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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!

From Striving To Thriving

By Helaine Iris

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"The difference between what we do, and what we are capable of doing, would solve most of the world's problems." Mahatma Gandhi

A few months ago I wrote an article about a client of mine who's been struggling to grow her business to the next level. She's an extremely talented and creative professional with a potential gold mine of a business.

She's been determined to uncover and embrace her limiting beliefs eagerly accepting coaching to challenge herself to the next level professionally and personally. She put new structures in place to build a strong foundation from which to grow her enterprise.

She's been striving to achieve her goals, yet she feels exhausted.

Last week, when she "hit the wall" and was about ready to throw in the towel I asked her, "What if you stop striving and started thriving? How might you feel different?"

There was dead silence on the other end of the phone. After some time she replied with a burst of relieved laughter, "Now THAT would truly be empowering."

She then went on to declare how this coming year of her life would be about thriving instead of surviving and striving.

This gratifying interaction got me thinking about the distinction between striving and thriving and how they are and feel different from each other. Webster's Dictionary defines strive as 1. To make great effort; try very hard. 2. To be in conflict; struggle; contend; fight. Versus the definition of thrive. 1. To prosper or flourish; be successful. 2. To grow vigorously or luxuriantly.

From Striving To Thriving

Making a mental shift can be the first step in how you experience your life. Distinguishing what you don't want will create a contrast that allows what you do want to rise to the fore. Once you're clear about what you want, you can then prepare and devise the structures to support you and begin implementing the shift.

Are you striving or are you thriving? How would your life be different if you could make this profound mental shift?

Here's the process my client used to make the shift in her life, why not give it a try?

1. She called for a "time out". She put her life on pause for a moment and reflected. She became

aware that despite the apparent forward movement in her life, there was still something out of balance. She was tired of feeling stressed. She acknowledged what she was feeling and began to verbalize it.

2. She let herself imagine what it might be like to be thriving in her life instead of struggling. She detailed the various areas of her life and painted a clear picture of what her life would be like next year at this time.

3. Then she reassessed her projects: what she did want to take forward with her, and what did she need to let go of in order to prioritize her time according to her values and purpose?

4. Next, she looked at the tasks she thought she "had" to do to succeed versus what she "wanted" to do. Much to her surprise, she found they were the same tasks; with this reframe, she realized she liked the tasks as they were an essential part of her professional expression.

5. Finally, she resumed her activities and strategies, but this time with a very different outlook. She now approached her same life and tasks with a renewed sense of excitement and focus.

Today, she's thriving. Her energy has increased and her stress level has decreased. Now, she has a bigger problem, business is rolling in. It's a pretty great problem to have.

It's YOUR life...imagine the possibilities!

~~~~~Helaine Iris is a certified Life Coach, writer and teacher that loves her life. She works with individuals, and self-employed professionals, who want to thrive in their business while crafting a life that's in absolute alignment with their highest ideals, deepest values. For a solution focused complimentary session visit her website

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**Expand Your Global Horizons: Travel To Taiwan**

**By Frank Johnson**

## From Striving To Thriving

A gem in the China Seas, Taiwan embodies a unique entangling of ancient and modern, East and West. From the bustling commercial center of the capital city, Taipei, to the cascading volcanic mountains of Yushan National Park, Taiwan offers the world traveler an unmatched experience. It is no coincidence that Portuguese explorers named this island 'Ilha Formosa', or the beautiful island.

### To Travel to Taiwan is to Understand Diversity

Officially known as the Republic of China (R.O.C.), Taiwan should not be confused with the People's Republic of China, which refers to mainland China. Within the past 200 years the island has been ruled by the Dutch, become part of Japan, has been "returned" to China and is currently striving to become an internationally recognized sovereign nation. Taiwan's tumultuous and fascinating history of the Aboriginal, Taiwanese and Chinese people is revealed through the many cultural festivals held throughout the year. Travel to the island in February for the Taiwan Lantern Festival or in June to watch the world-famous Dragon Boat Races during the Dragon Boat Festival.

One of Taiwan's most prominent cultural symbols is Taipei 101, the world's tallest building, measuring 508 meters and 101 floors. Finished in 2003, the tower signifies Taiwan's substantial economic growth from the periphery of the global economy to become one of the four Asian Tigers, as well as the government's dedication to a democratic society separate from that of China. Tainan, the oldest and fourth largest city on the island, offers a more authentic and less commercialized window into Taiwanese culture. Temples and Memorial Arches define this city where the Ching Dynasty once prayed to the God of War.

### The Taiwan Terrain: Recreation and Ecotourism

Exploration of the thriving urban centers is only one of many ways to get in touch with Taiwan. The rugged topography of Taiwan is adorned with magnificent peaks, lush valleys and dramatic waterfalls. Yushan National Park is home to the island's tallest peak, Jade Mountain, which towers at 2,610 meters. Hike to the summit and take the more technical route down or simply enjoy the breathtaking view from the Tatchia Visitor Center, accessible directly from the new Central Cross-Island Highway. From Jade Mountain, descend deep into Taroko Gorge on Taiwan's rocky and secluded east coast. This 12-mile-long canyon is home to the natural open-air Wenshan hot springs and the Atayal people, one of Taiwan's remaining aboriginal tribes. The rocky cliffs at the canyon's end are a starting point for those who wish to travel farther into Taiwan's history. The surrounding Pacific Ocean is sprinkled with beautiful green islands that have unique native histories and are mostly accessible by plane or ferry. Most of the pristine and dramatic destinations are protected by Taiwan's National Park Department, which offers an array of lodging and guiding services and has proven to be a well-organized resource for the outdoor sightseer.

>From the island's tallest building to its tallest peak, Taiwan has something exceptional to offer every kind traveler. Travel Taiwan's thriving society and come face-to-face with an Asian Tiger.

For more information on travel to Taiwan and other locations in Asia, and discount airfare to Taiwan, visit

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