

I Am Enough™

THE MOVEMENT IN WORDS

SEPT. 2013

BE IN THE VIBRATION
OF CELEBRATION!

“I AM Enough”
The Key To
Outrageous
Success!

SAFE TO
SHINE!

Success
& Sensuality

Looking in the
Mirror & Saying
“I LOVE YOU!”

“THE NEW
‘I AM ENOUGH’
WOMAN
FEATURING
AIMEE LITHWIN



I AM Enough Institute Store



The I Am Enough Institute is dedicated to empowering women, especially young college women, in their personal and academic pursuit and goals. To do so, we have established the

“I Am Enough Young College Women’s Scholarship Fund.”

Twice a year we will be awarding a young college woman with a scholarship to support her academic year. 10% of all purchases made through our Institute store will be allocated to our scholarship.

Please visit our main website at www.iamenoughinstitute.com and store to get an updated on who has been awarded. Your support is greatly appreciated as you help spread the movement of “I Am Enough” by purchasing and using our products.



Visit the Store at
www.cafepress.com/theiamenoughinstitutestore

SEPTEMBER 2013

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Letter from the Founder & CEO Dr. Anita M. Jackson

2013 has been an interesting year of evolution and transformation, to say the least, for all of us here at the Institute and that includes the revamping of our free online magazine, “I Am Enough.” With new featured writers offering amazing advice to empower you in knowing you are enough, new resources, links and opportunities to connect to powerful transformational information and leaders within the women’s empowerment movement, you are sure to be inspired as well as powerfully supported to step into your next level of outrageous success in your personal life and business.

The articles in this issue focus on the power of being a woman and the necessity of taking care of yourself holistically first, so that you are able to serve and influence others at a greater capacity. With 40 – 60% of American women struggling with physical and psychological problems due to being overworked in their life and work, we want to provide our readers with information, strategies, and support that empowers them to find that sense of balance that perfectly aligns with who they are and how they live their lives daily.

We are excited to introduce a new section of our magazine called, “The New I Am Enough Woman.” In every issue we will be featuring a woman who has, through her personal challenges and journey, learned powerful lessons and truths about declaring “I Am Enough.” In this issue, we are featuring Aimee Lithwin. Aimee’s story will touch you deeply as she shares her personal pain, challenges, and journey about dealing with body image issues, a topic that 85% of women struggle with every day, as well as share a few suggestions on how to heal your body sense of self.

I personally want to invite you to consider becoming an opt-in subscriber to our quarterly and eventually bi-monthly free online magazine. By doing so, you are guaranteed to receive every issue of our magazine in your in-box, stay connected to all the amazing things we are doing at the Institute as well as be informed on upcoming events, trainings, and opportunities we intend to offer in the coming months and years.

If you are a business owner, you may want to consider advertising with us. Our overall online social media reach is 10,600 women nationwide and our magazine has traveled as far as Argentina. Not bad for a new magazine! In addition, this year we are excited to share our magazine with several women’s networks and associations specifically catering to women entrepreneurs giving us a larger sphere of influence. For more information on how you can advertise in all our upcoming issues, contact Leah Moore at Imoore@iamenoughinstitute.com for a copy of our Media Kit.

And finally, I am so excited to announce the launch of our new The I Am Enough Institute Store through CafePress. We have several items you can purchase with our logo “I Am Enough” proudly displayed on every item to inspire you to remember who you are. In addition, for every item you purchase 10% will be allocated to our, “I Am Enough Young College Woman’s Scholarship Fund” specifically for college women between the age of 18 - 35. Each quarter, the Institute and a partnering university will identify a young woman needing financial support. Through an application and interview process, a young woman can apply for a one-time financial assistance and receive support on items such as housing, food, books, and miscellaneous needs.

As a former administrator and faculty counselor on several college campuses, I know firsthand the challenges many young college women face during their academic journey that often can interfere with their ability to remain in school and graduate. One of my deepest passions is to support young women in knowing they are enough and in that empower them to confidently know they can have it all in their personal life and beyond. We have already established a partnership with Cal Poly Pomona University in Pomona, CA in the Violence, Prevention & Women’s Re-Entry Center and will offer our first scholarship in the spring of 2014. I am also excited to report that we are in conversation with other college campuses regarding partnering with them to offer our college program and scholarship as well. Through your purchases, you can be actively involved in the personal and academic progress and success of a young woman’s life.

It is an amazing time to be a woman and we are honored and excited to join you on this journey of knowing we are enough and can live an outrageously success and abundant life.

To Your Success,

Anita M. Jackson, EdD

Founder and CEO of
The I Am Enough Institute
Divas for Success Training Program
Website: www.iamenoughinstitute.com



The I Am Enough Institute is proud to announce the launch of our free online magazine called

I Am Enough™

THE MOVEMENT IN WORDS

I AM ENOUGH is dedicated to igniting and transforming the heart, soul, and mind of women from a false, negative belief system of "I am not good enough" to a positive, empowering mindset of "I Am Enough." Catering to women between the ages of 18 to 65, I AM ENOUGH will provide a platform for women to rediscovery and reconnect to their authentic truth and purpose as well as reclaim their spiritual, feminine power and intuition for the intent of bring back harmony and balance to herself, her relationships, her community and the world. We believe that when a woman is empowered she is more than enough in all her beauty, wisdom, glory, and her power.

Issue Timeframe	Publish Date
Fall (Sept/Oct)	Sept. 2, 2013
Holidays (Nov/Dec)	Dec. 2, 2013
Winter (Jan/Feb)	Jan. 6, 2014
Spring (March/April/May)	Mar. 3, 2014
Summer (June/July/August)	June 2, 2014
Fall (Sept/Oct)	Sept. 1, 2014
Holidays (Nov/Dec)	Nov. 3, 2014

Each issue will offer the following:

- Letter from the Editor
- Vibrant Health and Wellness
- Mental and Emotional Wellness
- Meaningful Relationships and Intimacy
- Spiritual Empowerment
- Lifestyle
- Financial Wealth and Abundance
- Upcoming Institute Events and Announcements
- Thoughts To Think About

The I Am Enough Institute

We are a multi-service based female personal development empowerment educational agency. Our staff includes a multicultural team of dedicated and highly experienced women with varied personal and career backgrounds ready to provide their wealth of knowledge and expertise in empowering, teaching and helping women confidently know that they are enough while living whole and outrageously well.

Our passion and ultimate intention is to ignite a spirit and knowing of "I Am Enough" within all women that will empower, inspire, and validate them on their journey to rediscovering their true authentic selves. Through a wealth of exciting services, programs, resources, and venues, women will have access to rich transformational information and passionate successful leaders that will assist them in remembering who they are and how to live fully and purposefully on their own terms. In addition, women who participate in our Institute will learn, grow, network, and connect to other like-minded women around the world creating a global sisterhood and female empowerment movement like never before.

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To advertise with our magazine, please contact Leah Moore at Imoore@iamenoughinstitute.com for our 2013/14 Media Kit!



Empowering Women To Know That They Are Enough

Mastering Your Success Diva Style Intensive Workshop

Owning and Stepping Into Your Success Like a Diva



*"You have to BE before you can do. You have to DO before you can have."
~ Zig Ziglar*

You are working hard, learning all the latest strategies, using the latest tools to take your life and business to the next level. Yet, something is still missing - the results you expected from all your hard work. You may even be wondering, "What's the problem?", "Where did I go wrong?", and "What else do I need to do to turn things around?"

Well the truth is, it more than likely has nothing to do with what you are doing, but moreso who you are and who you are now has everything to do with how you were programmed, which was established by all your past experiences.

"It's not good enough to be at right place at the right time. You have to be the RIGHT person in the right place at the right time." ~ T. Harv Eker

With so much going on in our personal lives and world, very few of us have the time, or energy for that matter, to really do the inner work necessary to change our current condition - however, doing the work is the most crucial part of powerfully changing our lives.

With 23 years of expertise in personal, business and success psychology, Dr. Anita has worked with all kinds of challenges and individuals, especially women, in helping them process and finally release past issues that unconsciously prevent us from moving forward. During this time, Dr. Anita identified several key areas that when processed and re-defined, empower women to step into their next level of holistic outrageous success.

Offered in three webinar formats, this workshop is a must for every woman wanting to step into her next level of outrageous success in every area of her life.

Half Day Workshop

Time: 9:00 a.m. – 12:00 p.m. ~ Date: Wednesday, October 2 ~ Cost: \$57



- Learn the #1 foundational principle to outrageous success – Every woman needs to know this one
- Learn the key principles of personal, business, and success psychology
- Discover how your unconscious perception and belief system is secretly influencing your mindset and current experiences in life

Full Day Workshop

Time: 9:00 a.m. – 3:00 p.m. ~ Date: Friday, October 18, 2013 ~ Cost: \$97, includes lunch

- Learn the #1 foundational principle to outrageous success – Every woman needs to know this one
- Learn the key principles of personal, business, and success psychology
- Discover how your unconscious perception and belief system is secretly influencing your mindset and current experiences in life
- Learn what DIVA really means and how this persona will empower you to experiencing MORE in your life
- Learn how to create a diva success mindset
- Easy to implement strategies to begin experiencing success within a few days of workshop

Mastering Your Success Mastermind Group

Date, Time, and Location: To Be Determined ~ Cost: \$1297

This 10-week mastermind group allows for more personalized attention and support from Dr. Anita.

Mastermind group offers more in-depth information and processing regarding all topics listed above and so much more. Additional topics include: • Strengthen your understanding of your divinity for success (The feminine side of God) • Learn how to reset your internal gauge (set-point) for happiness, love, health, wealth, abundance and overall success • Learn how to tap into your personal power for success • Learn how to activate your receiving and success muscles as a woman

Mastermind participants receive: • Workshop Materials • Three (3) individual 45-min coaching sessions with Dr. Anita to help create a strategic plan to experiencing success in your personal life and business

To register for events above, go to www.theiamenoughinstitute.memberlodge.org, click on Calendar of Events for event listings and registration. For more information, please contact Leah Moore at lmoore@iamenoughinstitute.com

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“I AM Enough” The Key To Outrageous Success!

by Dr. Anita M. Jackson

Everyone wants to be successful. The idea of feeling and being holistically secure mentally, emotionally, relationally, spiritually and financially is considered an essential ingredient to living life abundantly. We work hard to have it. We often sacrifice our body, soul, spirit and those things we love most to experience it. We believe that in becoming successful it will give us the validation we so desperately desire and even need. However, the pursuit of success, unfortunately, is all too often based on what we **do** to accomplish it rather than who we are. And, if we fail at becoming successful by external standards, it often negatively affects our overall sense of self whether immediately or over time. Yet, the experience of being outrageously successful truly is our divine birthright, something etched deep inside our soul and spiritual DNA. Our challenge then is not in doing what it takes to be successful, that's easy. Our challenge is in *allowing* ourselves to fully **be** outrageously and holistically successful.

Over the years, I have had the honor of working with scores of individuals on all kinds of issues ranging from anxiety to depression to childhood and adult traumas to personality disorders to the loss of a loved one to improving self-esteem, relationships and life. What I have come to believe in all these situations is that when one believes they are enough, then life has an amazing way of validating this truth over and over again. But, what does “I Am Enough” really mean and how does it impact our ability to experience outrageous success? Intellectually, we all know that we should feel good about ourselves, appreciate and value our gifts, talents and abilities. Yet, many of us struggle with our overall

sense of self on a daily basis. The true meaning of “I Am Enough” is not an intellectual concept but in fact a spiritual truth that when understood, can greatly impact our faith, energy, and vibration causing a powerful impact on how we create and live life.

So, what does “I Am Enough” mean?

In truth, to really give this topic the attention it deserves, I probably need to write a book but for now, I'll share four powerful principles to help get you started in declaring “I Am Enough.” But first, in order to truly understand the power of “I Am Enough,” we must first understand what and how “I am not good enough” is consciously and unconsciously influencing our lives.

Unfortunately, we are bombarded with direct and indirect social messages every day telling us that something is wrong in the way we look, in what we have or don't have, in who we are or not, and in what we are doing or not doing, the list is endless. Subconsciously, we have quietly bought into these lies causing a deep sense of soul and spiritual dissatisfaction and unrest with who we are and the life we are now living. This unrest is causing havoc on our marriages, families, mental health, health and social economy. It is lowering our ethics and morals. It is giving rise to more anger and hostility. Yet, on a positive note, this soul and spiritual dissatisfaction and unrest is also becoming our awakening to “getting back to the basics, the truth” in knowing what is and has always been true...our divinity, our likeness to and with God that we/YOU are enough.

A Few Principles About “I Am Enough”

First, the words “I Am” are probably two of the most powerful words in the English language because everything stated behind these words, whether positive or negative, becomes our reality, our truth. So, here are a few principles about **I Am Enough**.

Principle Number One – declaring **I Am Enough** means you acknowledge your divinity, your creation and connection to God. This is the difference between having an awareness of God and knowing God.

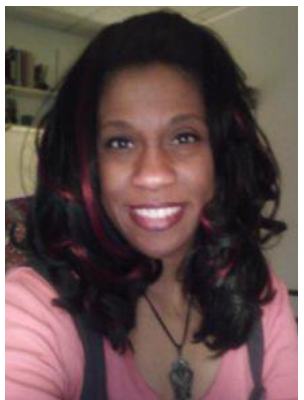
Principle Number Two – declaring **I Am Enough** means that every experience you have had, whether good, bad or ugly, has value and importance in the development of your existence and the revealing of your higher spiritual self. If we allow this to be true, then everything that has happened and continues to happen to us opens us up to experiencing more of life richly and abundantly. Remember, however, that the opposite is just as true. If we declare, “I am not enough” then we are opening ourselves up to experience lack, a life of emptiness, dissatisfaction and unrest.

Principle Number Three – declaring **I Am Enough** means you are stating that everything after this statement is true, “I am enough in my beliefs, thoughts, emotions, characteristics and habits.” It empowers your conscious awareness of who you are and how you co-create your life with God through faith and believing.

Principle Number Four – declaring **I Am Enough** powerfully impacts your manifestation abilities. Your level of faith and belief that you are good enough greatly influences what you are able to manifest and experience in life. In our divinity and likeness to God, we have creative abilities that allow us to display the wondrous powers of God and the Universe.

Although there is so much more to say about declaring **I Am Enough** and how it influences our ability to experience outrageous success, just knowing these basic four principles can be the catalyst to stepping into your next level of outrageous success. As David J. Walker says in his book, *You Are Enough*, “You **ARE** Enough... You Always Have Been... You Always Will Be!”

To Your Success!



Dr. Anita M. Jackson





Surrender to Your Magnificence

by Janet D. Thomas

I was talking to a friend of mine on the telephone earlier this week. My friend is one of the kindest, sweetest people I know. Not only is she kind and sweet, she also has an uncanny way of being able to immediately identify how someone else is feeling. Her amazing intuition is really intriguing to experience. It makes sense that her profession is in service work. Healthcare, actually. And she's really focused on growing her business right now.

At the time when we spoke, she was having a particularly rough day and needed to vent. But she was very self-conscious about not wanting to take up too much of my time. "Nonsense," I told her. "I want to hear everything that's on your mind, so take your time!" She talked and I listened.

Many of her sentences began with, "I know I shouldn't feel this way, but..." and "I know I'm too sensitive and shouldn't let this get to me, but..." After much gentle coaching from me about releasing judgment about how she feels and to just feel it and describe it, she spilled the beans. ALL OF IT. She just let it rip. And afterwards she started to feel better. Lighter.

As the cloud that she was in began to lift, I reminded her that she has the right to feel however she feels. That if she created the space of complete acceptance for herself in all aspects of herself, by releasing how she feels safely and without censor, she will access the clarity that awaits her. The punch line is that the clarity is underneath her pain and frustration... and the challenge is mustering up the courage to feel it and let it be okay; and to ride it out while trusting that she won't die from it!

As we continued to talk, the light bulb went on. She realized that she had been operating within the belief that she was unable to be successful personally and professionally because she was too kind and sensitive. Whenever she felt something tugging at her heart, she

would judge herself and criticize herself about it. She tried to pretend that it wasn't there because she felt that it wouldn't help her get to where she wanted to go. She had been operating that way for as long as she could remember. What a revelation!!!

I was thrilled that she was open to consider a couple of ideas that I presented to her. I invited her to consider that when she truly accepts who she is; when she shines in the ways that are natural for her; when she owns her kind, sweet and intuitive self without judgment or apology; when she surrenders to her own magnificence, she will naturally attract what she desires.

Do you think that in order to be successful in love or business that you have to change who you are? Actually, I believe that it is a straight line from Point A (who you really are) to Point B (success in ways that are meaningful to you). It is exactly who you are, way on the inside of the core of your heart that will create your success.

Think about it for a moment. Remember when you were little and you would dream in secret about stuff? When you would feel so good about the idea of certain things coming true? And when you moved throughout your day with your dreams intact, you did more and felt more and laughed more and produced more? Who you are, in that private and magical place is what makes it possible. And if it wasn't possible, you wouldn't be capable of dreaming about it! So from where you are in your core to where you imagine and dream about being is a straight line!

As the Divas for Success training program states, "A diva is a woman who has come into her own truth, feminine essence, and power..." We boldly submit that within your truth and your essence lies your power. YOUR POWER!

I invite you to consider this: you can reconnect with your clarity and creativity beneath your pain and self-judgment. It's time to consider what your life would be like if your inner critic -- that almighty dictator that lives so well within you and holds hostage all of your greatest resources -- was transformed into being one of your allies. If you are reading this, the time to consider it is upon you!

Have the courage to allow who you are, in the deepest sense of yourself, to be okay. Surrender to your own magnificence and see what happens!



Janet D. Thomas

You Are An EXPERT!

by Monika Zands

Recently, I participated in Brendon Burchard's program, Experts Academy. I sat in a room with over nine hundred experts; experts at whatever it is they could imagine being an expert at. Expert speakers. Expert coaches. Expert athletes. Expert chefs. Expert everything! It was so awesome to watch people experience, share, and be who they are an expert at. I would walk up to someone and they would be excited to learn who I was, and they'd be excited to share who they were... and the more people I met, the more things I learned that I didn't even know people could be experts at.

So I ask you to consider for a moment, what are you an expert at? Now most people believe that they couldn't possibly be an expert until they have read all the books, done all the courses, learned all the information and even have a degree that says they are an expert. Well, I have some great news for all of you not-yet-experts... there is a new definition I took away from the course which states: An expert is someone who knows something that someone else wants to know.

Yes it is that simple, you know something that someone else wants to know. Now I would bet that those of you who are reading this are actually beginning to think about the list of things that you know. And if you are not... then hop to it. Go grab a sheet of paper and just let your mind whir with the massive amounts of things that you can think of that you know. Whether it is how to deal with a demanding parent, how to write, how to read, how to hold your breath under water, how to sing, how to cry, how to workout... the list goes on and on.

Now when I ask you the question "What do you know that someone else would love to know?" a whole new paradigm of valuable information is at your fingertips. In fact I would go so far as to say that you don't even need a list. You can probably just start speaking and you will be shocked to know how interesting you are; riveting to the person who has never experienced what you take for granted because you do it effortlessly every day.



You're an expert because you overcame a loss. You're an expert because you broke through something challenging and created something amazing. You're an expert because you know something, you've done something, and you've failed or succeeded at something that someone else would like to know.

IMAGINE ME SHOUTING OUT TO THE WORLD: you ARE an expert. YES YOU!!

You are an expert because you've done what you've done and someone else hasn't yet. You are an expert, and the level of expertise that you want to have is up to you to design. What you don't know yet can become what you do know through a conversation with someone who knows it, and you'll grow your expertise. The more you learn, the more you explore, the more curious you are, the greater the level of expert you become.

My name is Monika Zands, and I am an expert at recognizing people's greatness. What will you do to recognize your greatness? By now your list of what you know is so long you probably could fill a book on it. So maybe that is what there is for you to do. Start sharing, recording, writing, journaling all the wonderful amazing uniquely you things that the world is waiting for. One by one your greatness will be revealed to you and you will give permission to others to discover their inner expert too.

By sharing stories and experiences, empowering people, asking questions, people in your life can learn something from you that they don't know, or recognize that they know something that they didn't realize was valuable until they heard someone else share it. No matter the circumstances, stand on the mountaintops of your journey and share with the world the gifts people are waiting to know from you.

BE PROUD TO BE THE EXPERT THAT YOU ARE, and remember to share with me so I can learn it too!!

We all have an amazing opportunity to touch people's lives every minute of every day with a glance, a smile, a look, a touch, anything.

You are great. You are valuable. You are a contribution. You are a gift.

You are an **EXPERT!**



Monika Zands



Empowered Women Eat Breakfast

by Sharon Foot

Breakfast - Literally means “breaking the fast”—of the night, as it is the first meal after sleeping.

I don't have time to eat breakfast”, “I am just not hungry in the morning”, “I'll just grab something when I get my coffeee”. If you find yourself saying these words, I bet you also find yourself brain foggy or grouchy by mid-morning and dragging yourself thru the afternoon around 3 Or 4 o'clock. We have heard it since we were young. Breakfast is the most important meal of the day. So why do so many women ignore or rebel against this proven fact? Going without this important meal is a form of self-sabotage. Especially for women (and I don't know af anyone this doesn't pertain to) that need to be on top of their game; running a business, or managing children, their home and many times both.

When we wake up in the morning, our body and brain have been without food for around 10 - 12 hours. We truly need to break fast. It is from our brain that messages are sent to other parts of the body to get them moving and working well. If our brain is not fed, it will act in a slow and sluggish manner, which will impact greatly on the rest of our body.

Your brain requires glucose or blood sugar to provide it with energy to function. The muscles of our body need glucose to activate them and get the body working physically.

Concentration and Mood

If you deprive your body of food in the morning you may find that you feel tired, dizzy and irritable and that your concentration is poor. It may take you longer to carry out tasks or you just might not feel up to anything mentally strenuous let alone physical. Morning work out? Forget about it! You will probably find yourself snapping at people unintentionally, especially if under stress. No sense putting your co-workers or clients in the line of fire when you can easily control your moods with proper nutrition. As the morning wears on you will most likely start to feel pangs of hunger. Hunger affects your alertness which makes that to-do list seem insurmountable!

Energy

After fasting all night, breakfast can kick-start your energy level. If you don't eat anything in the morning, you will most likely find yourself craving something sweet to eat, as your body cries out for a quick fix to boost energy levels. If you are at work and it is not yet time for lunch, this is one of the moments when you may find yourself reaching for something very unhealthy such as a chocolate bar, croissant, cream cake or other snacks. For those who are watching their weight, this is disastrous.

To avoid the sugar slump, choose whole grain breads and cereals (with low sugar content), fresh whole fruits (not juice) and even foods that are not usually served for breakfast, such as vegetable soup or a bean spread like hummus on whole seeded crackers.

Cravings and weight Control

If you think that skipping breakfast is the gateway to losing weight, think again. Eating a healthy breakfast increases the metabolic- or calorie burning rate. Consequently you have more energy and weight control is easier. You would be better off cutting calories by eating smaller lunch and dinner meals than by cutting out breakfast. In fact, studies following people who have lost weight and kept it off for more than a year show that 80 percent of them include breakfast in their eating plans.

Breakfast choices

So, what should you do? First of all, try eating within an hour or two of rising to feel great and get your body at it's peak. I suggest starting out the morning with a glass of warm water with lemon to re-alkalize your body and get things moving so to speak. I personally like to have a mug of hot green tea after that and then eat breakfast. If you are one that likes to work out before eating, at least make sure you have a glass, preferably two of water to re-hydrate your body.

Every body needs a minimum amount of nutritional elements, such as vitamins, minerals, fiber, calories and fat, to keep organs functioning properly. When you are choosing your meal, try to have complex carbohydrates, protein and healthy fat. Carbohydrates have the most impact on your long-term memory. Make sure to eat enough at breakfast so that you can cruise thru until lunch. Including a healthy fat (such as avocado, nuts and seeds) will help satiate you and make the meal last longer. Breakfast is a time of day, not a type of food. If there is leftover salmon and spinach from dinner and that is appealing then, go for it.

In a hurry? You can still give your body some love with these quick breakfast ideas:

- Spread nut butter on a Brown rice tortilla, slice strawberries-roll up & go
- Smoothie (make a beautiful meal in a glass)
- Grab an apple and a baggie of almonds or trail mix
- Oatmeal topped with fresh fruit and nuts
- hardboiled egg, piece of fruit
- Ready to go breakfast bar (I like Kind Bars)
- Greek yogurt with milled flaxseed and berries
- leftover quinoa, salmon and greens. Who says it has to be breakfast food?

Want more breakfast ideas for you and your family? I've got you covered.

Just sign up here
www.sharonotnessfoot.com
 (this will link to a breakfast recipe e-book free opt-in)



Sharon Foot



Loving My Body Now!

by Aimee Lithwin

Ordering my fourth grader's back-to-school clothes took all of 15 minutes and 15 clicks on his favorite websites. Five pairs of pants, a couple of pairs of sneaks and a few T-shirts with goofy phrases was all it took to satisfy him. So different from my own torturous childhood experience, when Mom would drag me to the 'Pretty and Plump' section at our local Sears store at the end of each summer.

Oh, how I dreaded those trips, being trapped in that tight little box with the evil fluorescent lights magnifying every roll and bump, forced to try on baggy slacks in plum and teal with matched knit cardigans complete with lace collars and daisy-shaped plastic buttons. Those hideous clothes made for us "healthy" girls weren't anywhere close to the designer jeans and off-the-shoulder sweatshirts of my dreams that the popular, thin girls would wear on the first day of school. I tried to hold my head up and look at myself in the mirror as my mom, exhausted and frustrated by her unsuccessful efforts to bolster my spirit, brought in hanger after hanger of ugly options that would have been perfect for my nana to wear to the rummage sale, but humiliating for a pre-teen girl in middle school. Inevitably, I'd turn away from the mirror and shrug acceptance at the items that at least fit.

"Honey," my tall, slim, homecoming queen of a mother would say pityingly, as I slumped in defeat on the car ride home, "if you would just lose a few pounds you would be so pretty."

That message, reaffirmed countless times by well-meaning friends, teachers, family members, boyfriends, and even a (former) husband was the mantra of my life for close to forty years. I was very ill once from a serious case of mono that kept me out of school for a whole semester. I was barely able to walk or eat. After recovering, we went on a vacation with extended family and everyone was so pleased with the new diseased-thin me. My blonde bombshell of an older cousin hugged me close and told me how proud she was of me for losing weight. "Promise me," she said, earnestly gripping my shoulders, "you won't let that weight come back. Ever."

And I really tried to keep that promise. But like a well-thrown boomerang, I would toss the weight off, satisfied that it was really gone this time, only to have it make a sharp corner and rebound perfectly on my hips and thighs once again. Diet after diet, twenty pounds off, and twenty pounds right back on, each failure deepening my own self-loathing. I told myself I was weak and stupid, lazy and worthless. All the while putting a

big smile on and facing the world with jokes about fat chicks, encouraging those around me to laugh "with me" in my jolliness. "Can you believe it?" I'd ask my friends over cocktails, "He actually said he was breaking up with me because my body type confused him! Isn't that hilarious?!"

Oh yeah, it was real funny. Except for the part where my desperation and self-hatred led me to a pretty serious drug and alcohol habit, promiscuity, and eventual marriage to a man who told me that he'd been forced to cheat on me because he couldn't get turned on by my giant . . . well, I guess 'rear-end' would be the most appropriate edit in this case.

It was after my divorce that I realized I'd really hit the bottom of the barrel. In fact, I was scraping the sludgy sediment where it was dark and really, really lonely. I had nowhere else to go.

I must warn you, this isn't one of those feel-good stories where the author, finding herself at the proverbial bottom, decides to make a huge life change, commits to a new plan, and immediately changes her whole life for the better, living happily ever after in the world of unicorns and magic puffins. In fact, my climb out of that dark place was slow and arduous and it's taken almost fifteen years to come to some understanding of why I've had this particular journey.

What I did instead was commit to therapy way back then and, luckily, found a wonderful woman who helped me start on the path to self-awareness. Over the next couple of years, we delved into where I'd been and uncovered the parts of my story that had planted the seeds of self-loathing within. Once we found the nasty little bits that I'd been stuffing down along with food, alcohol, drugs, and sex, we made some progress and the real work began. It was a painful process, digging up those long-held beliefs out of their dark, moldy hiding places, and exposing them to the light to be burned away.

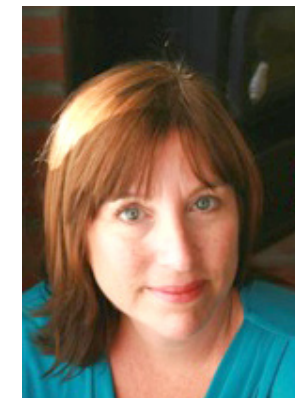
It's been well over a decade now since that time and I've learned so much. I know now that all of those external messages I took in throughout my life were really a reflection of my most deeply held, hidden beliefs about myself. I was actively and unconsciously drawing in messages of unworthiness, less-than, and not enough because that's what I believed was true of me—that ultimately I was not worthy of love exactly as I was.

It's been truly amazing how simply acknowledging this pattern within me for falling into self-judgment and the black hole of 'not good enough' supports my journey back to love and self-acceptance. Now, when I feel myself slipping towards darkness, as soon as I recognize the downward slide, I try to label it in my mind as, "oh, there's my pattern again." This simple practice helps me put on the breaks to slow things down before I become so deeply immersed in the vortex of negativity that it takes forever to escape its grip.

I also do my best to allow whatever is coming up to have a safe, non-judgmental place to find expression. Rather than stuffing the fear, anger, or sadness deep down inside with food, I acknowledge those feelings out loud either to myself or to a trusted friend. (We often find ourselves laughing hysterically because some of what we're afraid of sounds down right funny once you say them.) This gentle allowing is so important because it's the opposite of resistance. Jung's quote, "what you resist, persists" is really true. Resisting anger or sadness, or whatever you're trying to move through, only increases your focus on it and its power over you. Just allowing it to BE moves it up and out, with the least amount of effort.

This process is becoming second nature to me now and automatically starts up when I feel triggered. It's like Wash, Rinse, Repeat of the soul. The result is that I find myself moving much more gracefully and gratefully through my life. Gracefully because my energy, which was previously tied up with worrying what people thought about me, is now freed up to pursue connection to my higher self. Gratefully because, just as surely as that bottom-of-the-barrel time in my life set me on the path to freedom, so too does every new challenge bring me a little bit closer to my true, eternal home.

And sometimes I weigh more and sometimes I weigh less. It doesn't matter.



Aimee Lithwin

The New “I AM Enough” Woman Featuring Aimee Lithwin

“It’s truly amazing how simply acknowledging this pattern within me for falling into self judgment and the black hole of ‘not good enough’ supports my journey back to love and self-acceptance.”



An Interview with Dr. Anita M. Jackson, Editor & Publisher

I first met Aimee through a mutual friend of ours and immediately fell in love with her. It was as if I had known her for years. Since that time, we intentionally connect every week deepening our friendship and sisterhood. In one of our conversations, Aimee shared her powerful story about dealing with body image issues. I was so moved by her story, she actually made me cry, that I knew I had to interview her and have her story in our next issue of *I Am Enough Magazine*.

You’ve just read her story. Now read her answers to just a few of my questions:

DrAJ: “Women often struggle with body image issues that interfere with their ability to be fully open, present and available to experiencing life and relationships, especially physically. Why do you think women are struggling with this issue and how is it affecting our feminine energy and presence in today’s society, if at all?”

Aimee: I think of life like a classroom, where we’ve each chosen a different focus of study. For me, the body image piece has meant a double major in Self-Love and Self-Respect. The curriculum included Dangerous Dieting 101, Advanced Carb Loading, and a special elective titled, “Why You Deserve to be Rejected and Die Alone”. I’m joking, but the point is that, while I swung from one extreme to the other, over and over again, the underlying theme was always deeply hidden self-loathing caused by a secret, shameful fear that I wasn’t truly worthy of love. Images of myself as an old lady writing bad poetry in Argentina (for some weird reason) wearing all black with lots of chunky turquoise jewelry permeated my thoughts on a daily basis. It’s funny now, but what was really going on in that fantasy was a fear of ending up alone, unloved. I think that’s what we’re struggling with in our homes, at work, in our relationships – this question of, “Am I worthy of love?”

Of course that deep, wounded sadness affects us, our families, our communities, our world. But, unlike a physical classroom, there isn’t a teacher at the front of the room who says, “The answer is YES; you are worthy of love. Next question.” We can’t just fill in the bubble and move on, ready for our next lesson. We learn through experience and repetition. In my case it’s been through struggling with body image, while for others it may be terror of public speaking, or perhaps it’s indulging unreasonable demands on your time and energy. Maybe it’s all of those and more! The real lesson begins when you take the focus off the external details, like your pant size, and focus your energy within, on discovering and clearing the deep-rooted fears that are eating away at you. It’s through this internal process, through healing ourselves first, that I believe we can begin to heal beyond, extending to the world at-large.

DrAJ: Aimee, you beautifully shared your story of dealing with body image issues. Can you share more specifically how you healed this part of yourself?

Aimee: Oh, how I wish I could say it was easy, but it was a marathon of a journey! And it definitely wasn’t a Point A to Point B kind of trip either, as I discovered that I often had to recover ground to get to the deeper meaning and uncover my buried truths. Along the way, there’s been a lot of self-reflection, study, practice, meditation, requests for guidance and support, and then more practice.

The first step was to recognize that my physical weight was only one manifestation of a much deeper fear of not being loved, of being rejected, replaced, abandoned, and alone. Once I understood that, the question became how to expel those fears so that I could get out from under their powerful grip over me.

Ironically, I really turned a corner and finally healed that wound when someone laughed at me. Not with me, but at me. I was coming out of a traumatic period that included my father’s illness and death, a diagnosis of autism for our three-year-old son, a foreclosure, two moves, a fire, estrangement from my mother, and a host of other locust swarms including my tireless arch nemesis: weight gain. In the very, very depths of despair, when I was feeling like I just couldn’t cope with one more thing, in profound pain and longing for answers, I spilled my guts to my spiritual teacher. She listened to all that was going on, with what I thought was quiet sympathy until . . . she burst out laughing! A beautiful, melodious, joyful laugh!! At first I was really hurt, but then something clicked, and I started to laugh with her.

What unlocked in me that day, on the waves of that laughter was the realization that as each drama unfolded in my life, I’d slipped into my old habit of blaming myself to the point that I even secretly believed my son’s autism was punishment for my unworthiness. It was the exact pattern that had always triggered my weight gain, the one that says I don’t deserve anything good in my life because I’m not good enough. Once I let that come into the light, I could see how extreme it was, how completely untrue, and even comical. It was liberating! It was the realization that my “BIG LESSON” in this life is to practice self-love and self-respect, and that these experiences reemerge specifically to help me with that ongoing practice. In other words, drama isn’t happening to me, it’s happening for me, so that I can learn more and more self-love. Now, when stuff happens—and stuff always happens—I approach it with an attitude of curiosity and the questions: “Why is this here for me? What do I need to learn?”

So, I guess I would say that I healed this once raw, persistent wound through the grace of connection to my spirit, the gratitude I have for my experiences, good and bad, and a lot of guffawing over how much fun it all is. (Maybe I should write a book and call it, “The G-Spot: A Spiritual Journey to Your Core.”)

DrAJ: First of all, I say YES to your book. I’ll be in line to buy it. So, here’s my final question for you. Do you think that knowing that you’re enough impacts a woman’s body image and if so, how?

Aimee: Yes! One hundred thousand million percent, YES! Now that I know that I’m already enough just as I am, and that I don’t have to wait to lose twenty pounds before I can love myself and feel worthy of connection, I am no longer at the mercy of the number on the scale. Sometimes it’s up and sometimes it’s down, but that doesn’t mean anything about my beautiful, divine self who is perfectly me at every moment.

Extra weight is a clue that I may not be cultivating self-care, which prompts me to take a look at whether I have added too much to my plate, so to speak, causing an energetic imbalance. That was true when my babysitter left for summer break at the same time my husband and I took on extra work and our son started a new, daily in-home therapy regiment. My pants got a little tighter, but I was able to catch my pattern when it was still coming for me. Rather than go into my habit of self-loathing, I interrupted the process through self-acceptance, reminding myself that my true state is always love and that my current weight had no bearing on that truth. Next, and I think the most important step, was to allow those extra pounds to come and to gently acknowledge the lingering feelings of anxiety that others would judge me at the pool. This is critical! Shoving those feelings down and denying their existence would only strengthen their power, whereas noticing them and kind of shrugging, like “yep, there’s some anxiety and feelings of unworthiness,” disarms them. Finally, I just kept at it—all summer, I donned my swimsuit and showed up for my kids and me, practicing self-love the entire time. And now that the kids are back in school (wahoo!), the extra jobs are done, the babysitter is back, I’m walking and going to yoga, juicing, and meditating to balance my energy. But I know that it’s not that the heavier, summer version of me was any less than perfect or that the fall, lighter version is better. In either state, I just am.

Since most of our body image issues stem from our childhood, what suggestions would you give mothers/parents in supporting positive body image beliefs and behaviors in our children?

Oh boy. Parenting turned out to be a lot harder than I thought it would be and I have much more compassion for my own parents now. Through my adventure as a mom, I’ve learned that every family has its own story and that, except in cases of abuse, neglect, etc., no one should judge how someone else does it, so it’s hard for me to even make suggestions. With that in mind, I offer this:

- Love, love, love them... just as they are.
- Smile when they walk in the room and show them your delight that they exist, that you are lucky to possess the honored role of mother or father.
- Gently ask them to reframe negative self-talk, by not modeling your own negative self-talk in front of them.
- Don’t compare them to other people, especially to their own siblings.
- Be honest and transparent, as appropriate, about your own journey.
- Respect their unique path as separate from yours.
- Set boundaries, stick with them, but then accept that they’ll test them.
- Laugh!
- Spend a lot of time with them.
- Work on yourself.



Feeling the Vibration of CELEBRATION!

by Kristine Bonilla-Dutra,
The Celebration Queen

Do you feel “Good Vibrations” when you think about planning or giving a party? Giving and planning parties may give us anxiety. We worry about everything from food, decorations, guests list, cleaning to what to wear, etc. I’m here to tell you, you are not alone. Many of us feel the pressure of party planning. Worry no more! Here are three (3) easy piece of cake tips to raise your celebration vibration.

Celebration Tips

Celebration Tip 1- Intention:

What is your overall vision for your celebration?

I’m not talking about balloons, piñata’s, Hello Kitty vs. Cinderella. I’m asking you this...How you want your guests (kids or adults) to feel at your party. As Maya Angelou says, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel!” When guests arrive and you feel happy and excited, you are spreading good energetic vibrations. Imagine, it’s like throwing glitter in the air; everyone has a sparkle, reflecting back on to each other. Happiness is contagious and it spreads like wild fire.



Celebration Tip 2 - Focus:

Create memories

This is important. I want you to focus on the memories you want to create. By stimulating your guests’ five senses, they absorb your party into their memory. This is easy to do by remembering these points:

Sight: Festive decor, smiling and happy faces.

Taste: Yummy, delicious food and beverages.

Hearing: Laughter, music, and great conversations.

Touch: Lots of hugs and engagement equal happiness.

Smell: Candles, food, etc...

Think and tell yourself, “I AM the Hostess with the Mostess!”

Celebration Cake Tip 3 - Breathe & Relax:

Everything is energy.

Everything is energy and when you are stressed out and tired, hosting a party is definitely going to lower your celebration vibration. It’s important to care and treat yourself before the party. Try getting a massage, stretch or meditate for a few moments, get a mani/pedi, take a long hot bath, do whatever makes you feel good and ready to party. Rejuvenate and remember when we as women celebrate ourselves first, we bring happiness and joy to our life and others. Happy feelings give us energy.

Remember the old cliché, “When momma is happy everyone is happy.”

I cordially invite you to:

- ♥ Show up energetically
- ♥ Be in the moment
- ♥ Cherish the memories you are creating
- ♥ Remember your intentions and the effect of your intentions
- ♥ Have fun and feel the good vibes

And most important,
Always Celebrate the Sweetness of life!



Kristine Bonilla-Dutra



Success & Sensuality

by Ivana Siska

Hello Dear, Beautiful One. Yes, I'm writing to You, speaking to You and connecting with You in this article. Join me, step out of the business of your day and allow yourself to float away, just for a few minutes, while you read this. Accept this invitation to embark on a daydream, a little visit with yourself...

The intention of this article is to share a glimpse into what life can be like when you welcome your sensual side into your everyday life activities, especially into your business activities or any other areas where you may be pursuing success. If you are like many career-oriented, goal-driven and successful women, you may have found yourself separated from your feminine, sensual side. You may have even forgotten about that part of you, or you may be very well aware of losing her and you may be longing to feel that part of you again. It may be scary to conceive (and you may even be having a hard time conceiving) how to marry these two aspects of yourself so that you can live in the fully realized vision you hold for yourself, as a completely fulfilled woman. The truth is that you can have and feel all of that.

Let's just be open, breathe deeply and softly and play with what comes up and presents itself as you allow these words to melt into your consciousness and land softly in your heart and resonate with your own internal wisdom and source of love for yourself. Reading in this way is just one way of being in touch with your true and sensuous self.

First, let's take a peek at what Success means to you. The standard, short and commonly accepted definition of success is having life circumstances reflect your preferred way of having things happen, or simply, the accomplishment of your goals. Our cultural background, religious upbringing, peer groups and social standards, especially the media and entertainment are generally where we get our definition of what it means to be successful. Let's just say that for now, those standards do not exist. I invite you to again, take a moment, and a few deep breaths to really connect to you, to your heart, and to the part of you who knows exactly what matters to you... and ask her what she would say the meaning of success is. Ask that woman, the one who has your heart, your well-being, and your magnificent capabilities in check, to answer that question. Allow her images, her words, her feelings of what success is to come to you. Drink them in and write them down or just make a mental note to remember them at some point in the future should you ever want to recall them, should you ever want to clarify what's important to you. This is what success means to you. These feelings, these words and these images are yours and they are what you are truly in search of. They are what makes your heart and soul happy, and they are what drives you to do the things you do; all of them, even if you're not entirely aware of this.

Step out of that wonderland of you for a second, engage your mind once again, and just check in with the part of you who has been taking care of you in this goal and agenda-based world. Is that part of you OK with what came up for you? Is it OK with the business-y side of you that you dream of the things you dream of? It's OK if she is a little bit cautious and skeptical, after all, she's been taking care of you for a long time, and you

are doing well with her guidance. You are a hard-working, goal-setting, intelligent and motivated woman. You are indeed doing an incredible job of balancing career, health, relationships, and spirit and maybe even taking care of others too. You are essentially a Rock Star! It's true. You are amazing. Even when that self-doubting voice comes on, you know that you truly are brilliant, amazing, and sometimes, you must admit, you have no idea how you do it. Right? That is where the disconnect is. Somewhere there is a gap, a piece of you who isn't fully integrated with the heart-wisdom-true you and the logical-business-strategic you.

For many women, this disconnect comes from an incident (or several incidents) that taught us that we cannot have it all. We somehow adopted a belief system that it is not possible to be a wonderful, soft, sensual, feminine and emotional woman AND achieve business, career, financial, or business success. Even though you may not be aware of this belief system on a conscious level, if you are experiencing any ongoing pain or problems in your personal life while your business is successful, or conversely, if you have a fabulous personal life, and your business is suffering, you may have some beliefs systems in place that will not allow you to "have it all". The good news is that you can resolve this by reconnecting with your whole self, your successful and sensual side.

Phew! That was a lot to take in... let's get back into some deep breaths and back into your true essence. Let's explore your Sensuous side. Just close your eyes for a moment, put one hand on your heart, and one hand on our belly (your womb) and truly take a few breaths, allowing the energy of your breath and heart wisdom to circulate, and allowing your mind to relax again, and to be OK with feeling for answers instead of thinking for answers. Yes, feeling your wisdom. Please, close your eyes and just breath deeply for six breaths before continuing.

The word "Sensuous" is referring to the relation of the senses instead of the intellect. Sensual wisdom is a powerful gift and ability, especially for women. Sensual sensations are natural, primal, intuitive, accurate and misunderstood by our modern-day society. The great news is... you have them, and with them, you can learn to unleash your potency, and your capability to reach your goals, whatever they may be, of success and fulfillment.

Back to the deep breathing with your hands on your heart and belly.... From this place of beauty, peace and wisdom, allow yourself to ponder, by intuition, and feeling, the meaning you have for the word Sensuous. Go deep inside of yourself, into

places that may not have been visited for some time, they may be far away and difficult to find... but give yourself permission to seek them out, with child-like curiosity and wonder, and reconnect to your senses. As a woman, connect to your heart and with each breath in, fill yourself up with the feeling, the "remembering" of a vision, a smell, an experience that feeds your soul. With each awareness of a sensuous experience, implant it into your consciousness and know that it lives within you, supercharged with the wisdom of that experience of that knowing, of that being. Revel in the depth of feelings, sights, smells, sounds, textures, visions, sensations and states that come to your consciousness. Feel your might, your clarity, your power, your potency and your sensibility magnify with each awareness.

Notice how the doing of this simple remembering enhances the magnificence of you, how it reminds you of how incredibly diverse you are, how makes it impossible for you to not be wise, experienced, powerful, resourceful and dynamic! See and realize: How full you are! How abundant you are! How much you have! How much you can offer! How much you can give! How valuable you are!

From this place... what is not possible? Can you have sensuality, sensuousness, and success?

YES!

From this place of owning your sensuousness, you can have all the success you have ever dreamt of. Feel these words, my Dear Sister. You are a sensuous, feminine, divine and an unlimited Being of light, love, wisdom and grace, and with all of those elements, you are also an unbridled success. Revisit your success-driven side and your sensuous side in this way frequently. Get to know each part of you intimately, and you shall be so energized, fulfilled and complete that you will not be able to contain your joy! Then... share it!



Ivana Siska

Married to Money

by Debbie Dobbins

Marriage. The gold standard for women. Fantasized about. Sought after as young girls. Fairy Tales allure us to imagine Prince Charming whisking us away to live happily ever after. Whether your day dreams are full of grandeur or simplicity, beauty or festivities, the engagement and the wedding take center stage. The fantasy rarely includes the relationship that follows. The day-to-day living with someone who leaves the toothpaste cap off, who drops their dirty socks beside the bed and the constant opportunity to compromise who will take out the trash.

Money is the story of Prince Charming. Fantasy surrounds it. If only you would be chosen to win the lottery, marry the wealthy handsome prince, inherit the kingdom, THEN your life could have the Fairy Tale ending and you could live happily ever after. The problem is that unlike the mythical story of Prince Charming; your reality money marriage turns out to be more like the beer drinking, football watching, and unattentive “frog” life that mother warned you about.

Just as your marriage partner, your money partner can be your best friend or your worst nightmare. The Cinderella fairy tale is entirely up to you.

So how could your money marriage feel more like a fairy tale? First you must accept that past the story book romance and honeymoon, LIVING in married relationship with your money or Charming is the foundation for wealth and happiness. Your ideal relationship with money is based on the same principles as any good marriage. Living happily ever after was no different for Charming and Cindy. The ingredients they had were:

Love, respect, generosity, kindness, communication and attention.

Love

Imagine you married Prince Charming and he suddenly lost the castle, his inheritance and all the wealth of the kingdom. Would you stop loving him? So it is with money. When money becomes scarce in your relationship, is the first thing you do jump ship, become resentful and treat it as if it were no longer the love of your life?

Now is not the time to jump ship but rather to look deeply into the eyes of your beloved money relationship and love what is. Cherish the love that it brings and share it with friends.



Respect

During scarce times, you might feel inclined to leave the money marriage. Resentment and anger are emotions that come up most often.

What will revive your money marriage is a renewed respect for the amazing, incredible experiences money has shared with you up until that moment. It is easy to forget those times and only focus on the anger. This is a critical time to be generous and kind with your money and treat it as if it were your best friend. Think of all the things you can do together now!

Communication

All too often during rocky times, you even look outside your marriage for more and see only the worst in your money. Next stop, communication breakdown.

When you stop communicating with your money, you stop learning about it, paying attention to it and focusing on it. Instead you seek love and attention outside of your relationship with money with other partners such as food, wine, television, depression.

Now is the time for an amazing marriage counselor to learn communication skills, not a divorce lawyer.



Generosity

In difficult financial times, as in difficult relationship moments, it is common to withdraw and withhold emotionally and physically. Not only does this cause more severe communication issues, it creates a constrictive energy which leads to breaks ups in marriages and more importantly in the money marriage. The best way to create more money flow is to be generous with it. No matter how constricted you feel, allow yourself ways to feel open and happy. Give generously of your emotions, time, talent and treasure to ensure that the money marriage thrives. There are so many creative ways to be generous with your money relationship, get creative!

Kindness

Do unto others as you would have them do unto you. It's the simple acts of kindness that stir and rekindle your money marriage. Using all the other aspects, love, respect, generosity, and communication will ultimately result in the kindness that money is so anxious to feel. As you begin to experience this money marriage as a relationship worth nurturing, true kindness is the ultimate outcome. Be kind to yourself and be kind to your money marriage.

If your money marriage is on the rocks, notice how many times you repeated the same money patterns. If you are still looking for Mr. Good Gold Bar, jumping into another money relationship will not solve the problem. You will take all your current money issues with you. If you want to enjoy the true happily ever after with your Money Prince Charming, it's time to heal your money relationship. The choice is yours. It all begins with love, respect, generosity, kindness, communication and attention towards your money.



Debbie Dobbins

Looking In The Mirror And Saying I Love YOU!

by Connie Hertz



When I think about loving myself, I know I've come so far since I was a little girl. I remember the pain of feeling like I didn't fit into my family, since I was the only child out of 6 my mom gave birth to, that didn't have blonde hair!

I was born with a mass of coal black curls and my coloring has always been a bit darker than my siblings. I was teased as a little girl that I was adopted into my family (I was not adopted, I look quite a bit like my dad and his side of the family).

As a small child, I took on the "black sheep of the family" attitude. It's funny though, how the things we say to ourselves can and does help us each create our images of ourselves. I remember standing on a step stool to look into the mirror, and saying to myself, "I hate you!" I was very young, and already feeling like I wasn't enough. I went about my life and attempted to not think very often about feeling as if I didn't fit in. It wasn't until much later in my life, even after going through many personal growth courses, beginning at age 19, that I finally know I matter.

It took my intense pain of feeling the rejection of my husband leaving me for a much younger woman, in 2001, and yet another personal growth course, to finally begin my journey of learning to love myself.

Have you ever looked in the mirror and said, "I hate you"?

What do you say now, today, when you look in the mirror to yourself?

Self-criticism is not self-love.

There was a time when I actually practiced looking deep into my own eyes in the mirror and saying "I love you". I remember it wasn't easy. There were lots of tears for quite some time. I didn't really love myself then and needed to practice doing this in the mirror often. Do you too, need to practice looking in the mirror and saying "I love you"?

Try it!

I know today, that what we say to ourselves, will become our reality. So, why not practice saying positive things daily to yourself, even if you don't believe it at that moment? A belief is only a thought I continue to think. Yes, that's right, a belief is a thought we continue to think. So why not begin saying positive, hopeful things to yourself and visualizing all the things you really would like your life to be, both inside of you and outside?

I today rarely ever say or think negative things about myself. It has taken lots of practice switching it all around to loving, positive, thoughts and feelings. It can be achieved! Since I love and respect myself, I have so much more to offer to others. I am able to really listen to them and be thrilled for them as they are growing and becoming the people God meant them to be. A friend gave me a wonderful picture with this saying on it:

Aging, she discovered was just another word for "Growing"-----and she was (FINALLY!), at last, growing into the person she always meant to be...

I have this on my wall in my bathroom, where I can see it every morning and every night.

Are you consciously growing into the person you always meant to be? If not, I encourage you to consciously begin with the exercise in the mirror that I did.

Here's to loving yourself and becoming who you were meant to be!

Love and blessings to you!

Connie



Connie Hertz

Safe To Shine?

by Amy Cheryl

Are you ready to shine and BE the inspiring woman and leader you are meant to be? So done with your “inner-critic” running the show?

If you were to get real honest with yourself, are you secretly jealous and perhaps find yourself judging the women who light up a room by her mere presence...yet, at the same time, you are totally mesmerized by her and wish you could be like her?

Sisters, this is not your fault. We have been taught that accomplishing something is what makes us worthy vs. our radiance, yet in our hearts we “know” differently. We are taught that you need to “cover up” to not get the “wrong kind of attention.” We have been blamed, shamed, shunned and talked about (negatively) for who we are as women when we allow ourselves to shine. We have not been taught the value of our heart, the value of our pure sensual essence, the value of our emotions and the power of our presence. Did you know that the world is your oyster when you live from this place?! Nothing will upset you ever again on the level that it has in the past because the best kept secret and the party of the century is living inside of each and every one of you waiting to be uncorked... waiting to be claimed, by you.

I myself have been on quite a journey around this and I now understand that I am a living incarnation of radiance to show you what is possible. And I was not always this way...well let me back up and say, I was a playful, radiant, joyful girl and then I was cut down by so much trauma for me being “me” that I shut down, hid and got fat. I became one of the women who said, “I can do it on my own”. I was body obsessed (after losing over 80 pounds being an obese teenager) and my self-worth was directly correlated to how flat my stomach was for years. My heart would close because it was too painful to keep it open and keep getting hurt. I felt bumped around by love and so I became guarded or I made unfit choices in the men I dated because on an unconscious level I did not value myself.

Yet, think of the word “Enlighten”, and what I mean by that is “in-light-in” we are. We are light. When we shine, we shed light on all that is not and this will either inspire others or piss people off(if they choose to not be self-reflective). And this, my sisters, is why we are afraid to shine because it is powerful. It is healing and we unconsciously fear how people will react to us.



So here is a tip.

How others respond to us is really none of our business. When we heal the need to be liked (or can keep it at bay when it arises), when we let go of the need for approval or validation, when we stop judging ourselves (and others), when we allow ourselves to shine, it lights up a room and has magical powers.

Your smile alone will make someone's day, your energy and presence will be felt by all those around you and you will magically magnetize that which is your heart's desire. I will tell you when you allow and give yourself permission to be who you ARE and to live out your purpose, which ladies your purpose is to be the way show-ers of an open heart, to share your unique gifts and to be seen, the inner-critic in you will dissolve.

We will not feel bad for hiring a support team, a mentor (or for anything else for that matter) so we can up-level our business and our life. We will practice self-care and book the massage, or go to the yoga class or take an unwinding walk in nature to de-compress and we won't feel lazy or guilty about it. We will walk into a room radiating confidence, sharing the gift of our open and loving hearts and we will be walking role models for our daughters, sisters, and the men of this world. I invite you to imagine this being the world we live in.

So is it “Safe To Shine?” Absolutely! I invite you to give yourself permission to be the woman you are inspired by and begin/continue the journey of re-awakening this. It starts with you.



Amy Cheryl



Work/Life Balance is MYTH!

by Kim Boudreau Smith

Women are constantly striving for balance in their lives. Did you ever think you would be a professional clown juggling balls 24/7? Or how about a professional food plate enhancer? What is that you ask? Well, I hear “my plate is so full” and yet we continue to stack more on! You can't even get to the moldy peas and carrots at the bottom. What is the purpose of this? Are you tired of juggling and having trouble understanding what direction you are going in with your life?

Well, work-life balance is a myth, our life is our life and work is a part of it. We need to live our lives so life stops living us, (whew! that's a mouthful) including in our business! I know, I know, yet another article on balance, however, we need constant reminders but why and where do we begin?

Well the why would be: less stress, less overwhelmed, more control over your day (YES, more control) less running around in circles, more productivity, and more energy! We all want that, right?

The “where” is a little more complicated.....

Step one:

Do a personal mission/purpose statement. Why not? Companies do this. Everyone should understand their personal purpose and mission for their life. Do one for yourself and your family as a group. When we are clear on our direction, we know what needs to be juggled and very easily. No stress, anxiety and feeling overwhelmed. The yes and no's become so easy because our plates aren't stacked like Mt. Everest anymore. Now the plates are for our meals.

Step two:

Speaking of yes and no...Practice saying NO! This word is a part of our vocabulary just like the word yes. When you are clear on your direction, the estrogen guilt disappears so the word no is utilized with ease. Our health-

mentally, physically and spiritually becomes stronger. Confidence levels increase, energy increases, we do not deplete ourselves with trying to do everything in one day. So many people say they are going to this or that and the intent isn't there. When was the last time you said you would do something and didn't deliver? So many unanswered emails, unreturned phone calls, empty promises, day after day. Know your intent of saying yes; know when you are coming to close for over extending yourself. This is called: living your life, not life living you.

Step three:

Schedule, schedule, schedule! We schedule the kids' activities but what about our business activities, and personal activities? There are so many programs to help organize your time for your business, family and PERSONAL!

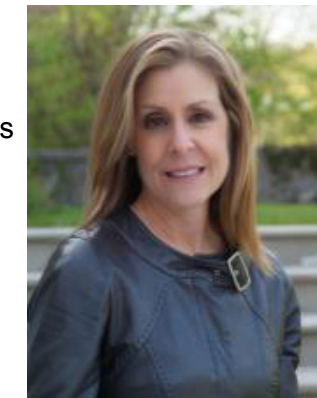
When working from home and kids are around, here are ideas for scheduling:

- Make sure you have a space for your office with a door.
- Make a Do Not Disturb Sign for the door.
- Schedule your time for work i.e.: 7-8 workout; 8-12 office; 12:30-3:30 activity with family; 4-6 Prep dinner & dinner.

*Remember to schedule time for yourself-daily. Self-care is very important in this process.

Get the picture. I implement this with all of my clients and their productivity increases immensely! Make sure you work diligently for the business hours-progress-productivity-not busy-ness.

There isn't a work-life balance; however, there is a daily balance. One day you may have 1 hour for self-care and the next only 10 minute increments some days you are in your office longer than others because of deadlines, projects and client commitments. There are on-going family wants and needs, and they can be different every day. What really is important is managing your life so when unforeseen obstacles appear (sick kids or aging parents to mention a few) we have the other things handled, and then we are calm when making decisions from a responding platform and not reacting, right? We are not the juggling clown or have full plates as high as Mt Everest. This is how we manage and live life, not life managing, controlling and living us!



Kim Boudreau Smith

Featured Writers



Anita M. Jackson, EdD, Founder and CEO of The I Am Enough Institute

Dr. Anita M. Jackson is on a mission to empower all women to know they are enough.

With 23 years of experience in working with individuals, mostly women, as a Marriage & Family Therapist and Organizational Psychologist, Dr. Jackson is convinced that when a woman truly understands the powerful and spiritual truth of "I Am Enough" there will be a powerful shift in all areas of life.

To step into your next level of outrageous success in every area of your life with confidence, courage, and feminine power, schedule a free 30-min consult with Dr. Jackson via email at draj@iamenoughinstitute.com.



Janet D. Thomas

Janet is the author of *Lemons, Lemonade & Life – Practical Steps for Getting the Sweetness Back When Life Goes Sour*.

She is a captivating speaker, engaging writer and dynamic workshop leader whose words inspire and motivate, energizing transformation in those who experience her. A lifelong metaphysician, Janet is a highly effective spiritual coach and a healer solidier.

She lives, writes and maintains her coaching practice in North Hollywood, California.
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Monika Zands

Monika Zands is an executive business consultant, communications specialist and skilled negotiator serving small businesses, corporate executives, college grads, mompreneurs, and entrepreneurs who are looking for new directions in their career or in their life.

Monika uses an array of practical and experiential processes to support her clients in finding focus, balance, and a zest for their life and clarity in the choices they make. She engages her clients in thought-provoking inquiries, inspiring them to look at things in ways they never have before.



Sharon Foot

Sharon Otness is a certified holistic health counselor and interior designer living in Santa Monica, Ca. Her holistic approach to emotional health and wellness allows her to help women of all ages meet the challenges of food, ultimate vitality, and creating sanctuary in a fast-paced world. Sharon is passionate about supporting clients through depression, anxiety and life transitions so they can discover the balanced and amazing life they were meant to live, full of meaning, love and without self-deprivation or guilt.

Her mission is to help people "Live Life on a Natural High." —
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Kristine Bonilla-Dutra

Kristine Dutra, CEO & Founder of 24K packaging, believes in Celebration & Giving. Celebrate the sweet life is not just a tag line, it's the foundation of our signature product the "Greet & Treat" custom cupcake box. I love creating packaging that makes you FEEL. Whether you're the giver or the receiver our exclusive designs express, joy, happiness, and a delightfully sweet feeling.

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Ivana Siska

On the surface, Ivana Siska is a happy and engaging, Beverly Hills based love, life and relationship expert, speaker and author who wisely advises a diverse range of clients from students to stay-at-home moms, executives, and celebrities on their most intimate and personal issues. She actively speaks on topics such as how sensuality and sexuality are powerful forces of good and not evil, and even provides creative business consulting for some of the more "open & inspired" companies. But that's just the tip of the iceberg of what Ivana brings.

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Debbie Dobbins

As an international speaker/trainer, Debbie works with women entrepreneurs to dissolve their money roadblocks and instill confidence in their money magnetism. Through her fierce honesty and high-energy presentations, she challenges audiences and her clients to achieve their dreams, create success and overcome excuses. Debbie colors outside the lines of conventional wisdom while motivating, inspiring and encouraging transformation.

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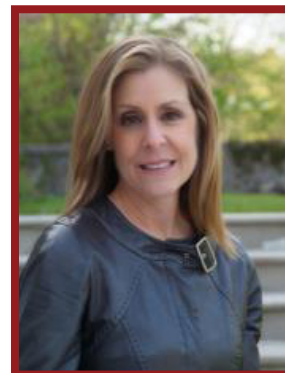


Amy Cheryl

Amy Cheryl is the founder of "Mesmerize Your Audience...Be The Women Who Lights Up The Room (Without Saying A Word) To Rock It And Profit in Biz and Beyond!"

She has been published in several national magazines including SHAPE and SELF, invited to speaking engagements in Dubai and all over the U.S., and interviewed on several radio shows. Originally from New York, Amy currently resides in sunny Los Angeles.

To book Amy for speaking engagements or coaching, contact her at amy@amycheryl.com or #424-279-3253.
Remember to get your FREE gift at www.amycheryl.com/freegift

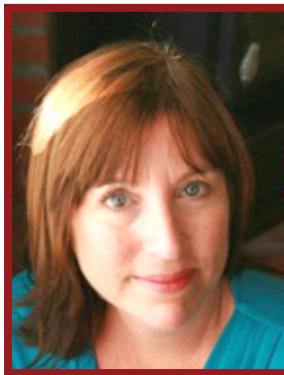


Kim Boudreau Smith

Kim is an International Business Consultant, Strategist & Coach, Speaker and International Best-Selling Author.

Kim's company, Kim Boudreau Smith, Inc., Power UP inside/Out is dedicated to support women entrepreneurs to step into living their dream life! Through "Power UP Inside Out" she provides the resources for women to become Top Producers in their life and achieve the wanted results-Success! Kim teaches women how to sell like a woman, with love and integrity!

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Aimee Lithwin

At eight years old, Aimee Lithwin had her first "soul adventure" when her mom taught her to meditate and use creative visualization techniques to aide recovery from a serious childhood illness. From that early experience, Aimee learned the power of our thoughts to heal and transform. Ever since, she has been on a long and winding road to understand the meaning of life through trial and error, strong commitment to spiritual practice, and a quirky sense of humor.

This is her first time to share her story with a wider audience and hopes that it will help and support others on their travels.

Email: alithwin@gmail.com



Connie Hertz

Dream Coach, Motivational Speaker, Author and Entrepreneur Connie Hertz teaches people the art of finding lasting joy and prosperity. She is a successful team leader in her Essentially Youthful business and a proud contributing author in the Amazon.com #1 Bestselling book, "Succeeding in Spite of Everything".

Visit www.conniehertz.com to learn more.

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