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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Be True

By Monique Rider

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The concept of "being true to myself" seemed foreign to me for most of my life. I would listen to others instead of myself; or I would listen to my doubt instead of my intuition. That's probably why I kept receiving the same messages over and over again. When I finally started to live in integrity and follow my heart, an amazing shift took place. Now my "self" almost demands that I live true to my values.

In trying to be true to ourselves, we often make some unusual (and unpopular) decisions. They feel good to us but, at times, may be not quite politically correct. We proceed with the decision but then the doubt pops into our head. Did I make the right decision? What will they think of me?

Doubt can play very silly games with us. Even though, at times, we need to pay attention to its nagging feeling – other times it can destroy our hard earned effort to "be true". If you go to all the hard work of thinking out a decision, listening to your intuition, and logic – then you also have to trust that process and not let doubt (or what others think) ruin your accomplishment of being true.

It's like they say about prayer: If there is a decision to be made and you pray and pray and pray about it, eventually you must go with the trust that WHATEVER decision you make – will be the right one. You must trust and not second-guess yourself. Boy, what a tough assignment!

Doubt, others' opinions, and second-guessing can cause more stress and anxiety than making the original decision. Follow your instincts to block out the doubt and trust in the decisions that you make. You will end up seeing validations that you did the right thing. It will be further confirmation that if you are true to yourself the universe will support you!

Monique is a writer, life coach, personal trainer, and competitive bodybuilder. She is the founder of Trinity Coaching Services, a business that provides life coaching to clients world wide. Please visit Monique at: <http://home.talkcity.com/workoutpl/trinitycoachingservices>

Can't Find Your One True Path?

By Angie Dixon

So you're trying to figure out what you're going to be when you grow up. The problem is you're 38, have two grown children and a husband, not to mention two cats and a dog named Sirius Black Dixon. Oh, wait, sorry, I guess I got distracted and thought we were talking about me.

Back to you. You're physically "grown," but you haven't found your "one true path." You don't know yet what you're going to do with your life, and you're feeling lost, confused, and worried.

Okay, let's start with the brutal truth here. If you have spent a lot of time, effort and creative energy looking for your one true path, I have bad news.

You probably don't have one.

You see, people who have one true paths know they do and they know what they are. This is not always true. Nothing is always true. But in general, people who "home in" on one career do it early and stick with it, or if they change careers, they do it in a reasoned, considered way.

People like us, who stumble and bumble and jumble from one thing to another to another to another, we don't have one true path. We have something. It's just not one true path.

That's the good news. Because what we have, boy is it better.

We have multiple paths. They fit our multiple passions and our multiple talents and our multitasking personalities.

You and I? We can be whatever we want. For as long as we want. And then go do something else. We can be writers, and while we're being writers, or when we're done being writers, we can be teachers, or driving instructors. Now, admittedly, we're not going to be astrophysicists or CEOs of major companies. But most of us don't want that. What we can be is just about anything we want to be - and just about everything.

Don't you feel liberated?

Angie Dixon is a writer and webmaster of The Leonardo Trait. Sign up for a free teleseminar at [and while you're there, get a free report on failing successfully.](#)



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