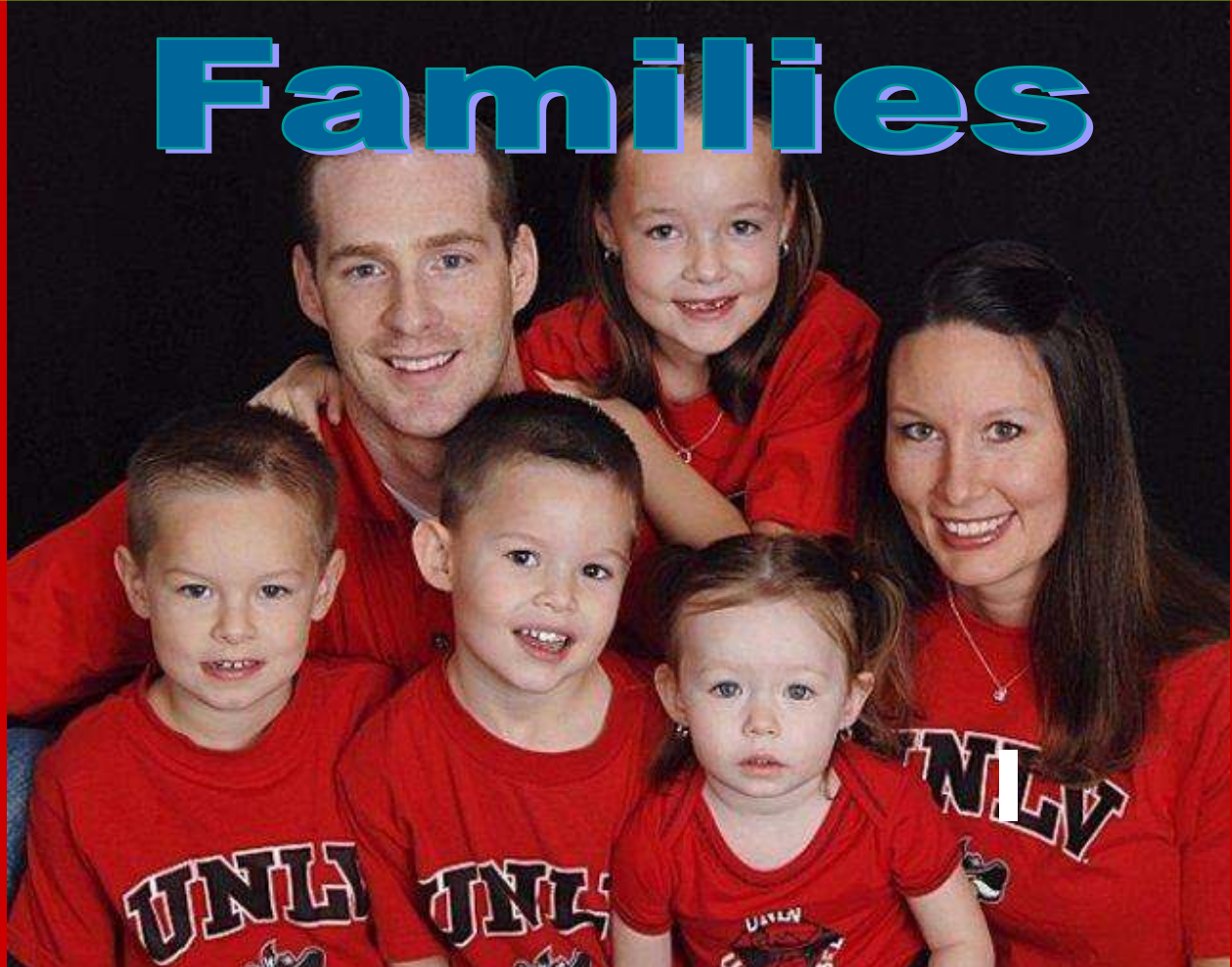


FUSEing

Families



A Family Focused Magazine



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Our Family
December 7
1991
19 years of
FUSEing

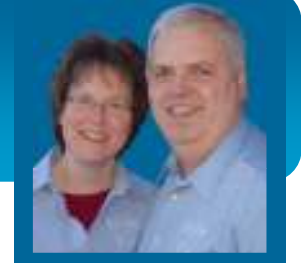


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<http://tinyurl.com/FUSEingFamiliesMagazine>



Message From the Editors

Rick and Leisa Olson
F.U.S.E. Family Coaches



It is the most wonderful time of the year

This issue of FUSEing Families finds us in the very last month of 2010. This was the year that we called our 'winning year', and in many ways it has, this magazine is part of it.

What goals and intentions did you set for yourselves, and your family almost 12 months ago? Did you accomplish them all, or do you feel defeated that things got left by the wayside as the months tolled on? The great news is that there is another brand new year ahead of us. A new year to reaffirm our goals and once again renew our enthusiasm to move forward and be, do and have more in

our lives.

What we focus on we will get more of and if we allow thoughts of discouragement to enter our thoughts what are telling ourselves? For those of you who are pumped because of all that you have accomplished this year we congratulate you! Your thoughts will be ones of 'I can do anything I set my mind to' and guess what you will bring more into your life. That is correct ... Success!!

But wait! According to the late Earl Nightingale we can all feel successful!



His definition of success is:

“Success is the Progressive Realization of a Worthy Ideal”.

As long as we are always progressively striving to live the life that makes us the happiest, the most fulfilled we are SUCCESSFUL!

In his book “The Strangest Secret” he says, ‘Success is - the school teacher who is teaching school because that’s what he or she wants to do. – the woman who is a wife and mother because she wanted to become a wife and mother and is doing a good job of it. – the entrepreneur who starts his own company because that was his dream – that’s what he wanted to do. – the sales person who wants to become a topnotch salesperson and grow and build with his or her organization. A success is anyone who is doing deliberately a

predetermined job, because that’s what he or she decided to do... deliberately.”

We are deliberately doing what we love to do and that is guiding families in the discovery of purpose! Our goals for 2011 will reflect this passion as we review our successes of 2010 and evaluate what is working and what needs to change. But in the meantime ... it is the most wonderful time of the year. A time to focus even more on our families and to give thanks for the precious moments we can share together. It is a time to create happy memorable memories that build and unify your family.

Merry Christmas and a Joyous ‘Successful’ New Year

Leisa and Rick Olson

FUSEing Families Every where!!

admin@fusefamilyfocus.com



100 More Subscribers

When we have 100 more subscribers to FUSEing Families Magazine we will draw a name from our subscribers' list to win **4 – 1 hour coaching calls**. If the person you invited to our magazine wins you will also win 4 – 1 hour coaching calls!

This is personal coaching that will help you begin the New Year with greater enthusiasm and set you on the best path for you in all areas of your life.

Share the link with all your friends

<http://tinyurl.com/FUSEingFamiliesMagazine>



Health

“is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” WHO

Wellness

The condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits.

Nutrition

The process by which living organisms obtain food and use it for growth, metabolism, and repair.

& the Sustainable Green Side of Life

We often hear the words HEALTH & WELLNESS together and it is interesting how they describe exactly the way we all want to be and feel, and the key to this ideal state of health and wellness is nutrition. Of course the Sustainable Green side of life only enhances our ability to achieve a balanced and complete state of physical, mental and social well-being.



MindBody FX Weight Loss Centre.
They offer free consultations so call
today.

403 356 1100

When you visit their website you will discover
why having a coach can make all the
difference in successfully releasing excess
weight.



**MindBody FX Weight Loss Centre
#5 – 6782 50th ave
Red Deer Alberta T4N 4E1**

<http://mindbodyfxalberta.com/>

info@mindbodyfxalberta.com



7 Essential Steps To Straw Bale Success

By Andrew Morrison
Professional Straw Bale Contractor



Step 4 - Framing Considerations

POST AND BEAM SYSTEMS

Straw bale buildings are not the same as conventional buildings. This is an advantage and precisely why I build them. I have heard of people trying to create conventional frames and then add the bales in. These people try to convince me that it will save time to build the home conventionally and simply use the bales as insulation. Invariably, this does not work. The best thing to do is use a system that works with the bales you have on site. For

most non-loadbearing homes, this is a post and beam or modified post and beam frame.

The frame of the home plays a number of important roles. In non loadbearing construction, it is the structural strength of the home. It provides a load path for the roof and floor systems. It plays a role in the lateral shear strength for the building. In all, it is the system that holds the house up. That said, the bales themselves play a large role in the strength of the structure



too; however, most engineers are only now learning to give appropriate values to the strength of the bales and as such, the frame is often considered to be the structural system.

SPECIAL CONSIDERATIONS

To accommodate the engineering requirements associated with straw bale construction, the frame is changed in a number of ways. First of all, there needs to be enough room for adequate nailing of the lateral shear welded wire mesh around all the doors and windows. To accommodate this, an additional trimmer may be required depending on the inclusion of exterior trim. In addition, there needs to be enough nailing surface along the base of the wall systems for the welded wire mesh. For that

reason, I use 4 x 4 mudsills in straw bale construction. The 4 x 4 sills are also stronger and resist breaking during both uplift and lateral stress structural testing.

Knowing that we will be using plaster on the interior and exterior of the building, I like to strengthen my window trimmer details to offset the movement of the wood framing around windows and doors. A little extra detail in these areas can help prevent cracks in the plaster, something that no owner likes to see. By pinching the header and sill framing members between the trimmer sections, the corners are stronger and able to resist movement during the drying of the lumber in the frame.



FRAMING LAYOUT

Unlike conventional construction, the framing does not land on four foot centers and in four foot modules to accommodate plywood sheets. Instead, the layout of the framing is designed to fit the size of the bales and support the calculated loads. The more accurate you are with framing to the bale sizes, the less notching you will have to do during the baling stage. It is also important to pay attention to the header and plate heights around the house. The goal is to fit the bales tightly under the top plates to help squeeze the bales and strengthen the wall. The window and door header heights should be lined up so that numerous layers of stuffing are not required to continue the running bond of the bales.

ROOF DESIGNS

Roof designs do not have to change with straw bale construction; however, some roof designs take more work to incorporate into a bale home. For example, a gable roof design will mean the creation of more custom bales than a hip roof. Roof designs can also help alleviate the darkness sometimes created by the thick straw bale walls. By utilizing an open roof design or dormers, more natural light can reach the room, thus brightening a room that may otherwise seem dark due to window size and orientation.



TOE UPS



Part of the framing process involves the creation of toe ups. Toe ups are an absolute requirement with straw bale construction. As mentioned earlier, they provide adequate nailing surface for the welded wire mesh. In addition, they separate the bales from the concrete and create a moisture break. Should a water line or appliance ever break and spread

water through out the house, the toe ups will keep the bales dry and protected. The toe ups are made from pressure treated 4x4 material, gravel, and tar paper. They also provide a base for the bale anchors, something required by code. The bales need to be attached to the toe ups which are, in turn, attached to the concrete. This is a way to anchor the entire system to the foundation. I no longer use rebar impalers for this purpose as required by many code books, but a series of nails applied to the toe ups. The nails create a much stronger connection for the bales and do not interrupt the separation of bales from concrete the way a rebar section buried in the concrete does. All of the building departments I have worked with have easily accepted the change.



Andrew Morrison

Professional Straw Bale Contractor

[Learn Straw Bale](#)

This article is the fourth lesson of an E-course called - **7 Essential Steps To Straw Bale Success**

You can find it here at

<http://www.strawbale.com/lesson1-af.html>

And sign up for the rest of the lessons. Or visit <http://www.learnstrawbale.com/>

About the Author

Andrew has a passion for straw bale construction that is matched only by his desire to teach his knowledge to others. He has a wealth of experience in designing and building both conventional and straw bale homes. After years of building, he has moved his practice entirely to consulting and teaching. He shares his knowledge with thousands of people via his DVD series and this website and teaches roughly six hands on workshops each year. For more on his workshops, please visit

www.StrawBaleWorkshops.com



Five Simple Steps to Get Through the Holidays with Health, Joy and Confidence

By Jenn Champagne
Wife. Mother of four. Athlete.



How do you get through it without over-eating, gaining weight and feeling guilty?

The holiday season is upon us once again and I am excited! Are you?

As we pull out the decorations and the kids play their new Christmas CD over and over again, a smile can't help but creep upon my face.

I love this season!

The lights, the joy, the kindness of complete strangers, the wonderful aroma of holiday baking...

...Yikes! Baking and parties and grand feasts, oh my!



How do you get through it without over-eating, gaining weight and feeling guilty?



Start by following these 5 simple steps:

1. Perhaps the simplest thing to do is **make sure that the food and meals you do control are nourishing and healthy.** Great life involves balance and you should enjoy the festivities and all they bring to you. If you know that most of what you are eating is great for you then there is no need to feel guilty about indulging in the potluck offerings.
2. Speaking of potluck parties, you do have control over one thing served... **Make your own potluck offering a good one.** A fruit or veggie tray always goes over well and adds a refreshing balance to the many rich

dishes and treats that appear on the buffet this time of year. Try out the Yogurt Fruit Dip recipe at the end of this article to kick up your fruit tray a notch!



3. **Eat before you go.** Nourish your body with a delicious salad, full of goodness before you leave the house. A fuller tummy will curb your temptations and cravings so that you will eat less!





4. **Choose the top three dishes you would like to try and take only a small serving of each.** People tend to eat whatever they put on their plate so by taking only a small portion, you will undoubtedly eat less. If it is absolutely irresistible, go back for a little more.

5. **Sip on water or sparkling water throughout the event.** Even if you indulge in a few cocktails, drink a glass of water in between. This will curb your appetite and keep you hydrated, which will also help you out the next morning!



Pretty simple right? Make a commitment to yourself and your health this holiday season and most of all, enjoy it. December is a time of reflection, giving and gratitude. Revel in it!

Yogurt Fruit Dip

Ingredients

½ cup plain organic yogurt
1/8 cup organic maple syrup
¼ tsp Cinnamon

Optional:

Add ¼ tsp Vanilla for a rich, creamy flavor,
OR
Add 1/8 tsp cayenne pepper to spice it up!
AND
1 Tsp of Chia seeds to thicken!

Directions:

Combine ingredients in a medium bowl and serve!

*You can find this recipe and more in the upcoming launch of Bundles of Energy's "Love Your Body Cookbook".



About the Author

With the amount on Jenn's plate, she began to consider what was *literally* on her plate, and in her body. Jenn is a mom of four active kids, has a bachelor's degree in psychology from the University of Calgary and extensive experience working with children and their families. For 6 years, Jenn worked as a behaviour therapist for children with autism. These children were often rigid in their behaviours, including what they ate. Jenn also worked as a nanny, in a group home for

at-risk youth, and as a foster parent. As a foster parent, Jenn and her family diligently helped children to broaden their palettes to include healthier foods. Personally, Jenn's journey to a healthier life through food reached new heights when her sons were put on a wheat and dairy-free diet. Her previous assumptions about food were challenged and altered. Today and in the future, Jenn strives to inspire all people to achieve their optimum performance and behaviour through the food they eat.

<http://bundlesofenergy.com/>



*You know you want a **Vita-Mix** so what are you waiting for?*

<http://bundlesofenergy.com/contest/free-vita-mix-contest/>





Adoley Odunton presents ...



The Wellness Revolution 2

More Paths to Healing

November 8 - December 15, 2010

Did you know that more “incurable” diseases, including some cancers, are being effectively dealt with using the new Alternative Medicine than ever before?

It's true. The health revolution we revealed for the first time in Wellness Revolution 1 has grown and now puts even MORE power to heal directly in YOUR hands.

<http://bit.ly/WRSummit>



It seems that each issue of FUSEing Families is like 'Bits'n Bites' each handful is a whole new experience. Well each Issue has become a whole new experience for me. This Issue has more focus on the successes of some awesome Mom's in the Parent Voices section. Last Issue I really wanted to make sure I had some children to highlight and I received an email from the Ries family. When I set a clear intention I receive what I desire. 😊

I have wanted to have more focus on nutrition and guess who I meet on Facebook? Yes Jenn Champagne whose passion is nutrition! But that is not the most awesomest part of this story. You see my Granny's maiden name was Champagne, and I do not meet too many people with that last name. When Facebook suggested her as a friend I decided to ask her is she was in anyway related to me. Her Grandfather and my Grandmother were brother and sister!! Thank You Facebook!

I know that you will enjoy hearing more from Jenn and make sure you check out her website and all the great things she is doing to help people be the healthiest they can be. I also realize that the Wellness Revolution is almost over but you can catch a few of the free interviews that are available and you can also be a part of the great offers from 21 health and wellness experts. Just wanting to share all the good things that come my way to help you and your family be the best you can be.



Recipes

Ice Cream in a Baggie



I scream you scream we all scream for ICE CREAM!!

You will need a sandwich size zip baggie, and a large zip baggie.

Crushed Ice

Salt, preferably rock salt

Cream

Sugar (the real stuff not artificial chemicals)

Vanilla (opt)

Place $\frac{1}{2}$ cup of half and half cream in the smaller baggie

Add a Tsp of sugar and $\frac{1}{2}$ tsp of vanilla and Zip the bag

Fill the large bag half full of ice and add About 6 Tbsp of Rock Salt , then place the smaller bag in with the ice and Zip up the Large bag.

Now the fun begins... shake and toss the bag until the Cream thickens – about 5 minutes. Take out the smaller bag and WIPE it off, you do not want any salt to get

in your ice cream. **Enjoy** 😊

Other Additions

Frozen berries

Chocolate Syrup

Crushed Candies

Peppermint Flavouring

Chocolate Chips



Children's Voices



Each month we feature children who want to share their passion and the way that they are making changes in the world. We want to hear their voices!!

We encourage you to fill up these pages.



Dance!!

Klarissa Toms



Photo by Marlon Peter

My name is Klarissa Toms, and I am 11 years old. I love to dance. I go to Stage West School of Dance. I started dance when I was 5 years old, and kept on going. I dance about 15 hours a week, but love it anyway. My friends, dance teachers, and family give me lots of support so I can do what I love.

My favourite kind of dance is tap, but I also love modern. The other styles of dance that I do are ballet, jazz, musical theatre, contemporary, and hip hop.



My newest accomplishment is going on Pointe. It's really hard, but I know if I keep on trying I can get better at it.

Every year I go to competition, the competitions that I go to are called festival. I have been competing since I was 6 years old. I go to Courtney and Nanaimo. I compete in all different styles, it's a really fun experience.

I love to dance because I like having an after activity to keep me busy, I like having lots of friends, and having lots of fun.

When I dance I feel like I can just be my self, and have a good time.

Dance is my most favourite thing to do in the whole wide world, and I'm lucky I get to dance and keep on dancing.

I love dance! <3



Photo by Marlon Peter



Hey kids!!!

Want to be part of something that can change the world for other children?

Do you want to be part of a book that helps kids express their feelings?

Do you like to draw?

Have your parents been divorced?

How did divorce make you feel?

We are looking for kids all across the country who want to be part of our book! You can make a difference just by your words or the pictures that you draw.

There are thousands of kids who feel just like you do but don't get to express it. Be their voice by letting others see how you feel! We need you!! Involve your family and all of your friends! We want to know how all of you feel!



Thoughts from Logan Roberts

We are writing a book called “What About Us” to show the impact divorce has on children.

Go to our website <http://wehurttoo.com> or see the details below!

My name is Logan Roberts and I am writing to ask for your help with my project. I want children to draw pictures about how divorce made them feel or write their feelings about it. They don't have to put their name on it, just their age. Can you please participate by drawing pictures or writing letters on how divorce made you feel and send it to me so I can put it in my book? I would appreciate any help with this at all. I know my book can make a difference and if it stops just one divorce than it was worth it. When you think about what you want to write, then think about what you would tell other people who are thinking of divorce and what you would want to say to them about how much it hurts children. Thank you so much for your help and together we can make a difference in the world.



Each picture needs to be on an 8X11 sheet of white paper (using black ink and lots of color really helps us print it easier) or if you are writing about it, please use black ink and send it to:

**Logan Roberts
P.O. Box 3701
McKinney TX 75070**

If you are a teenager or an adult that has recently dealt with divorce or as a child, we would love to your input too!! Please write a letter with at least 10 sentences or more, describing what it felt like to go through divorce and how it has changed your life in any way. We want people to know that it has a lifetime affect on children. Please include permission for us to use it in the book. We appreciate you sharing your story with the world and being the change you want to see. We need all the letters in as soon as possible.

Email it to: info@wehurttoo.com



Logan Roberts founder of **We Hurt Too**

“Yes it might or might not be hard but if you trust and love it will be over sooner than you think.”

<http://WeHurtToo.com>

OUR MISSION:

To give children of divorce a safe place to express their emotions and feelings, to be a resource of strength and support for children of divorce in working through the pain, and to show the very painful reality of divorce and what it does to our children so that it may be a deterrent to those considering divorce in a situation where it may be avoidable.



FUSEing Families

Vol. 1 Issue 6



What am I going to do??

Baseball Build Business

Climb Create Cure

Dance Discover Drive

Family Football Guitar

Gymnastics Heal Invent

Lead Manage Paint

Piano Perform

Research Sing Soccer

Teach Trumpet Write

B	A	L	F	I	C	R	E	A	T	E	R	Y	E
U	A	N	R	O	L	A	B	G	U	V	E	R	T
D	S	S	E	N	I	S	U	B	W	C	S	A	I
I	R	L	E	N	M	A	I	S	N	J	E	T	R
S	O	I	F	B	B	P	L	A	S	T	A	I	W
C	B	T	V	L	A	I	D	C	O	E	R	U	C
O	N	E	H	E	A	L	I	E	C	T	C	G	T
V	F	A	E	K	F	T	L	E	A	D	H	I	E
E	A	C	G	U	S	I	S	A	O	N	A	I	P
R	M	H	A	A	G	H	T	R	B	B	H	L	M
R	I	I	N	V	N	N	E	N	N	T	S	J	U
Y	L	M	A	N	I	V	R	E	C	C	O	S	R
F	Y	A	M	A	S	T	N	E	V	N	I	O	T
G	A	I	P	P	E	R	F	O	R	M	A	N	F

StickFamily Printables





Some things I believe about me ...

Circle the words and fill in the blank with the remaining letters

I	A	A	T	H	L	E	T	I	C	M	L
C	G	E	N	I	U	S	P	M	O	I	A
F	L	D	N	I	K	M	R	P	N	N	U
J	U	O	U	L	U	A	E	I	F	T	T
O	F	L	W	S	O	R	T	S	I	E	C
Y	E	F	I	N	P	T	T	H	D	R	E
F	T	C	H	E	E	R	Y	O	E	E	L
U	A	H	E	A	L	T	H	Y	N	S	L
L	R	E	L	B	R	A	V	E	T	T	E
T	G	R	P	U	E	N	T	I	F	I	T
S	U	O	E	G	A	R	U	O	C	N	N
A	L	G	R	A	C	E	F	U	L	G	I

- Athletic Brave
- Cheery Clown Confident Courageous
- Fit Genius Graceful Grateful
- Happy Healthy Helper Hero
- Impish Intellectual Interesting
- Joyful Kind Musical Pretty Smart
- True

StickFamily Printables





FUSEing Families

Vol. 1 Issue 6



Word Search: Things I am good at



- Actor
- Art
- Baking
- Comedian
- Computers
- Dance
- Design
- Drawing
- Friendly
- Games
- Geometry
- Helper
- Hockey
- Imagining
- Juggling
- Math
- Painting
- Reading
- Singing
- Speaking
- Science
- Service
- Soccer
- Writer

S	P	E	A	K	I	N	G	L	A	V	Y	H	T	N	A	R	P
A	I	W	C	H	L	O	L	B	A	K	I	N	G	N	I	A	R
R	G	N	O	U	L	D	U	J	U	G	G	L	I	N	G	T	O
E	E	O	G	H	T	Y	R	T	E	M	O	E	G	G	J	C	T
A	D	P	A	I	N	T	I	N	G	D	J	C	U	V	O	W	C
D	K	N	L	R	N	U	J	U	A	A	B	N	T	M	W	B	A
I	E	R	P	E	L	G	H	A	M	T	E	A	E	R	N	S	E
N	R	A	S	C	H	O	C	K	E	Y	L	D	N	E	I	R	F
G	R	W	E	C	H	O	C	H	S	R	I	N	G	I	S	E	D
N	Y	I	R	O	I	A	N	T	T	A	A	N	I	R	F	T	E
A	R	T	V	S	T	E	R	P	N	A	R	O	D	F	R	I	S
U	G	N	I	G	N	I	N	I	G	A	M	I	W	O	N	R	A
J	U	N	C	E	Y	V	U	C	I	S	I	N	I	N	G	W	E
O	G	R	E	S	A	T	S	R	E	T	U	P	M	O	C	E	R

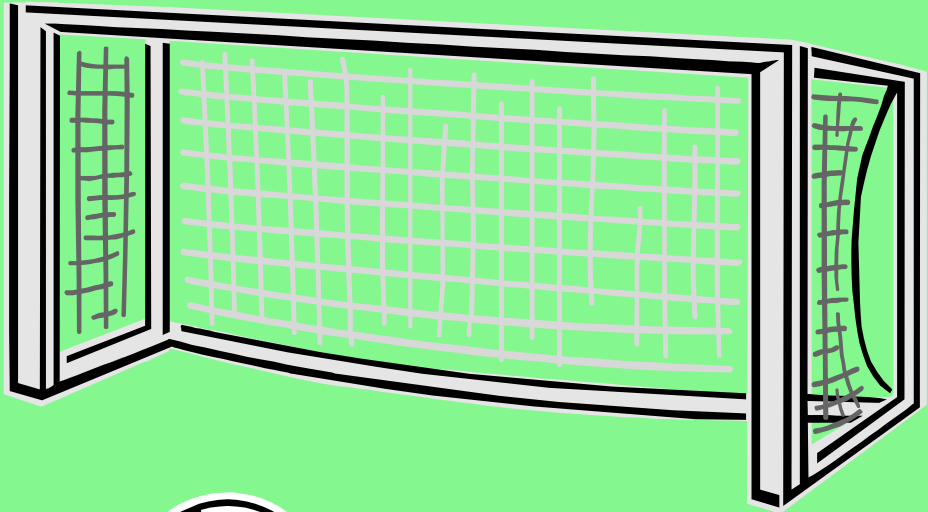


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My goal this month is to _____

Three things I can do each day to help move me closer to my goal are:



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My Successes

Goals I have achieved



StickFamily Printables





Mary Margaret Founder of Kids are Heroes



Mackenzie Bearup has started a non-profit organization; Sheltering Books, Inc. With this she is working to open reading rooms for children in homeless shelters across the country.

For more information on Mackenzie and her non-profit Sheltering Books, Inc. or to make a donation, please visit www.shelteringbooks.org.



Carter (age 9.5) and his sister Olivia (age 8) are so passionate about wanting to make a difference that they started their own organization called One More Generation (OMG).



Check out more amazing kids at
KidsAreHeroes.com





Whether a child is
in public school
or homeschool,
educating
children is the
responsibility of
parents.

30-1-13





Happier Kids
NOW
ONLINE EXPO



We have been chosen as one of several Coaches for parents who would like a free 30 minute coaching session with a Parent/Family Coach. Find out how you can take part in this offer.

On-Line Expo for Parents and Teachers
The # 1 On-Line Parent and Teacher Event of 2010!

<http://tinyurl.com/35r9sts>

The series of over 20 interviews is also available for purchase to add your library of resources.



A Thomas Jefferson Cultivation

By Rachel DeMille
Mother & Author



For all that we would *like* to control the outcome, certain things are ours to do, and certain things are not.

In last month's article, I ended with the assertion that "All education is ultimately self-education." Sir Walter Scott said, "**All men who turned out worth anything have had the chief hand in their own education.**" In this spirit, the purpose of Leadership Education, or TJEd, is to foster self-education in children—and in their parents.

Leadership Education is self-education. It is personalized. It believes that every child has an inner genius, and that the purpose of true education is to help the child discover, develop and refine that genius.



So the role of the parent takes on a new dimension; not: *What do I need to teach my child? Or: How do I get my child to learn "x"?* But rather: *What is my role in helping my child become a successful self-educator? How do I help them discover their purpose in life and get the education they need to accomplish it?*



For great education to occur, students must *choose* to study long, hard and effectively

because they genuinely love it! It must be their passion and their delight. When students are deeply in love with studying they absorb massive amounts of information, understanding, connections and wisdom in a very short time.

And students passionately apply themselves to the hard work of study when a great mentor, a great sense of purpose or a great work inspires them.

Thomas Jefferson Education (or "TJEd") describes the principles and process by which great thinkers, leaders, artists and innovators throughout history were prepared for greatness, and these same principles can be applied today as we empower and inspire our children and grandchildren to achieve **their** purpose in life.



You could say, "Well, it's easy for you, because they've known this all their life."

I do say that. And that is precisely the message of TJEd.

The outcomes are as natural and predictable as, say, gardening. It is a great deal of work to prepare a plot of ground, to learn about the optimal conditions and varieties for the region where we live, to plant and water while the little seeds are getting established. There are absolutely multitudinous things beyond our control. And while it doesn't always turn out the way we hope or plan, the process is always instructive, enriching and transformational. And for all that we would *like* to control the outcome, certain things are ours to do, and certain things are not. When we partner with the land and sky, we must

submit to that truth. And yet, we plant. We pray for rain. We wish away and fend away frost and pests, invaders and diseases. We weed and we amend the soil, we trim back and thin. But for all our tending, it really is a process that we only tap into; we never are in control of it.



TJEd mentor Melinda Ambrose has said, "You don't dig up beans to see if they're growing." It illustrates for me the obvious truth that humankind has learned through millennia to resign ourselves to the futility and even peril of tinkering in the wrong ways with developing things.

However, to say that there is a level of

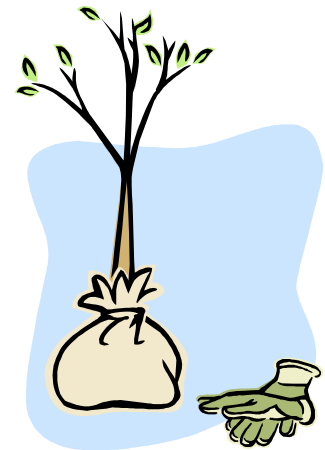


uncertainty is not the same thing as to say that we are leaving things to chance. Just because we don't completely control the outcome doesn't mean that things are out of control. True, there *is* a level of uncertainty; but to act against principle to circumvent the process in the name of control is not only ineffective, it's not even rational. We just need to pay the price to know and understand our role, invest ourselves completely in the things that are ours to do. and



let the sun shine and the rain fall. The universe does its part in the process, and over the course of years, the good harvests outnumber the bad by far.

The essence of TJEd is to identify and master the principles that govern our success in education and preparing for a life's mission (and helping our children and grandchildren do the same), and then to work in harmony with them.

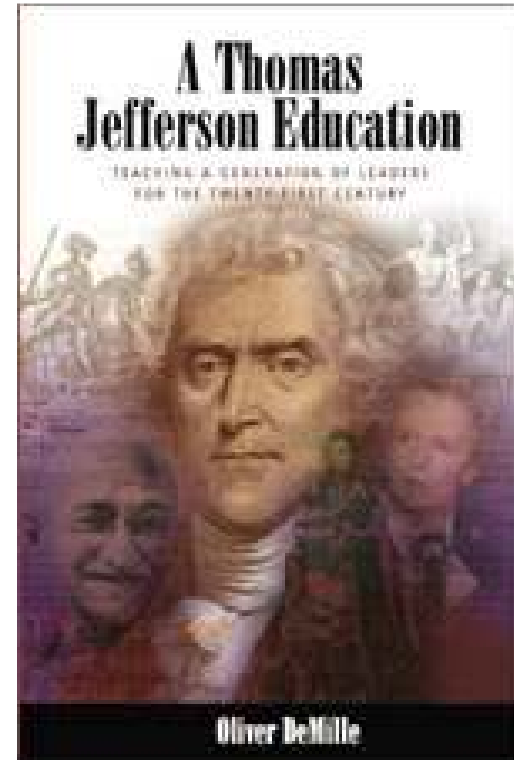


And finally, to Trust the Process.



About the Author

Rachel DeMille is the editor of [This Week in History](http://tjedonline.com) [link to <http://tjedonline.com>], a daily offering for educators to correlate historical events with learning resources and activities in math, science, writing, geography and more. She is the author, with her husband Oliver DeMille, of the [Thomas Jefferson Education educational resources](http://tjed.org/purchase) [link to <http://tjed.org/purchase>]. They have eight children.



For more about Thomas Jefferson Education visit <http://tjed.org>.



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Mary has served on the parent/teacher council with our school board and as membership coordinator with CHESN.

If a man does not keep pace with his companions,
perhaps it is because he hears a different
drummer. Let him step to the music which he
hears, however measured or far away.

- Thoreau





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Partnering & Parenting

It is one thing to show your child the way, and a harder thing to then stand out of it. ~Robert Brault



Curiosity Killed the Consequence

By Bill Corbett
Parent Educator



As soon as I heard the story, I knew this was a valuable lesson for many parents

A mother contacted me for help with a recent issue she had with her 7 year-old son. She told me that he had destroyed the family video camera, so as a consequence; she had taken \$100 of his birthday money from him and told him he would have to work off the balance with chores. Mom wanted to know if I thought she had done the right thing in this situation. Initially and without all the details, I gave her credit for not getting angry, not punishing him, and for attempting to use a

consequence for a violated agreement or a broken rule.

But with mom's next comments, I knew I needed more details about the incident.

She told me that no agreements were violated and no rules were broken, he just should have known better.



To truly help this mom, I needed more information and at first, she seemed apprehensive about revealing them. But there was more to this story and after hearing it all, I changed my opinion. I gave mom some suggestions for backing out of the delivery of the consequence and offered some tips on avoiding this type of problem in the future. Here is what happened; her son dropped the video camera into the bowl while he was videotaping himself using the toilet!

As soon as I heard the story, I knew this was a valuable lesson for many parents that I could use in this column. It contained so many important components of the very construct of my methodology; Love, Limits, & Lessons®. Let me break them all apart and then explain why I no longer supported the consequence as a response to what

happened.

Seeing the situation from mom's perspective,



she was angry that he was negligent and destroyed a valuable device that she and her son enjoyed using, and she had every right to feel that way. She felt

that he did not use good judgment and care in using it and mom would now have to either come up with the unexpected cost of replacing the camcorder or go without. For a single mom with one income, finding the funds would be no easy task. With great emphasis, she told me that she felt that he should have known better than to use it inappropriately in the first place.



If we look at the situation from the boy's perspective, there are three factors that led him to using the camcorder as he did; 7 year-olds are normally curious about their body, mom did not set up any "limits" around the use of the camcorder, and just a few days earlier, mom spent some time teaching her son about... digestion. Now we know the rest of the story.

First of all, children are little explorers and are



going to be curious, that's how they learn and grow. But yet we certainly can't let their curiosity take them wherever it leads, so we have to do two things; create safe boundaries and agreements to allow them to explore,

and keep our emotions in check when they explore a little too far. In the case with this mom, she may have over reacted emotionally to what happened and may have even gotten angry. Reacting in this way to a child's exploration may discourage them from wanting to explore in the future. And the fact that mom was teaching her son about digestion certainly didn't help and obviously increased his curiosity to explore his body further.

I brought to mom's attention that she had said "he should have known better not to use it in the bathroom." I acknowledged her for trusting her son with the camcorder and **asked her what limits or boundaries she had set up in advance for its use so that he would have known that.** She replied "none."



I then told her she should not blame him for taking it into the bathroom because there were no rules set up for using it. She agreed and asked for some suggestions. I also told her we are not always going to have all the rules setup correctly and in every situation, but children learn best when boundaries and limitations are set up in advance. I wasn't expecting her to come up with 180 rules on how and where to use the camcorder, that would be ridiculous, but one simple one could have been that it is stored in an "out of his reach" location and he has to ask permission to use it. It would be like "signing it out" when he wanted to use it, along with either a time limit or an expected return time. Mom also could have used a family meeting to allow him to help her build a list of all the appropriate uses of the camcorder along with rules for taking good care of it. Children learn

so many lessons about life by the examples their parents teach them in everyday family living.

Finally, consequences are a good discipline tool but not practical for every situation. Some reading this might still be asking: "why not in this situation?" In this wonderful example, mom had to deal with a normal drive of curiosity and exploration in her son. She even "stacked the deck" by teaching him about digestion. She also did not have any rules set up about the camcorder's use.

Consequences should only be used when an agreement is violated or rule is broken; neither occurred in this situation



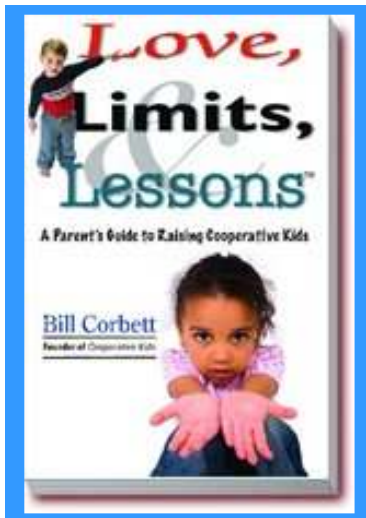
I encouraged mom to tell her son that she changed her mind about the consequences and return the money. She agreed to spend more time creating boundaries and limits in the future.

About the Author

Bill Corbett is the author of the book "Love, Limits, & Lessons: A Parent's Guide to Raising Cooperative Kids" in English and in Spanish, and the founder and president of **Cooperative Kids**.

He has three grown children, two grandchildren, and lives with his wife, Elizabeth, near Hartford, Connecticut. You can visit his Web site www.CooperativeKids.com for further information and parenting advice.

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What Makes Parents Buy Alcohol for Teens?

By Rebecca Sebek
Parent and Teen Coach



Parents can face many consequences from buying alcohol for teens.

I had a conversation with my sister about teens and alcohol; she's a medical assistant who works for a school system in Ohio. She happened to mention how some parents can't wait until their kids turn 21-years-old which is the legal drinking age in Ohio in order to "party" with their kids in the clubs. Why would a mom or dad want to "party" or go drinking with their child? Are they reliving or hanging onto their youth? This brought up the discussion about parents who purchase alcohol for their teens because they'd rather

teens drink at home versus somewhere else. **It's understandable that parents want to know where their teens are but purchasing them alcohol is dangerous. What does it teach teens?** What about the responsibility parents place on themselves for teens drinking at their house? Parents can face many consequences from buying alcohol for teens.



The Robert Wood Johnson Foundation sponsored a 1998 study that found that 96 percent of Americans think underage drinking is a major problem. **Eighty-three percent of respondents favored punishment of adults who bought alcohol for teens.** In 2005, the Robert Wood Johnson Foundation conducted two polls funded by the AMA (American Medical Association) which found that teenagers “one third responded that it is easy to obtain alcohol from their own parents knowingly, which increases to 40 percent when it is from a friend’s parent. And **one in four teens have attended a party where minors were drinking in front of parents.**”

Visit [AlcoholPolicy MD.com](http://www.alcoholpolicy.md.com) to read more

about the findings
http://www.alcoholpolicymd.com/press_room/Press_releases/adults_give_youth_alcohol.htm

There are some cultures that allow children to have wine or alcohol way before they’re the legal drinking age but they can’t buy it. For example, in Great Britain children as young as five are allowed to drink at home but can’t purchase alcohol until they’re 18. Giving teens alcohol before they’re ready may not be a good idea. On the flip side, you could make the argument that not all teens are irresponsible and will go on drinking binges. It’s a debate that’s been going on for some time and will probably continue.

Parents have a responsibility to keep their teens safe. Buying alcohol for teens to drink



at home is not a good idea, especially if teens invite friends over and it turns into a party. What happens if the party gets out of control? What happens if someone brings a drug like Ecstasy and slips it into drinks? What is someone brings hard liquor like Vodka, Whiskey, or Gin and mixes it with drinks? This can result in major disasters such as drinking and driving or binge drinking. The legal repercussions are tremendous. Many parents have been arrested and thrown in jail for serving teens alcohol in their homes.

Before you decide to purchase alcohol for your teens, think about the consequences you could face.

Forget about giving into your teens in order to be the “cool” parents who allow their teens to do whatever they want. Most parents went through the same B.S. with their parents.

It’s almost like a rite of passage. Stand your ground and be firm. If they don’t like the rules, that’s too bad. They’ll soon become adults who’ll be thrust into the “real world” where rules and regulations are everywhere. They may as well get used to it.

Remember that children, especially teens mimic the actions of their parents. Do your best to raise your children with morals and values, even though they may do what they want to do. Hope for the best and keep the lines of communication open with your teens. Make sure they know they can speak to you no matter what and call you if they need your help. You may not be happy about picking your teens up from a party but it’s a safer alternative to drunk driving. Otherwise, you could be making calls to family members telling them your teens are now in the



morgue or in jail facing vehicular manslaughter or a stiffer punishment.

About the Author

Teens often struggle with the teenage years. With Rebecca as their life coach, teens can learn the secret to transforming their life for the better. Being a teen today is not like it was back in the day! Teens need extra support to guide them through these years. Rebecca helps teenagers grow in mind, body, spirit and other areas. She provides them with the essential life skills and tools they can use for success.

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Read **Our Mission** at <http://www.deorconsulting.com/our-mission.html>



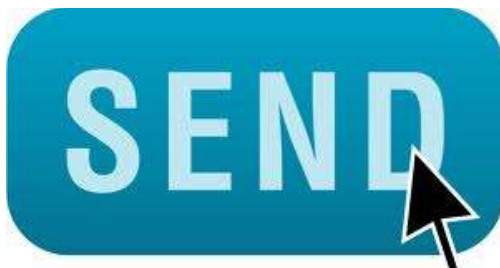
THE PERILS OF THE "SEND" BUTTON (or "Would you say that to her face?")

By Fern Weis
Parent Coach



It is in your power to be the initiator of positive change!

I recently retweeted this message from Emily Roberts (therapist and author). "Parents, ask your kids 'Would you say that to her face?' When texting, pause before you post."



"Would you say that to her face?" What a great question. It has become way too easy

to type out a message and send it off into cyberspace. Technology has given us the ability to send information faster and farther than ever before. As a tool for staying in touch with family and friends, it's great. As a way to speak your mind, it can be messy, irresponsible and even harmful.

What would you say differently, or not at all, if the person was standing in front of you? This question is for you, parents, as well as for your kids.



Think about it for a moment. When you speak directly to someone, there are visual and auditory cues coming at you - a facial expression, tone of voice, body language, their immediate response. This is a living, feeling person you are talking to, not just the faceless idea of someone.

Email, texting, voice mail... in some instances they have become an impersonal way of communicating, one that allows us to ignore our responsibility for what we

put out there. It can be the quick and easy way out. In the extreme, it is dangerous. Depending on the circumstances, it can also be a form of bullying.

The strategy in last month's Parent Journal was to "take five" before responding so that you say what you really mean. This is a good strategy for the written word, too. I have heard stories of people sending off an email to someone they are angry at. They end up in an email battle, messages flying back and forth, and sometimes irreparable damage is



done to the relationship. (And let's not forget the risks involved in "reply all". **When did everything become everybody's business?**)



The dangers for our teens are very real, whether they are on the sending or receiving side of these messages. Teenagers have far less impulse control and are swayed more by their emotions and their need to fit in. Encourage your children to 'take five' too. Ask them if they would have the courage to speak their mind, face to face. This is a real test of their character. Remind them that once they say something, it takes on a life of its own and cannot be undone.



As always, consider what you are teaching your children. If you are already aware and careful in how you communicate, bravo! If you think there is room for change, do it now. Take a look at what you say, how you express it, and how you send it out into the world. And tell your kids about your new attitude. Teach them well and show them how it's done!



About the Author

Fern Weis is a certified coach specializing in supporting parents of teens and young adults. This partnership helps parents lead by example, so they can raise their children to confident, self-sufficient, happy adulthood. Parents also work on re-discovering their own dreams and identity as they transition to being 'empty-nesters.'

Sign up for your free copy of "Ten Success Tips for Parenting Your Teen" at <http://www.familymatterscoach.com/contact> [us](http://www.familymatterscoach.com/contact).

You can also contact Fern at fgweis@gmail.com or 201-747-9642.

Fern also helps make affordable coaching a reality for anyone who wants it through her practice at My Life Compass. Go to www.mylifecompass.com/ferngweis for a free introductory membership and a taste of how coaching can help you live the life you dream of.



How to Cut Back on the No! No! No!! and Enjoy More Ho! Ho! Ho! With Holiday Decorations

By Kirsten Nelson
Professional Mother, Founder & CEO of
Magnifying Minds, LLC



Young kids and fragile Christmas decorations?

Sure they look beautiful, but if your kids are anything like my active 2 and 4-year-old boys, decorating for the holidays has been a recipe for stress!



Shatterproof Ornaments:

Holiday Safety in Style or ...

Weapons of Mass Destruction?

When my oldest was 18 months old, we were able to get away with still having some pretty decorations around the house and on the tree. The last two Christmases were decoration nightmares and both years I ended up taking all the ornaments off the tree. Even though we used the shatterproof ornaments, they all ended up going from docile decorations to projectiles and weapons as my boys exercised their active imaginations.



I found the word NO!! peppering most of my interactions with my kids throughout the day and didn't like how irritated I felt because my healthy, active boys couldn't just leave the tree alone!

A Creative Solution

This year I was determined to have a little color on the tree and avoid all the headache we've experienced in Christmases: is how it played out. We put the Thanksgiving (I had the boys help putting the tree up, I had the boy couch and look at the tree. We had conversation that went something

ME: Wow! Thanks for you
Doesn't it look beautiful?

THEM: Yeah!

ME: Are you guys excited for Santa to come and put presents for you under our pretty tree?

THEM: YES! (followed by excited ramblings about all the presents Santa is going to bring).



ay, let's talk about the Christmas tree rules that we get to follow so we can leave the tree up for Santa.





Christmas Tree Rules

I proceeded to lay out the rules for the boys so they would know exactly what I expected of them. I started with what I *didn't* want them to do – throwing ornaments, throwing things at the tree, kicking the tree, climbing the tree, etc. Then I followed up with what I *did* want them to do – be soft to the tree, leave the ornaments on the tree, leave the lights on the tree, etc.

I asked them both to repeat a couple things I *didn't* want them to do as well as a couple things I *did* want them to do. I told them that if they were rough with the tree and broke the rules,

we would put tree away and Santa wouldn't have a tree for the presents (and I really meant it, too!). Then I told them that if they were soft to the tree and honored our rules, we would get to keep the tree up.

I had them both agree to these rules verbally and then gave them a big hug. They have done an exceptional job keeping the rules.

And Now For The Decorations

Rather than use the store bought ornaments

we already have, I decided the kids would be more likely to respect our decorations if they helped to make them!

We've had so much fun making ornaments and the kids proudly





show everyone who comes over what they created. They love to take the ornaments off and put them back up again, and I love letting them do it! What a change from the stress of the last couple of years.

How To Have More Ho! Ho! Ho! In Your Home

Here are some suggestions to so you don't have to spend this holiday season saying No! No! NO! all day.

1. **Recognize your child's nature-** Every child is different, even within the same family. If you know your child is very active and curious (like my boys), take that into account when planning your holiday decorations.

2. **Create an environment that matches your child's nature-**An elephant in a Fine China Store is sure to wreck havoc. If you have delicate, calm children feel free to decorate with all the fragile ornaments you choose. If you have an "elephant" in the house, keep your beautiful breakables tucked away for a couple years and opt for sturdier decorations.
3. **Set Rules-**One of the most frustrating things for both parents and kids is not having a clear set of rules. Without them, everyone ends up frustrated at each other. As amazing as your kids are, they don't know what you expect from them unless you tell them. **The best and easiest way to enjoy better behavior from your kids** is to sit them



down and talk to them about what you expect. It's that simple.

Here are some important things to remember about setting rules:

#1: Start with What You Don't Want—

It's important to let your kids know what you don't want.

#2: Finish with What You Do Want—

This is crucial! *The human mind remembers the last thing that you hear.* So if you tell your kids what you *do* want first and finish with what you *don't* want, they are much more likely to remember and do the things you *don't* want. This may take a bit of practice, but will help tremendously. Remember, end it on a positive note.

#3: Wash, Rinse, Repeat—Have your kids repeat what you told them and make sure they understand. This will help clarify any issues and repeating out loud will help to cement the new rules in your child's mind.

#4: Pleasure and Pain—Let your kids know the consequences of breaking the rules and the consequences of honoring the rules. Make sure they know what's in it for them if they know what's in it for them to keep them motivated.

#5: Do We Have An Accord?—Get your kids to verbally agree to keeping the rules. This is a great time to review again what they are agreeing to and reminding them what the consequences are of keeping the rules and breaking the rules.



4. **Involve your kids**-Kids love to be involved in what is going on. When you give them the opportunity to help out, you give them the opportunity to take responsibility and take pride in the joy of creating and helping out Mom and Dad. Kids are much more likely to respect and be gentle with things they took part in creating. Give it a try and make it fun!

5. **The Reason For The Season**-Whatever your faith, this is the time of year when we celebrate love, peace, and joy. I don't know about you, but it is much easier for me to feel love, peace, and joy when I don't have to play the parole officer watching my kids like a hawk to prevent massive Christmas tree demolition. So this season, make it easier on yourself and more fun for your family by involving

your kids and allowing them to be what they are ... kids.

How To Make Your Own Kid Friendly Decorations

Use your creativity, and let your kids use theirs. Here are some ideas to get your juices flowing.

- Popsicle sticks and paint, glitter, markers to make "icicles "
- Pipe cleaners and beads make fun candy canes
- Cut out different shapes with cardstock paper and let your kids decorate it.
- Make paper garlands, popcorn garlands, or marshmallow garlands.



About the Author

Renowned author and international speaker, Kirsten Nelson has dedicated her life to helping children unleash their potential. With two children and B.A. in Business Finance from Boise State, she has combined her knowledge from the corporate environment with that of parenting to create Magnifying Minds; LLC to help other parents create an environment that will nurture and awaken the genius within themselves and their children. Her expertise has given hundreds of people the tools to find the life they want as well as teach their children to follow their dreams.

Author and speaker Kirsten Nelson's groundbreaking *Parenting ByThe Minute* program gives parents the tools raise remarkable children. To learn more, visit www.ParentingByTheMinute.com



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What Else Do We Celebrate In December?

Julie Novalinski
Life Coach and Author



December is the “Time to hold ourselves accountable” month.

It is the holiday season! Everyone is excited about the holidays coming, the gift giving, the decorations, the traditions, the family time and maybe even some time off work. This is a short season but one that we look forward to all year. I hope you were able to fill out your calendar as suggested by my November article so you can make the most of this 2010 season!

There is another big event that takes place this month but most people do not celebrate it. December is the “Time to hold ourselves

accountable” month. In January, we all made New Year’s resolutions right? Well, **December is when we start to talk very negatively to ourselves because AGAIN we didn’t achieve them.** All that bad self talk that we would never say to our worst enemy comes out and rolls through the dialogue in our heads like on a player piano. Another year came and went and we still didn’t lose that weight, or we still didn’t change jobs. Whatever we didn’t do it is rolling now over and over in our heads.



Here are a few tips to begin seeing yourself with new glasses.

1. **Turn off the dialogue.** Whenever you wake up to the bad sentences that are running on auto in your head, turn them off and just say "STOP!"

2. **Picture it in your head first!**

Decide right now where you want to be and begin feeling it inside first. Most times we won't lose weight because we still think and say that we are fat. The pictures start in our head and then come out into our physical results. Begin seeing yourself thin first! Then the process will lead to real results on the scale next!

3. **Feel excited about what is on its way!** Don't think about what is going on in your current results. Begin tapping into how excited you are going to be when they are really here. How will you feel when your perfect weight is on the scale? How will you feel when you are financially free? Tap into these emotions and don't dwell on the others!

Get control of what is going on in the inside of your head so you can begin seeing these things on the outside!

Create a vision board for next year and get those thoughts AND emotions focusing on growing these results! Here's to 2011!



About the Author

Julie Novalinski completing her first book "Build your yoU!" and is the president of Crazy Amazing, Inc. She has three children and lives with her husband David in Huntley, Illinois. You can visit her website at www.womenselfesteemcoach.com for further information.



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Blended Family Discipline

By Rick Olson
Parent/Family & Step Parent Coach & Author



Most of us come into a step situation wearing love tinted glasses that obscure most of the “Other” things that come with the relationship...

Discipline was easy in a blended family because here is what you did:

- You discussed important issues like child discipline before you got married
- You set up guidelines on what each of you expected so that when issues arose you were able to deal with them
- You set up clear job descriptions so everyone knew what their role was
- You discussed each other's children calmly
- You treated every child fairly and without bias
- You set up boundaries and consequences and always followed through

Of course you did!

Now let's get real!



Most step parents come into a blended family thinking that because they are already a parent what could be hard about step parenting. Actually most of us come into a step situation wearing love tinted glasses that obscure most of the "Other" things that come with the relationship... the children.

Like in most relationships there is a honeymoon period, a period of grace where everyone and everything seems to be great.

Then it hits. The children begin to act up. They begin to do things that you wouldn't tolerate with your own children and your spouse is not dealing with it. Your spouse seems to ignore it or make up excuses for their child..."he really did not mean it." "You're being too tough on her" "Lighten up,

he's just child" "She would never do that?" "I know but he's only here for the weekend and I want it to be fun."

There are more families in North America that are blended than are nuclear. That means there have been a lot of divorces. What is even more concerning is that most second marriages, especially those involving children, fail. In fact 60% of second marriages fail.

Why? I believe my wife and I had more disagreements over appropriate disciplining of the children than on our finances. I know that discipline is tricky even in the best situations. As a step parent it is even harder. You are not the biological parent so at first you must depend upon your spouse to be the disciplinarian.



What if your spouse does not discipline their children? Well, here is where a bit of understanding can help. Biological parents may be feeling many things that influence how they discipline:

- Guilt about being responsible for breaking up the marriage and subjecting the children to the pain of divorcing parents.
- Men may feel guilt about losing their family and the power of being a father to that family
- Some step parents come on strong as a super parent, which can backfire with both the children and the bio-parent. The children resist "too much too fast". And the spouse either withdraws and does not discipline or becomes very protective of their children.
- I only get so much time with my

children and I want them to have fun so that they want to come back

- Most of us do not even think far enough ahead to set out guidelines on who is responsible for discipline or what is appropriate discipline. So we send out confused messages to our children and to each other.

**How do
you
lovingly
guide your
spouse to
discipline?**





Communication is the key.

Here are 5 steps you can take:

1. Discuss what your expectations for each other are in relationship to discipline - remember that at first the bio-parent must discipline their child as much as possible.
2. Set out guidelines of behavior that you both want followed in your household. This includes your behavior as parent, step parent and the behavior of the children.
3. Remember that there are no ex-parents only ex-spouses and they have an influence on how you discipline the step children.
4. Recognize that you will each have a

different understanding of discipline based on how you were raised as a child which means that you must work together to blend your discipline styles.

5. Realize that in the long run it is better to support and guide your spouse to discipline rather than just doing it yourself.

As step parents we step into this new family full of hope and determined to make it work. There are no cultural guidelines for the transition to a blended family. **With good communication and the desire to help each other you can beat the odds and be one of the second marriages that last.**



Ours has.



About the Author

Rick Olson is father to 2 daughters, 4 step daughters, and step grandpa. As certified life coaches Rick and his wife Leisa, have written two books for parents and created an online membership community for families called F.U.S.E. at Home. You can also find Rick at All Experts where he is a Step Parent Coach. If you found his message helpful, download the first lesson of his coaching program and discover more great ideas.

<http://www.fusefamilyfocus.com/>



**The Best Brilliant Idea for
Humanity
Round 2 continues 😊
Thank you for your vote**



What Does Your Family Look Like? Step 3

By Leisa Olson
Wife, Mother, Author, Parent/Family Coach



Our life is all about choices, and in order to become the family you really want you must make conscious choices.

The past two months you have become more aware of 'What you want your family to be', and 'What your family wants to do'. The question for this month is 'What does our family want to have?'

Go ahead and start writing out all the things that come to your mind. New home, bikes, iphones, computers, cars etc... The list can be endless and when you begin to run out of ideas stop and take a good look at all the things you have written down. Remember the

lists and descriptions you have written so far in answer to the other two questions? Well get them out and read them over, and then look again at all the things 'you want to have'.

How many of these things are in harmony with the 'ideal family life' you have envisioned so far?

What does your 'ideal family life' look like with these things?



Creating a collage of all the things your family wants to have can be a fun interactive activity to do together. Each time you meet with your family it is always good to review your family meeting rules to make sure that everyone, parents included, are on the same page and respecting the views and ideas of each family member. As your collage grows with pictures and ideas, ask each other 'What does our 'ideal family life' look like with these things?' 'What does it feel like to have these things?' and 'Are these things in harmony with the 'ideal family life' we want to experience? **Display your collage in**

a place where everyone can see it everyday. Write out the questions and post them beside the collage.

After several days you have another family

discussion about the collage and what each person added to it. Allowing each family member the opportunity to 'want to have' something demonstrates respect towards each other, even if you can clearly see that what was added would not be in harmony with your 'ideal family life'.

We are all at different levels of awareness and with the right questions we can respectfully help to increase and raise the awareness of others. In this way you are teaching your family members to look at life from another person's perspective or point of view. **Our children can be great teachers and sometimes they come up with some very valid reasons for wanting something that you may not have thought of before.**



These 3 questions are the key to understanding your 'ideal family life'. Sometimes these questions seem to overlap and weave into one another. If what your family wants to have is 'fun' or to have 'peace', you might ask, 'what does our family

DO to have fun?' and 'what does our family DO to have peace?' which then brings us back to question one, 'what does our family want to be?

Our life is all about choices, and in order to become the family you really want you must make conscious choices. When you can clearly define these 3 questions making decisions will become an easier process, especially when each family member has a



part in creating the picture of your 'ideal family life'. You now have a guide to help you in making family decisions; Will being, doing, or having this help us to be and live our 'ideal family life'? When your children are behaving, wanting or being something you are not

happy with ask them to explain to you how they see being, doing or having something is helping them to be a part of your 'ideal family life'.

Using your guide will you feel more in control of yourself and the situation, causing you to act instead of react. This also helps your children to come to the understanding on their own whether what they are being, doing



or having is appropriate or not. Structure and boundaries help us to remain respectful to one another which is a vital part of being a Family: Unified, Strengthened and Empowered!!

About the Author

Leisa Olson is a wife, mother, grandmother, author and Family Coach and is the editor of her own free downloadable magazine for families.

<http://tinyurl.com/FUSEingFamiliesMagazine>.

For more ways to FUSE your family download the first lesson of her coaching program.

<http://www.fusefamilyfocus.com/>

Each time someone subscribes to our magazine because of you, your chances increase to be chosen for 4 free 1 hour personal coaching sessions.

<http://tinyurl.com/FUSEingFamiliesMagazine>



FUSEing Families

Vol. 1 Issue 6

F.U.S.E.
AT HOME

Family: **U**nify **S**trengthen **E**mpower!

Encouraging and Inspiring Families



Welcome to F.U.S.E. At Home

An Online Community for Families just
like yours

To access the **FREE** download of Week 1 of
F.U.S.E. at Home go to
<http://FUSEFamilyFocus.com>



The Toughest Thing You will Ever Do For You

By Ed Severance
Transformational Speaker



Part 2 ~ To Change or to Remain

"Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better." Sidney J. Harris

Each time I read that quote I simply break up laughing! Let's be dead-on honest here. It is absolutely the truth! Yes we wish to lose weight. Yes we desire to be a more caring and others focused husband, wife or partner. Yes it is essential that we have in place a disciplined approach to our goals. YES, YES, YES!

Great. We are in agreement. So why are people achieving the same results when they made decisions for change months, maybe even years ago?

We relish our comfort level too much regardless of the outcomes.

Our coveted comfort zone is like being sheltered in a warm blanket, while outside, the weather is below freezing, holding in your



hands a cup of your favorite hot tea in front of a crackling fire place. It just feels so



Photo credit jinxmcc via Flickr

freakin' awesome! Yep, and day after day, month after month, year after year we still get the same personal results because of refusing to leave our world of comfort. Maybe even to the point of thinking there is no hope for transforming our lives. **Ready for the big lie we tell ourselves?**

'This is who I am.'

'Why try again?'

"Stop fooling yourself. It's simply too hard to change.'

DO I HEAR VICTIM?

One of the most dangerous destinations anyone can choose to travel in their life is where Tony Robbins calls, 'No Man's Land.' This is where you are happy but not satisfied. Feel ok, yet not willing to make a change. What is happening is that you are numbing yourself to the idea of reshaping your life. You are accepting what you have as a predetermined plan. Well it's not too hard. This is not you. You must try again. You just haven't found the most important ingredient for change.



Discover your 'Y' and you have your purpose for change.

Some time ago I found myself struggling to climb a very steep hill. This was something I was previously able to do many times. Now I'm feeling like my chest wants to explode and it is extremely difficult to breathe! I knew something was just not physically right and it put a major scare into me. Do I plan on dying early like my father who had a massive heart attack at the age of 60? I have an amazing wife, three incredible children. They need me and I need them. I have dreams and goals to be fulfilled. Sorry, but heaven is just not in my plans for relocation at this time in my life!

Living a long, healthy, vibrant, energized life became my 'Y' for change.

I came home and completely changed my eating habits. I listened intently to a life changing CD by Dr. Roizen, (esteemed surgeon, Chief Wellness Officer and partner of Dr. Oz from the renowned Cleveland Health Clinic) entitled, "Live Younger, Die Older." Then I partnered with my friend Grahame Richards who advised me further on developing constructive physical and personal eating patterns. No more preservative encrusted foods. Organic meals now make up most of my diet. Cut out 95% of breads and sweets. Do various styles of push-ups and walk 10,000 steps at least five times a week.

Day after day I stayed dedicated to this physical routine always with my 'Y' as my focus.



Within one month I lost twelve pounds.
Within two months, a total of three inches.
Within four months, I recaptured a ton of energy with no problem breathing when I exercise.

I believe that my 'Y' might have saved my life!

So you discovered your 'Y.' Now What?

Plans are only good intentions unless they generate into hard work. Peter Drucker

1. Create a visual on a dream board showing what your 'Y' will look like.

2. Construct a plan for change with your 'Y' in mind.

3. Be accountable to someone you trust. Enlist their support. Share your 'Y' and your plan. Two on the same journey gets you there faster than just one.

4. Live your plan every single day knowing you will obtain your 'Y.'

5. Make the words **Daily Disciplined Routine** your best friend!

6. Get discouraged, drop off the plan for a day or two? ...forgive and forget. There is not a single, successful person I know who doesn't crap out occasionally on themselves. Get back to your 'Y' and keep moving forward.



The toughest thing you will ever do for you is to work on you.

It is also the best thing you can do for you!

About the Author

Ed Severance is a transformational speaker, a change agent who gets stoked helping people move beyond their self-limiting beliefs. Through his speaking and writing, Ed encourages people to seek out their passion. He guides them into the understanding that what they become in the process of pursuing their dreams is more important than the goal itself. Ed has been married for 21 years. His wife and him have three teen-agers, (pray for

them!) two dogs, one cat, and an adopted bird. They have lived in the Phoenix, Arizona area for over six years.

You can read more from Ed at

<http://justthepositive.com/>

and sign up to receive his newsletter

<http://conta.cc/EdSeveranceNewsletterSignup>



FYI :

The Winter Solstice Lunar Eclipse of 2010



Photo by aresauburn™ via Flickr

December 21 2010

At 2:41 a.m. EST (11:41 p.m. PST) the eclipse will reach totality, but sunlight bent by our atmosphere around the curvature of the Earth should produce a coppery glow on the moon.
http://www.msnbc.msn.com/id/40556339/ns/technology_and_space/

A total lunar eclipse is when the entire moon is completely inside the Earth's shadow. Since the sun's rays are bent by Earth's atmosphere so that some still reach the moon, the moon is still visible in an eclipse.

For December's lunar eclipse, the first definitive change in the moon's appearance will come on the moon's upper left edge. At 1:33 a.m. EST (10:33 p.m. PST), the partial phase of the eclipse will begin as the Earth's dark shadow called the umbra starts to slowly creep over the face of the full moon.



Finances



Banks And Your Money

By Kim Stedman
Author and Founder of Economic Vision



People say money in the bank is a good thing, but it begs the question for whom?

There used to be a time when banks were there for us, or so it seemed.

Then by degrees larger banks took over the smaller banks until they had effectively eliminated all the competition. Then they reduced staff and branch numbers in the name of corporate efficiency. (Read that to be profit.)

Then spending some of those profits in an attempt to convince people that they are friendly and they're with your best interests

at heart. Over time we have come to understand that this is window dressing.

People say money in the bank is a good thing, but it begs the question for whom?

You, or the bank and its shareholders?

Over time the monetary system has become tied to these institutions. All money must flow through them. If you think about it you are paying for a service that everyone at some point has to use.



While this may make it seem that we have little control or choice over our monetary choices. The opposite is actually true.

You have a lot of choice.

The reasons for choosing a particular institution are many and it is through making informed choices that we can have some level of control.

Ideally the service they offer should match your needs and do so cost effectively.

So what are we looking for? Firstly accessibility this is the physical, phone and online branches. My personal choice is a local community bank, which is a part of a national institution. Their opening hours are more

than the larger institutions, I can phone them directly and be answered by a friendly voice and best of all because both business and personal banking is done through them I get “inside” information on cost effective ways of operating.

A business package that offered a debit visa and low fees, works well as it provides a record of where each transaction was done and in this case also the debit visa did not have transaction fees. Using cheque books and access, or ATM cards usually do.

You will need to work out how many transactions you make in a month to help identify the type of account that is best suited to you.

Different accounts will have features and



benefits that may work for you. Finding the type of account will take a bit of research, often this can be as simple as a phone call or some research on the net.

One failing is simply walking in and saying, "I want to open an account." From my financial planning days this would not be doing my due diligence. Would I fully grasp what the staff are offering or advising in the way of accounts. Probably not.

Without taking anything away from the staff, many of whom are dedicated to what they do, it is still someone "doing their job." To expect that you can accurately tell them precisely what you're looking for and have it done exactly right on the spot is a lot to ask.

Remember taking care of the small things like your costs, which includes fees, is a good

starting point in gaining financial freedom. Making decisions on the run can cost a lot over time.

So for a couple of ideas that will make life easier.

Use a debit card that will do the same as a credit card, but is already using your own money. If you are already successfully operating a credit card as a part of your system, why not use your own money by having the card in a positive balance. It is possible to add as much in a positive balance to your credit limit, effectively doubling the capacity of your card when travelling.

In another edition we will explore the world of credit and credit cards and the ways to use them to your advantage as well as some of the pitfalls for the unwary.



My grandfather taught me a lot in relation to the effective control and management of money, He said that having a good bank as a part of your team was instrumental in his going from ten pounds (\$20) in a sea trunk in 1912 to a millionaire later in life.

As Kathleen O'Dwyer is fond of reminding me with a smile, "banks giveth and banks taketh away, but the banks taketh away more than they giveth." She was speaking of her bank offering a new account, which on the surface seemed like a good idea. After a few minutes due diligence she saw that it would enhance their profit and cost more than the existing facility.

Bottom line: always remember, your bank is a service provider, for which you pay and not the benefactors that their corporate

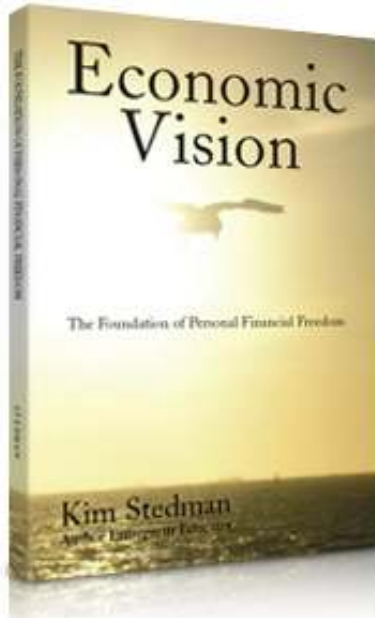
advertisers promote.

About the Author

Kim Stedman from Perth Australia is sixty with one son in his thirties and four grandchildren ranging from thirteen down to four.

His background is diverse, from farming in his teens, serving in the Australian Regular Army in his early twenties, a radio career that spanned fourteen years before entering the financial services industry in his late thirties.

Currently he is working on three business projects including audio visual preservation of Australian history, wholesale and retail marketing via the internet, writing and the ongoing development of Economic Vision.



Economic Vision

creating financial freedom

The Foundation of Personal Financial Freedom
Kim Stedman
Author Entrepreneur Educator

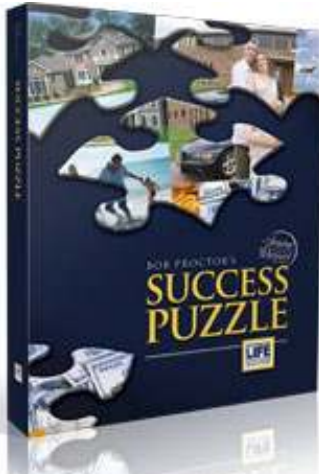
Economic Vision defines a structured approach to the shift in mindset and necessary actions to create financial freedom.

<http://www.economicvision.org/index.htm>



FUSEing Families

Vol. 1 Issue 6



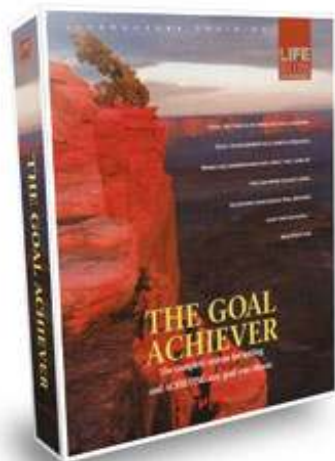
In January 2007 we began a year long coaching program with Bob Proctor

This was our first big investment in our selves. It was during this year that we came to understand and solidify our purpose, and The International Centre for the Family was born as well as F.U.S.E.

It was the beginning of a new Awareness one that has increased as we continually study the principles of success.

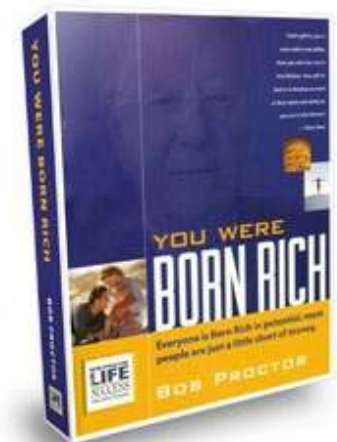


We have taken the information from these programs and bring them into the homes of families with our F.U.S.E. at Home program.



**HOW ARE YOU INVESTING
IN YOURSELF?**

**HOW ARE YOU INVESTING
IN YOUR FAMILY?**





How to Form Joint Ventures and Build Your Business

By Jean-Guy Francoeur
Author and Business Consultant



Mutually beneficial is the word!!

Joint-Ventures (JVs) are an awesome way to build your business and gain additional exposure.

What I like best about JVs is it gets people leaning forward and because JVs typically have a “referral component” it shortens up the sales cycle.

The best part is JVs are low cost!



For example, in working our prospects we typically have a four to five day sales cycle but when it comes from a JV source and its accompanied by a referral the sales cycle can be as short as one to two days. That makes a huge difference when you’re pumping out a lot of deals.

The downside of JVs is they take a bit longer to setup because you have setup the JV, figure out exactly the best way to work together and to add value to each other’s business and then penetrate their client list with your offer which takes a bit longer.



However, that being said, once the JV is setup you can have a PHENOMENAL source of prospects for a very long time to come.

Examples:

I have a friend who's in the mortgage business and he setup five different JV sources and that made him the #2 mortgage specialist in his district. All he did was approach real estate agents and told them they should establish a mutually beneficial relationship where they can refer business to each other. He referred them business and they referred him business. From scratch he created a six-figure income for himself, which took a few months.

just
another
example

I built a chain of five clinics specializing in alternative health care and it was very common for us to work with doctors and other health professionals to share clients. I took this concept one step further and established a variety of JVs with corporations so they could send their employees to our clinics. With these corporate JVs I was able to promote our service via their newsletter, I did in-house promotions and gave them a lot of complimentary health services, which they were thrilled about.

Over the course of a few years I built up over 60 JVs, which results in over 3000 clients visiting our clinics.



Another example would be the time I built and sold a residential cleaning service company. I had set a vision to build a company that produced a six-figure income and sell it in one to two years. I setup JVs with several other “contractor” type companies like carpet cleaners who referred their clients to us. It was mutually beneficial and as a result I built and sold this company in exactly twelve months.

With Gerry Robert and his [FREE Millionaire Mindset Course](#), I established a JV with someone in England, which included Gerry and his offer to 400,000-person mailing list.

With my chain of health care clinics I establish a JV with a local newspaper to create my own column, which ran for a whole year and did not cost me a penny!

I broadly categorize JV partners as either “Referral Sources” or “Publishing JVs”. Publishing JVs are great to provide exposure and an opportunity to position yourself in the marketplace. If you can compliment a publishing JV with a good call-to-action and drive people to a capture page you can expand your leads and then turn those leads into prospects.

Building JVs takes a personal touch. You have to build a solid relationship and then work with that person to find out the best ways to work together and make it a mutually beneficial relationship. That’s the catch! Mutually beneficial is the word!!

That means it works for both of you. This does not always mean money.



I'm working with [Management Consultants](#) right now to form JVs and we're providing the opportunity to do an exchange of service which will lead to more business for them but also it will differentiate them from other management consultant which again will lead to more business for them so it's a [win-win](#) for both of us.

If you have a good network of personal and business contacts, start there. If you don't then start networking! Go to Chamber of Commerce, Board of Trade, [Meetups](#), Charitable events, 40 under 40, business journal events, mayor's breakfast or any other networking event. Just [Google](#) "Networking Event, <insert your city>".

Another good source of leads for JVs (or prospects) is your local newspaper. In my

case I focus on the business section because that's my target market.

Do this:

1. Pull out your local newspaper
2. Find the business section and find articles relevant and written about businesses in your community
3. Print out those articles and write a sticky note (yes the yellow paper type) and send a copy of the article to the person who's being featured. In the note congratulate them and tell them you want to meet, include your phone number.
4. Call them to follow up (but don't chase them!)
5. Rinse and repeat!



You will get bites on this approach. I know because I've done it! Do the same with the editor or columnist. That's how I got my own column, which ran for a whole year!

See here... I went into this little community and found in this single article 5 leads that I could contact. I PDF the article, print it out and put a sticky note on it. I did this in PDF just to give you an example but you would print, sticky note and send! Then don't forget to follow up and don't be afraid to give them some "value-first". Attach an article or whitepaper or something that will be of value to them!

[Download example here - How to get JV leads from your local newspaper](#)

Jean-Guy (JG) Francoeur
Author, [Answers You're Aching To Know](#)
Vice-President, Business Development
[Black Card Marketing Group](#)

About the Author

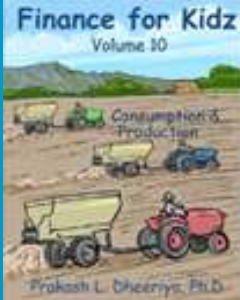
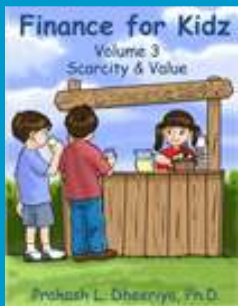
Jean-Guy is the co-author of *Answers You're Aching To Know*, *Booming Practice Business Blueprint*, and *Booming Practice Advanced Marketing Toolkit*. He has built, sold or turned around six start companies in just the last five years. Jean-Guy has consulted to entrepreneurial start ups and multi-billion dollar corporations implementing groundbreaking management, sales and marketing programs that have directly resulted in revenue growth and better profit margins.

He was handpicked by bestselling author Gerry Robert to be the Vice-President for Black Card Marketing. He works side-by-side with Gerry (which as you know is a great honor) and he is the only one who can book appointments for Gerry



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<http://finance4kidz.com>



Good Things to Share



Gratitude & Inspiration

Free inspirational pictures sent to you
by email everyday

Mike Berry (dynamicmike)

"My mission is to unleash effortless
abundance worldwide, by helping people
realise that abundance is their natural state,
and that their "limitations" are only in their
mind."



*I look at the sunny side of everything
and make my optimism come true*

<http://gratitude-rocks.com/wp/>



Be Happy

By Carla Coates
LifeSuccess Consultant



LIVING IS A GOOD THING!

Everyone wants to be successful, but what does that really mean? The definition is different for everyone. I would like to share with you my definition of success; things that I have learned that have helped me be successful.

Believe

You need to believe you can do it. If you are thinking that this is too hard, or I can't do this, or, I will never be successful, then that

is exactly what you will get. If you don't believe in yourself, how do you expect others to believe in you? You need to believe in yourself, because as Henry Ford said, "if you believe you can or you can't, you're right".

“Whether you think you can do a thing or you can't, you are right”.



Expand

Get out of your comfort zone. Successful people are constantly stretching themselves by getting out of their comfort zones. There is no growth when you stay in that safe place. Anytime you step out of your comfort zone and do something that you didn't think you could, you feel pretty good about yourself don't you? Growth is a natural part of nature

– a tree is always growing and continues to grow until it dies – same for you. Although sometimes it might be scary, take a risk, the more you grow, the more successful you will become.



Help others

Have you ever heard that when you give it comes back 10 fold. Zig Ziglar, says that you will get all you want in life if you help enough other people get what they want.

The path to fulfilling your purpose and living your dream is through the service you provide to others.

What problem are you able to solve? The more people you can help, the more successful you will be. Do not focus on making money, focus on helping people and the money will come automatically.



Action

Take action. Act on opportunities. Don't just think about it or say it or put it off till tomorrow. Just DO it. Do something every day to take you closer to your goals.

Passion

Find and follow your passions. When you follow your passions you are using your God given gifts. Your gifts or talents are meant to be used and shared with others. That is why it is called Pass-I-On. Your passions are your clues to your destiny. Passions come from the heart, and when you follow your heart and live your passions you will live a meaningful, purposeful, amazing life.

Persistence

Never give up. A lot of people give up too soon; they give up right before the big break. All successful people will tell you that success is the result of hard work. It takes work but it is so worth the reward when it comes.

Yourself

Trust your instincts and do what is right for you. Listen to your inner voice. All the answers are within you. Don't let nay-sayers stop you from living your dreams. What other people say about you is none of your business.



really is the ultimate meaning of success. It is what we are all striving for.

About the Author

My name is Carla Coates and I am an Independent Certified LifeSuccess Consultant with Bob Proctor, one of the teacher's from the best selling movie "The Secret". The principles taught by Bob Proctor and LifeSuccess Consulting have helped me to totally transform my life from mere existence to living a purposeful, passionate, and inspired life. I have done this simply by changing the way I think and using what I refer to as my Goal Mind.

What I do

It is my passion to help others transform

their lives as I have and live in spirit, peace, and harmony with unlimited abundance, and true happiness. I do this through workshops and seminars, one-on-one coaching, or group coaching. I am also a Certified Passion Test Facilitator and use "The Passion Test" developed by "New York Times Best Selling authors Chris Atwood and Janet Bray Atwood, which can help you discover what your passions are so that you can be the person you are meant to be.

Why I Do It

For 15 years I was very depressed, overweight, and just let life pass me by. I had spent many years asking myself "What is my purpose?" And "Why am I here?" I have read many books and have spent many years soul searching for these answers but the answers did not come to me



until I saw The Secret DVD.

Five years later I am 75 pounds lighter, very happy, and live an exciting and fulfilling life. Since that time my purpose has become crystal clear. My purpose is to be the best that I can be, do and have everything that I want, and to help others do the same.

GOAL MIND COACHING

BE HAPPY. LIVING IS A GOOD THING!

<http://carlacoates.com/>



On this day of your life, dear friend, I believe God wants you to know...

. On this day of your life, dear friend, I believe God wants you to know...

**...that you can remain in your present idea about yourself, or you can choose again.
I like the idea of choosing again.**

Glorify who you are today, do not condemn who you were yesterday,
and dream of who you can be tomorrow.

You will not have to think for more than a second to
know exactly why you just read this..

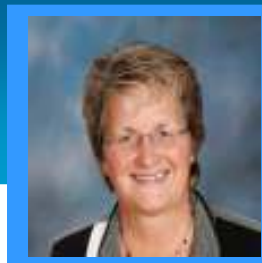
Love, Your Friend... 

<http://www.nealedonaldwalsch.com/>



I Changed My Mind!

By Phyllis Bennet
LifeSuccess Consultant



"No, I changed my mind, I don't want fish for supper."

"No, I changed my mind, I like my red dress better than the blue one."

"No, I changed my mind, I want to see this movie instead."

We are always changing our mind. Or it seems we always are, but have you ever wondered why it is so easy to change our mind with some things and such a chore with others?

Do we really have the ability to change our mind whenever we want or choose to? Well I believe the answer is a resounding YES!!!!

The problem is, that in many cases we are resistant to changing our mind, because we are actually getting something from remaining focused on what has always been.

Dr Wayne Dyer says that

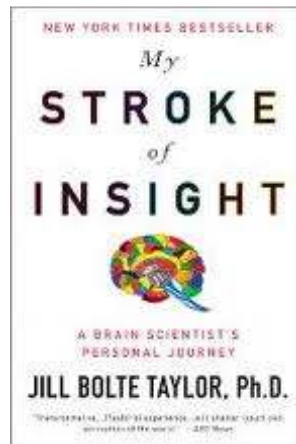
"When we change the way we look at things the things we look at change."



I believe that if we are truly accountable and responsible for our own actions and results, we can simply “change our mind” in any circumstance if we are open to it.

If you are angry with your spouse, try simply quieting yourself for a moment and make a conscious decision to let it go and possibly see things from the other person’s perspective.

In her book “My Stroke of Insight”, by Jill Bolte Taylor, a neuroanatomist from Harvard, says that there is physical evidence that when we become angry, for example, there is a chemical change in our body.



She goes on to say that this change can only be measured for a total of 90 seconds.

After 90 seconds has passed the physiological change is over, and then it becomes personal choice to hang onto the anger.

What we need to be more conscious of then is **when we are choosing to not change our minds.** We must always remember that everything has an opposite, so if you are angry it is up to you to recognize the anger, and **become consciously aware that it is not what you want and then make the conscious choice to “let it go.”**



If you are reading this article and can understand and comprehend the point I am trying to address, you are also then, very capable of making the choice to “change your mind.”

Pick the good over the bad, the happy over the sad, and resist the anger in favour of the glad, and see what a difference it will make in your life.

Remember this, our thoughts cause our feelings, our feelings create our action, and our actions give us our results. If you don't like the results you are getting, simply look at what your initial thoughts were, and tell yourself...“I changed my mind.”

Phyllis Bennett
LifeSuccess Consultant

About the Author

Phyllis Bennett, is a Mother, Grandmother, LifeSuccess Consultant, Presenter, Community Conferencing Facilitator, and has worked in education for the past 20 years. Helping children to understand all they can be and to reach their full potential is her passion. She is currently mentoring small groups of children at school as well as a minor hockey sports team, helping them to create their mission statement and be the best team they can be.



Paths Less Taken

<http://www.facebook.com/pages/Paths-Less-Taken/103675426339144>

“This page is dedicated to people that want to bring attention to others around them that do great things for others without any personal gain!” Brad Burton

What we focus on we get more of

We invite you to visit this Facebook page and share your experiences of when others have quietly served you in a time of need. It is time to shift our focus to the good that others do instead of the negative influences we allow

into our space each day. It takes a Conscious effort to refocus ourselves and when we do we find that we move into a more positive energy, creating the change we desire to see in the world



The Glass Half Empty Half Full

When you look at a partially filled glass of water what do you see? Is it half full or is it half empty?

If you are focusing on the space above the water you are seeing what you do not have. Is that how you view your life?



Do you look around you and see what is missing. The house is not big enough, the bank account runs dry before the month end, the couch is falling apart, we don't have enough _____ you fill in the blank.

If what we focus on we get more of, then what do you think will manifest in your life?

Your glass will begin to look and feel emptier and emptier.

Place a partially filled glass of water on the table and give everyone in your family a handful of small stones. With your eyes focused on the water, place a stone one at a time into the glass. As each person places his or her stone into the glass share something that you are grateful for that you have.

I am so grateful for the clothes that are in my closet, for the food that is in the refrigerator, the money that pays for the things we need most, a bed with blankets to snuggle in at night, a nightlight that makes me feel comforted in the dark, a bathroom in our home.



I am so grateful for a mother, father, siblings, a companion, our children; our family!

What is happening to the water? Is it rising to the top, and is it ready to spill over the side of the glass?



When we give focus to what we have and feel gratitude for it, what we have will increase and our cup will overflow with blessings.

You will see that your life is full of abundance of all that is most important to you.





How You Experience Abundance

By Nick Bogatin & Michael Bloxton

All things exist in abundance, including your ability to have what you desire in your life.

Let's try something. Stand up (or at least sit up straight) and take a DEEP breath. As you breathe in so deeply it begins to hurt, allow your chest and stomach to protrude outward. Take in every last breath you can possibly fit. Hold it for 15 seconds to really extract all of the oxygen and then exhale slowly for 7 or 8 seconds.

Now that was a deep breath wasn't it. You took everything you possibly could take in and yet how much is left around you? Would you agree that there is an abundance of air? Of course you would.

This is the way that your life is too and you can live an abundant life

Although many of you are thinking that it's obviously true that there is an abundance of air, there is at least 1 person reading this who's immediate reaction was,

“not if you are underwater or in some type of air locked container.”





When we examine those two answers, it is easy to dismiss one opinion or the other as missing the point. However, the fact that there are different answers to the same, seemingly obvious question, IS EXACTLY THE POINT.

Our perception and focus control our experience of abundance!

When seeking abundance, there are always things to focus on that aren't as abundant as something else. However, there are also plenty of places where there is abundance in what you seek. You simply must change your focus to be able to perceive it. If we are focused on abundance, we always will find evidence to support our focus. On the other hand, if we are focused on scarcity, we will

find evidence of that as well.

Scarcity or "lack" is a perception and focus that is prevalent in today's world. Think of common statements you hear every day:

"I can't make enough money to support my family." – There is roughly \$1 trillion in

US currency currently in circulation yet money is often perceived as being limited or lacking. The truth is there is plenty to go around. However

if we focus on the fact that there is not enough,



we don't see the opportunities to create more. And by the way, there is a very SIMPLE strategy to create financial abundance in your life no matter what your



current occupation or business. We'll cover this in greater detail soon.

"I don't have enough time to do ..." –

Time is the one thing where we have absolute equality. The lack of time is commonly used as an excuse to not spend more time with

family, not get work done, not make more money, and many other things. The truth is, there are people who spend lots of time with their family, get

all their work done, make all the money they could ever need, and have such an abundance of time left over that they are constantly beginning new projects and endeavors. If we all have equal amount of time, then it is absolutely true that if



someone else has an abundance of time to accomplish all they desire, so do you.

There are so many examples like this. When you stop and think about it, you'll be amazed.

Let's say however that you are truly stuck. You can't imagine how something that you are perceiving with lack and scarcity is actually abundant. There is a simple question you can ask yourself that will help you.

"Exactly how much of (whatever you believe is scarce) is left?"

The trick is to not estimate. To the best of your ability find the exact figures for how much is left in the world today. Calculate the exact number and most often you'll find the number is significantly higher than you expected. You may be surprised that this is true in your case as well.



This is not an exercise to be taken lightly. Just because you might not be in possession of what you desire in this moment doesn't mean there isn't an abundance of it.

All things are abundant. Train your mind to see all that there truly is instead of only what is currently in front of you. You have the power to create a new life with every new perspective you choose. Keep in mind that many of your perspectives and fixed beliefs are not of your own conscious choosing.



They were instilled in you at a very young age.

Make the decision to examine your beliefs. These beliefs create your focus and the key to living a happy, fulfilled, abundant life is to train yourself to focus on the abundance in all situations, rather than the scarcity.

Your focus determines all that you experience in this journey called life. Take a few moments to explore your focus and perspective. Is it a focus on abundance? Or is it a focus on scarcity?

If you don't like the answer to the previous question, make a conscious decision to change the answer. Consider what it would look like if it *was* abundant? How can you manifest that abundance **now?**

All things exist in abundance, including your ability to have what you desire in your life.



About the Authors

Nick Bogatin knows first hand that the right education can change a life forever!



Nick grew up in the suburbs of Philadelphia in a middle class home. He knew that corporate America was not for him. Business ownership and being an entrepreneur appealed much more to him. However, it was not a straight road to success for Nick ... in fact, it was just the opposite.

Nick's road to being an entrepreneur was sidetracked by trouble at school, drug addiction, and due to that addiction, jail. However, it was at this unlikely point that a

life changing realization came to him:

"I remember thinking, 'OK, I made a mistake but once this is over with, I am never coming back.' This was a pivotal moment for me. I realized that if I kept doing the same things, I would keep getting the same result ... a result I didn't want. I also realized that I had something that very few people have – all day to spend working on changing my future. I read books on self development, real estate, business, the stock market, and any other educational subject I could get my hands on ... all day, every day."

Through his new found education Nick was armed with the power to change his life. Nick started several successful businesses and joint ventures. Having achieved the financial success and time freedom he desired, Nick realized his true passion was mentoring



people who desired different results in their life.

Today, Nick is dedicated to coaching and mentoring individuals interested in entrepreneurship, making more money, having more time, or simply being more satisfied and productive in life



World renowned speaker and bestselling author, Mary Manin Morrissey describes Michael Bloxton as "someone you want to know."

She further explains that "through hard work and self development, Michael has become one of the world's youngest forward thinkers

and innovators in the arena of the human potential movement. Keep your eyes open for this young man because he is going places and you will certainly want to be there when he arrives."

In the early years of Michael's life in a suburb outside Philadelphia, he realized that there was not much to go around and that while he saw others enjoying a life of abundance, abundance for him and his family was nowhere to be found. Coming from a world of lack and limitation and eager to be successful, Michael decided to graduate high school one year early. He immediately enrolled at Drexel University's prestigious college of Engineering, only realize after 6 months that college was not for him. He chose to leave school and join the working force by putting in his time in at a local engineering firm.



With new determination and a clear vision of his goals, Michael marched full speed ahead into the world of sales and finance. At the age of 25, he became the youngest Vice President ever at Wireless Capital Partners, a national California based finance company. He earned this honored position after serving as the top producing Director of Finance & Acquisition of the national sales team for two consecutive years. With an understanding of personal growth, awareness, and the principles of giving, he went on to develop a powerful web system aimed at creating innovative and intuitive solutions for seekers of forward thinking education.

Today, Michael pursues the development of this company and is focused on raising the awareness of individuals so that they too can create a life surrounded by truth and abundance. He is leading the charge for

change in the world of education and coaching. Through oneMYnd, Michael is determined to provide an innovative online education platform for anyone interested in personal growth, coaching, entrepreneurship, or simply being more satisfied and productive life.

To see all that Nick and Michael are doing to help you move forward towards achieving your dreams go to:

<http://lifeabundanceinfo.com/>



Seedlings of Change are everyday people at the grassroots level helping people and community make a difference!

<http://seedlingsofchange.org>

Come join the community

Seedling of Change



United We Stand:

December 18th 2010

Francis Amonde Foundation shall be holding a fun day for orphans staying in orphanages based at Oyugis Town, in Kenya.



**Francis Otieno Amonde, Founder and Chairman,
Francis Amonde Foundation,
E-mail:francisamonde@yahoo.com,
Cellphone:+254 772 661647/+254 736 954165**



FUSEing Families

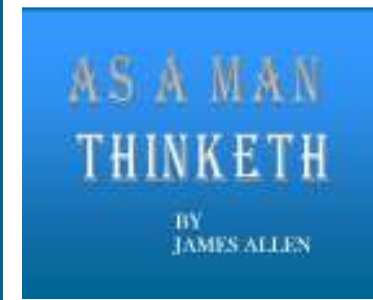
Vol. 1 Issue 6

Issue 1 Gift
Our Ebook version
of Raising Families



Our Gifts to You!

This month's gift to thank you for subscribing to **FUSEing Families** is an MP3 recording from Billy Cox

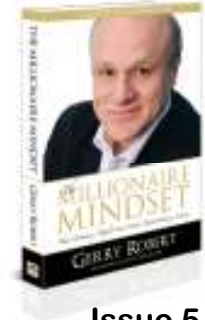


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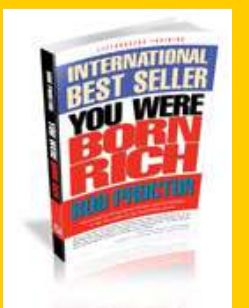
Your Best Year Ever

"If you waste your time you waste your life ... make every moment count"! Billy Cox

<http://www.billycoxinternational.com/>



Issue 5 Gift



Issue 2 Gift



Issue 3 Gift

Access your MP3 Your Best Year Ever
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Who is Billy Cox?



Billy Cox is a straight forward communicator, a compelling motivator and energetic leader who uniquely connects with today's achievers through compelling and creative teaching methods.

Billy has truly lived the American dream. Starting at age 17 as a part-time salesperson he worked his way to the top. By age 30, he had earned his first million dollars. Two years later, he became president of GHS Companies taking on leadership of a nationwide team with over 500 sales associates. It was an enormous challenge as sales were in a slump

and down almost 50 percent. In less than three years, he and his team had turned the company around, increasing sales to record-breaking levels.

Author of *The Dream Book*, *You Gotta Get in the Game* and *The All-Star Sales Book*, Billy's message is positively impacting the performance of individuals and organizations around the world.



Billy is recognized by his peers as one of today's leading authorities on the undeniable power of human potential. Billy does a limited number of speaking engagements each year. Whether it is a business executive group of 40 or a roaring convention of 4,000, Billy Cox ignites any audience blending facts, inspiration, humor, and conviction with team participation. Customizing his talks for each group, he gains immediate rapport and leaves audiences energized and confident they can put their learning into immediate action.

A partial list of Billy Cox's clients include a huge range of global, national and regional leaders, including FedEx, Aflac, Delta Dental, Hertz, Hyatt, Konica Minolta, Nike Inc., Arvest Bank, Tyson Foods, North Texas State University, Allstate Insurance, Bertram Yachts, Manheim, Country Maid, Wilson, and

Xerox Corporation.

Billy considers his personal accomplishments just as important as his professional achievements. He regularly donates his time and talents to youth sports, community service work, and various charities. Billy and his wife, Susan, and their four children make their home in the suburbs of Dallas, Texas.



**Your
words
have
power!**

<http://www.billycoxinternational.com/>



What if today really is
the best time?

I feel a sense of oneness
as I allow my self to
connect with those
around me.

I am so happy and
grateful now that
abundance and
prosperity flow in
and through my life.

I allow peace to fill my soul.

I am a creative genius
and everyday I am
open to receive
new ideas.

I choose to be
creative, courageous
and caring.

I believe that
everything always
works out.



When you teach your son,
you teach your son's son.
~The Talmud

Parent Parent Voices

Do you have comments ideas or inspirational
experiences you want to share?

Send us an email at: admin@fusefamilyfocus.com





Mom's words of Love for the day

By Michelle Ledbetter



The Station

Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continent. We are traveling by train. Out the window we drink in the passing scene of cars on nearby highways, of children waving at a crossing, of cattle grazing on a distant hillside, of smoke pouring from a power plant, of row upon row of corn and wheat, of flatlands and valleys, of mountains and rolling hillsides, or city skylines and village halls.

But uppermost in our minds is the final destination. On a certain day at a certain hour we will pull into the station. Bands will be playing and flags waving. Once we get there so many wonderful dreams will come true and the pieces of our lives will fit together like a completed jigsaw puzzle. How restlessly we pace the aisles, damning the minutes for loitering – waiting, waiting, waiting for the station.



Photo Bernt Rostad via Flickr



“When we reach the station, that will be it!”, we cry. “When I’m 18.” “When I buy a new SL Mercedes Benz!” “When I put the last kid through college.” “When I have paid off the mortgage!” “When I get a promotion.” “When I reach the age of retirement, I shall live happily ever after!”

Sooner or later, we must realize there is not station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.

“Relish in the moment” is a good motto especially when coupled with Psalm 118:24: “This is the day which the Lord hath made; we will rejoice and be glad in it.” It isn’t the burdens of today that drive men mad. It is the regrets over yesterday and the fear of tomorrow. Regret and fear are twin thieves who rob us of today.

So stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets, laugh more, cry less. Life must be lived as we go along. The station will come soon enough.



**The
Station
will
come
soon
enough**

Photo credit
The Wandering
Angel
Via Flickr



About the Author

Michelle Ledbetter is the Mother of two Beautiful Daughters; Oncology Nurse; Professional Performance/Life Coach, Owner/President of Life Line Connection. At www.transitionguide.net I promote Mind, Body, and Spiritual Wellness and Health Products. Avid traveler/explorer; Authentic; Peaceful; Adventurous; Athletic, and Spiritually Grounded.



My Smart Hands

By Laura Berg
Mother, and Educator



I am so proud of the company I created from nothing!!

I'm often asked how I started my business. The short version is I had a Masters degree in Education as well as a degree in sign language so it seemed like the perfect fit when I wanted to stay at home with my daughter.

The long story is this... Before I started My Smart Hands I was a grade eight teacher; a job I LOVED! After several years of teaching I earned my specialist degree in curriculum development and began working on

revamping our schools' literacy program. We had a number of students who had trouble spelling and ultimately, reading. While conducting research for this new curriculum, I came across a study that used American Sign Language to help children with spelling issues. I was fascinated because I was in the middle of taking my ASL and Deaf Studies degree. Our literacy program, incorporating sign language, was extremely successful so I began to lecture to Teacher Education programs across Canada on using sign



language to promote literacy. While continuing my research I came across several articles and studies on baby sign language, which made me realize that I would sign with my baby when I had one.

In 2005 I gave birth to my beautiful daughter and as much as I loved teaching I decided to stay at home with her. I wanted to be a stay at home mom but I was also a realist, I knew, living in a big city that we needed to have two incomes. So I started thinking about ways to make money. I tried selling clothes on ebay with no luck; shipping was so expensive! Then I tried body casting for pregnant women and that just didn't seem like it would make enough money to help float the boat. Then when my daughter was three months old I was in a mom's group and they all wanted to take a baby sign language

class. I obviously didn't need to take one to successfully sign with my daughter but wanted to join in with my group for the social aspect of the class. That was when a huge light went on in my head! I had a teaching degree and one in sign language so this looked like the perfect fit for me as a career and way to stay at home!



Bri signs bird photo by basykes via Flickr



I originally contacted the company I took the class through and was told that I couldn't offer classes in my neighbourhood because they already had a licensed instructor in my area. I was given the option to drive to another part of the city which wouldn't work for me seeing that I was planning on teaching classes from my house at first.

Having that company turn me down as an instructor in my area was the best thing that happened to me from a business standpoint.

It made me look at other options for running classes and ultimately I came to the decision to create my own curriculum and company. Teaching ASL to moms and babies played to my strengths; I had the knowledge of sign

language, education and was a curriculum specialist. It was the perfect thing for my family and I.

So I started developing a curriculum. I worked with a friend of mine who is Deaf to make sure that I was true to the language. I decided that I'd use 100% ASL signs and that all of my instructors would have to have formal ASL training. My curriculum has undergone many changes over the years. I look back on my first edition of our manual and feel really good about how my program has progressed. My Smart Hands is growing leaps and bounds everyday. We have doubled in size in the past 6 months and I anticipate doing that again. We have great products that have been awarded the PTPA award and I am so proud of the company I created from nothing!!



The point of this article is to show each one of you who is reading this that if one door closes for you, knock on other doors... if those doors don't open for you then BUILD YOUR OWN AND WALK RIGHT THROUGH!!

MSH Mission Statement:

"Our mission is to bring a better understanding to parents, educators and children of the value of visual communication early in life. Promoting ASL as part of a dual language to the hearing community can act as a bridge to more meaningful communication in our homes, our schools and our communities."

<http://mysmarthands.com>





Creations From the Heart

By Jodi McCutcheon
Mother, and Entrepreneur



My name is Jodi McCutcheon, I am a stay at home mom of two boys (ages 5 and 2). I love crafting and scrapbooking. I make and sell several different items including sock monkeys, diaper cakes, greeting cards, piggy banks, decorative tins, memo boards, and decorative notebooks/journals, and scrapbook layouts.

In 2008 I became a consultant for a company called Close To My Heart. I basically became a consultant to pay for my own scrapbooking supplies and help family and friends learn

new scrapbooking techniques. My friends and family always enjoyed the paper crafted items I was making so I decided to try my hand at selling them. I started off small by posting my pictures online on kijiji.





I was doing quite well with the few paper crafted items that I was offering but I wanted to do more so I began making diaper cakes. My cakes aren't extravagant like some, but they are cute and a reasonable price. I never sell a cake for over \$30, in them you get up to 60 pampers or huggies, Johnston's baby wash or lotion, 4 washcloths, as well as a couple of different baby items depending on the cake.

By the time I started making my diaper cakes I had a big enough supply of items at home that I was ready to try doing the farmers markets.

I tried a couple of markets throughout the summer of 2010 but found my best and most profitable market to be in Blackfalds. (The Blackfalds Farmer's Market is from 3-6pm on Mondays during the summer, and one Monday per month in the off season.)

Editors note: Blackfalds is a small community in Central Alberta Canada



At this market I was attending regularly with my paper crafts, diaper cakes, and some baking. Not only was it a great way to make some extra money but meet great people.



During the summer of 2010 while on a family camping trip and a tour through a local market my 5 year old son spotted a sock monkey, he desperately wanted that monkey. I had planned to get him the monkey but when I found out how much it was I couldn't justify paying that. Instead of buying the overpriced monkey I promised my son that when we got home I would learn how to make him his own monkey.

Within a couple of weeks I had kept my promise, I made my first successful sock monkey. All though the monkey is made from a pair of my old pink stripey socks my son loves it.

I continued to make monkeys to add to my market table, and couldn't believe the success I had with them the first time I set

them out. After my first market with them I had sold out and taken orders for more. I thought at first it was just because they were a new item at the market; it hasn't slowed down at all.



When I first started to make monkeys to sell I never imagined the success I would have with them. I guess I have the overpriced monkey to thank for all I have accomplished since this last summer.



To view my complete product line search Creations From The Heart-by Jodi on Facebook. There you will also find a list of my upcoming markets as well as other great local vendors! Or my Website:

<http://jodi85.myctmh.com>

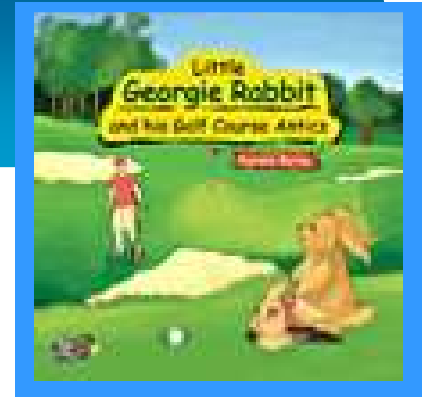


It's a place for notes ☺



Little Georgie Rabbit ...and His Golf Course Antics

By Pamela Byrne
Mother, Grandmother, Author and Entrepreneur



Life is certainly busy as a grandparent!

Sometimes, a little inspiration is all it takes. A cherished loved one, a random event or just a desire to try something new, can be all it takes to create something you may never have thought about doing. This is the case for myself, a mother of three and grandmother of six, aged 8yrs – 6wks. I woke one morning and had inspiration coming from all directions after my husband told me about a baby rabbit he found in our garden while watering. This led to the creation of my debut picture book,

“Little Georgie Rabbit and his Golf Course Antics”.

Inspired by a series of true events, my husband’s interest in golf and my grandchildren’s eagerness to read, I have created a fully illustrated story about an adventurous little bunny ‘Little Georgie Rabbit’ and his best friend, Millie, who live on a golf course and their adventures and antics.



There is something very special about the way that children's books can speak to adults, too. "Little Georgie" is no exception - set in Georgie's home on the golf course, the book teaches readers about the game of golf. Our son also has a great interest in golf, so being

able to teach my readers about the game is an added bonus for me. Our home is situated on a golf course, on the 9th green, in Torquay Victoria Australia - the place where Georgie's story came to life.



As most grandparents I spend a lot of time babysitting our grandchildren, am committed to one full day each week and whenever else I am needed. It can be exhausting having two, sometimes three, little ones from early morning until early evening, but I wouldn't have it any other way. Our grandchildren grow far too quickly, and with the blink of the eye they are at school. Once at school, it is then sporting events that they love to see



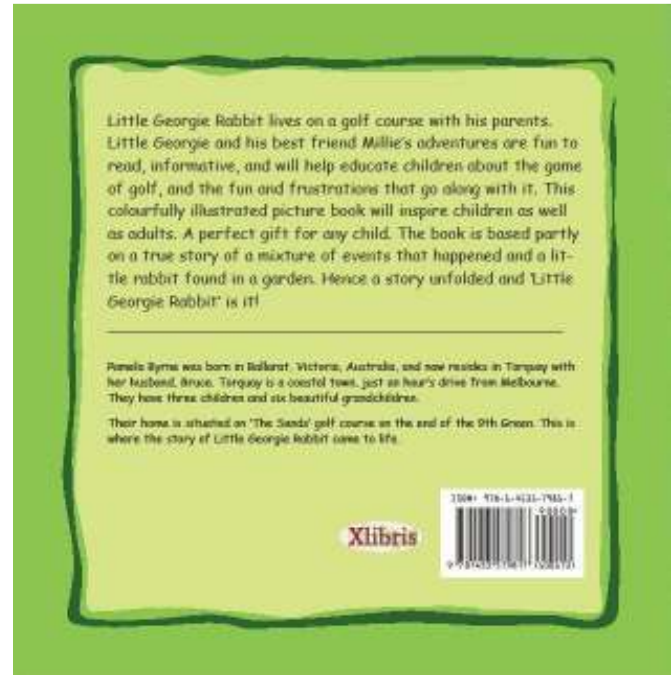
their grandparents there watching and supporting them. Life is certainly busy as a grandparent!

The main motivation for seeing the completion of 'Little Georgie Rabbit' was for my six beautiful grandchildren, as a legacy from me to them.

Visit the Xilbris Book Store on the following link to order your very own copy of "Little Georgie Rabbit".

<http://www.xilbris.com.au/bookstore/bookdisplay.aspx?bookid=500173>

'Little Georgie Rabbit' will soon be available at other online book stores worldwide.



Pamela also has an online baby boutique business, 'Baby Indulgences' - www.babyindulgences.com.au - which provides quality products for babies and young children, making sure parents have everything their little ones could need.



Moments I Live For

By Samantha from Mama Notes

I had one of those today.



As moms we have those moments when we're frustrated, tired, overwhelmed. The lack of sleep and minimal time to yourself gets to under your skin and you can't catch a break. There are those times when you want to pull your hair out or throw every toy in the trash because you're sick of looking at them. Then reality hits. Life hits and there are *those moments*. Times come when the world stops and for that moment, everything is perfect and you just thank god that He has made you

the mother of these kids.

I got one of those world stopping everything is perfect moments today.

I was rocking Joshua to sleep early this afternoon on the rocking chair in the boy's room. He had been awake for almost two



hours and I wanted to try and put him to sleep before he got over tired. It might have been a little too late for that, as he was already starting to get grumpy, but at least I had good intentions. He was crying on me while I was rocking him, wrapped in his warm blanket.

Lucas climbs up on the chair with me, and although we both hardly fit and it's a little uncomfortable, it is somehow the most comfortable of uncomfortable I've ever felt. He gives Joshua his pacifier as it falls out of his mouth and he rubs the top of his head for comfort.

He has been so sweet and gentle with Joshua today. It just makes me melt into a million pieces.

Lucas gets off the chair and goes to get his lovie and pacifier out of the crib. The whole "you're a big boy who doesn't need the pacifier and Joshua is the baby who *does* need the pacifier" isn't working yet. Seeing Joshua with it makes Lucas want it more. So I hold a big *whatever* on that note.

He brings himself back up on the chair with his pacifier and lovie in hand. Again, he smooches next to me on the chair and we are smashed together. I can hardly believe what's happening, as day time snuggles aren't a normal occurrence for this busy boy, but Lucas lays on me as we rock back and forth, trying to put Joshua to sleep.



All I can hear in the room is the humming of the fan and the sucking noises from both their mouths.

Joshua's eyes are slowly closing and Lucas is just laying on me, so quite and peaceful. And me? Well I am just in Heaven right about now. I have both my kids with wrapped on me with their heads on my chest. I have a quite room and sweet sweet boys letting me rock them.

This is one of those moments. A moment I will never forget. It makes my life so sweet. I will forever hold that moment and that picture in my mind. There is nothing better than holding both your children.

Gosh, I sure do love rocking my babies to sleep. I hope they let me do it forever.

You can catch up with Samantha and her adventures in Motherhood at her blog

www.mamanotes.com



**Thank you for allowing us to be a part of
your family's journey**

**We hope you enjoy your free gifts
and that the knowledge from our
experts help to unify, strengthen
and empower your family.**



**We invite you to add to or our Parent Voices with your thoughts,
or family adventures and photos.**

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