember.

Through the years, Karen's reward in volunteering with the Power Within is the satisfaction of having spent the day helping people and gaining knowledge from some of her now favourite speakers such as, Lisa Nichols (The Secret), Yolanda King (Martin Luther King's daughter) and Loretta LaRoche (Comedienne). “These seminars inspire me because they are thought provoking, empowering and uplifting. I have walked away from each session feeling that I can do anything I put my mind to,” says Karen. And indeed she has. Karen's hidden talent lies in her voice, that is, her singing voice. Since volunteering at the recent presentation of The Teachers of the Secret in Toronto, Karen has renewed her passion for music, inspiring her to record a new song and share her gift with others.

Her ever positive attitude, glowing smile and genuine nature are infectious and make her an asset to the Power Within team. Congratulations and thank you for all your hard work and dedication.

*“Quitters never win, winners never quit.
Quitters never win, winners never quit.”*

– Lisa Nichols, The Secret



Power Within Buzz CONTEST QUESTION:



What was President Clinton's nickname as a child in Arkansas?

CONTEST RULES: The first two people to answer correctly to the question to Sejal@powerwithin.com will win a prize!



AMUSING FACTS:

- Bill Gates house was partially designed using a Macintosh computer.
- It is not possible to tickle yourself. The cerebellum, a part of the brain, warns the rest of your brain that you are about to tickle yourself. Since your brain knows this, it ignores the resulting sensation.

“Never confuse a single defeat with a final defeat.”
- F. Scott Fitzgerald

5 Steps To Accomplish GOALS

“I want to lose weight. I want more money.” Do either of these sounds familiar? One or both could be on a list of goals you have set for yourself. While most people dream about attaining these goals, not many know how to set the wheels in motion to make them a reality. Well, look no further, as we will help you get those wheels rolling. Just follow these 5 easy steps and before you know it, your goals will be met!

Define your goal. Your goal should be specific. So you dream about having a body like Catherine Zeta-Jones, but how much weight do you need to lose? In what time frame? Will you diet and exercise? Go to the gym twice a week? It is important to ask yourself detailed questions so you can provide shape to your goal.

Write it down. As simple as it seems, it can be a powerful tool in reaching your goals. Describe it in detail. What you want, how you want it and when. Keep it visible and refer to it everyday as a reminder that you are working towards something bigger. Also, don't forget to write down your reward once the goal has been reached. This will keep you motivated.

Commit. It can be a scary word for many, but important in achieving you goals. Stick to it and work a little bit everyday to get closer to it.

Get excited. Talk about your goals with other because it makes your goals more real. It is a good way to spark a support system around you, which can help boost you up towards the goal. There may be some who try to discourage you, but do not feed into negativity. Stay focused on the end result and why you are reaching for this goal and you will inch closer to it day by day.

Have a plan or maybe two. Create a step by step plan for yourself or create a habit to follow everyday or month to move you closer to the end result. The best part of the plan, is it gives you a solid path to your goal and should you encounter an obstacle on the way, you can always come up with a plan B.



“ *Your goals are the road maps that guide you and show you what is possible for your life.* ”
 – Les Brown

“ *Never look down to test the ground before taking your next step; only he who keeps his eye fixed on the far horizon will find his right road.* ”
 – Dag Hammarskjöld



IN MY WORDS

By
BENJAMIN LEBLANC-BEAUDOIN (OTTAWA)

My experience with the Power Within can be broken down into a few sentences, but there are certain things about it that my words cannot describe. Anyone that has been present at an event knows that the message and lessons taken from the speakers are priceless. Not only are the speakers uplifting, but the responsibilities that are given to the volunteers throughout the day are a great experience and also very enjoyable. In all of the events that I have attended, every volunteer was able to take something away in terms of motivation, as well as experience. Although I have always been a volunteer, the company’s employees make me feel like we are a part of the team and let me realize that without us, the event would not be the same. At the end of the day, the employees recognize your efforts and thank you for what you have done, but truthfully, it is us the volunteers who should be thanking them. To me, that’s what the **Power Within** is all about.

Outside the box:

If you were to put a coin into an empty bottle and then insert a cork into the neck, how could you remove the coin without taking out the cork or breaking the bottle.

Answer: Simply push the cork into the bottle and shake the coin out!

“ *Life’s ups and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as stepping stones to build the life you want.* ”
 – Marsha Sinetar

“ *The reason most people never reach their goals is that they don’t define them, or seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way and who will be sharing the adventure with them.* ”
 – Dennis Watley