

Making decions.

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By Fatimah Musa

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You lost your job. Your partner left you. Your car was re-possessed. You find your life barren like the desert.

Your self-esteem plunged. You don't think you are good enough for anything.

You will never find another job because you lack the education and the skills required. You are too old to try again. And who would want you now? The most "handsome, tall dark and charming man" has deserted you and you will never find another as charming as him.

These are common thoughts when you are met with adversity. At this point of your life you usually will not be able to see beyond what you are facing.

How can you think right when you are hungry? All you need is food to eat and a place to stay and call it a night. Your goal for the moment is to feed your stomach.

What can you do?

You can do something. All is not lost.

You can decide to tell yourself that "this too shall pass". You can decide that you will start all over again.

You can take any job for the moment to give you a paycheck. And from there work yourself up again.

Read inspirational and motivational books instead of wallowing in self-pity. Better than using the time watching soap operas or reality shows. The books are available from the library and you can read them for free.

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If you think that there is no way to turn your life around—read "Man's search for meaning" by Victor Frankl. It may help you look at your life at a different perspective. Or you can read the book by W Mitchell. You'll be inspired.

Listen to motivational recording. If that is the only one you have...just keep listening to it.

Start writing your goals. Make a list of what you can do today and the next day and the next.

Set out your intentions. It's one step at a time and you have to keep on trying many times and different ways until you get what you want.

Have a talk with yourself. Write your feelings and thoughts in a journal. Sit down alone and contemplate.

Go for a walk. Practice deep breathing.

You and only you decide what you want to think. No one knows what's going on inside your head. You can rewind and replay your failures or you can record and replay new positive ones.

People can say things about you. You decide what you want to listen to. You decide what you want to keep. You decide what you want to say to yourself.

Sometimes you think that there is no way out. How do you know you have tried everything? Did you write them down? How many ways were there...1, 2 or 20?

If you still have your complete physical self and a sound mind, there is no reason why you cannot start all over. Unless...you do not want to.

Or maybe what you are really crying out for is the familiarity. It's too scary out there. You have been comfortable all this while.

Now you have no choice but to change or rot. And you do not want to rot. At the same time you are so fearful. You have to decide. And the decision is yours.

This is the opportunity for you to challenge yourself. You have to help yourself to grow. You have to develop the attitude that if you work hard on yourself you can have a better life. No one is going to help you unless you help yourself first.

Fatimah Musa provides information, tips and quotes written to help people become aware that any future growth starts with their personal growth. You can visit Fatimah at <http://www.about-personal-growth.com>

An Introduction To Jewelry Making

By Steve Gargin

I think that one of my favorite crafts is jewelry making. Beads should be part of any well-equipped jewelry making kit. I love the choice of styles that jewelry making allows you to try. The range of materials that you can use for jewelry making also means that their possible uses are limited only by my imagination. Even though I was not a particularly experienced craftsman I soon found that I enjoyed jewelry making and created wonderfully original jewelry. Of course, I now wish that I was capable of far more intricate jewelry making but at least I am always improving on the ones I made before!

I enjoy jewelry making using a variety of different materials. It is fun to look at what I have handy that I can convert into pretty jewelry. One of my favorites is using strips of colored paper for paper mache jewelry. My kids love tearing pictures out of glossy magazines and we try jewelry making together, well, almost! They prefer to move straight to the decorating stage and I have found that dried macaroni makes an ideal bead. The tubes of pasta have a ready made hole for threading and can be painted easily. We also use clay quite a lot when jewelry making, probably because kids enjoy molding the shapes. I have to take over the baking part but once that is done they can decorate and varnish their creations and continue with their jewelry making.

Of course jewelry making is made more fun if you can give the jewelry to other people to wear. I like creating necklaces and earrings to give as gifts. People often appreciate handmade goods more than shop-bought ones, but more importantly I save a fortune with my crafty offerings! My kids like making friendship bracelets for their mates and have recently got into using lettered jewelry to make up people's names on necklaces. A lot of kids wear them round here and also have become interested in jewelry making too!

I use a lot of different materials as a base for my jewelry making. It would probably be impossible for me to remember all of them but I like using leather cord and jewelry metal the most. I have tried almost anything that I could thread a bead onto probably! Nowadays I do not have the time to dedicate to jewelry making that I once did, in fact I probably haven't made anything for over a year due to our latest addition but when she is older I may well teach her the basics too.

Steve Gargin is the administrator of

a website dedicated to

bringing you the latest jewelry news and information.

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