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Working Well

How Do You Define Yourself?

August 2007 - Vol III Issue 4

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Wellness Friend

***"Understand that the right to choose your own path is a sacred privilege.
 Use it. Dwell in possibility."***

Oprah Winfrey

I had the distinct pleasure a couple months ago to hear Stedman Graham speak at a conference I attended in Dallas. Besides the fact that he is Oprah's boyfriend, he is a very talented speaker and businessman. One of the areas he touched on in that speech is one I would like to devote this issue to: *How do you define yourself?*

I have found that how I define myself has changed over the years and much of it depends on my definitions of certain things and people in my life changing. I have also realized that I am not the same person I was yesterday nor will I be the same person tomorrow. As you read this newsletter, challenge yourself. Don't be afraid or ashamed of what you may see that you do not like. Remember, *"Never fear shadows. They simply mean there is light somewhere nearby (Ruth E. Renkee)."*

Please also take a moment to check out the great new wellness product from **Nikken**. If you know anyone who is suffering from any type of *bone challenges*, you want to take a minute to check out **OsteoDenx**. All of Nikken's products are all natural and have been thoroughly researched for 20 years + before coming to market. Nikken also has a tremendous *business opportunity* that is worth checking out. Even if you think there is no way you would be interested, just take a peak. I am looking for global business partners to help me spread the word and educate people about wellness throughout the globe.

Last but not least, I will be leaving for Peru with my first group on September 7th. We are all so excited! As many of you may know, there was recently an earthquake south of Lima in Peru. Although we will not be in that area, we plan to take some supplies there for those who are in need. Please, if your heart says so, we are looking for blankets, clothing, non- perishable food items, children's toys, monetary donations and anything else you may feel the need to donate to those who have lost so much in this tragedy. We thank you from the bottom of our hearts.

Please send any donations to:

Chris Sopa International Journeys
10 Silchester Court
Elkton, MD 21921

Thank you to all and have a great August!!!

Chris

How Do You Define Yourself?



More questions to ponder from "Ever Wonder:"

When was the last time you did something for the first time?

What do you want from life?

What do you pack to pursue a dream and what do you leave behind?

Why be afraid of something you want?

If you do not think highly of yourself, who will?

If you do not have all of the things you want, are you grateful for all the things you don't have that you didn't want?

Do you doubt your doubts?

Do you know how to dream with your eyes open?

If not now, when?

Do you know where you are on your journey?

Your destiny is coming, are you ready???

Keep Your Beliefs Positive



Keep your beliefs positive because,
Your beliefs become your thoughts
Your thoughts become your words
Your words become your actions
Your actions become your habits
Your habits become your values

Your values become your destiny

Mahatma Gandhi

There are so many things in our lives that can define us if we allow them to; people, places, jobs, family, events, deaths, births, etc. Each event in our life happens for a specific reason. All events are there to teach us something we need to learn for something that is to come. We must train ourselves to be open and present so we are constantly in receiving mode of the opportunities that present themselves to us that allow us to re-define who we are. We must realize that who we are is who we must be. No one else on this planet can do what you were brought here to do. You are unique and special. Not one day should be allowed to go by that you do not remind yourself of your special-ness, your talents, your strengths, your love. Be grateful for who you are and what you have in your life now because unless we are grateful now for what we have, we do not open our selves up for other things to enter.

1.Mind Control

Other people will always define you as less than them, that is a fact. Do not go through your life living by how others define you. You are the only one who knows you well and are the only one who will always be there for you your whole life. Take heed in knowing that you must be able to have a strong definition of who you are and what you stand for so when others try to define you, you have something to compare it to. They will try to control your mind so they can move ahead. Not all do this consciously or on purpose of course, but some do. Do not allow someone to blow out your candle just so theirs can shine brighter. Never, ever let how others see things alter your own view and truth.

2. Your Lens

What color is the lens that you view yourself and the world through? Is it rosy pink or dull gray? How you view yourself is exactly how you view the world. They are mirror images. There is a great story of an elderly man in a village. A young man walked by and asked, "what the people were like in this village?" The old man asked, "What were the people like in the village which you come from?" The young man answered, "They were all a rude, uncaring bunch. Everyone was for themselves and no one had any compassion." "Well," the old man said, "you will find much the same here." Shortly afterward, another young man was walking by and asked the same question, "What are the people like in this village?" And the old man asked the same question again, "What were the people like in the village which you come from?" This young man answered, "Oh, they were a great bunch. Everyone helped each other, they were full of compassion and it was so wonderful to live there." The old man answered, "You will find much the same here." A cattle man was standing by and had heard both conversations. He asked the elderly man, "How could you have given both of those young men the same answer?" The elderly man replied, "**Everyone carries within him the environment in which he lives.**" What kind of environment do you carry around with you everyday? One of hate and scorn or one of love and compassion? This is what defines the color of your lens.

3. "The Matrix"

Many people have seen this movie trilogy. Neo, a computer genius, finds the real world in which we are all plugged into a computer and that computer program controls us. Sound familiar to anyone? The movie producers were not so far off from the truth. If we allow ourselves to be a slave to the people around us, the hidden agendas others have for us, and the societal stereotypes, we are "plugged in." Disconnect yourself from the program and make your own definitions based on **YOUR** values and beliefs. Know that what you see with your physical eyes is not the true reality but is shaped by the real reality which exists behind your eyes. **YOU** control your perception and in turn control your reality. You are the one in control of the keyboard and never let anyone else type on it without your permission.

4. Definitions

Take time to define some areas in your life so you have a working definition when you are challenged by circumstances or people in your life. How do you define success? How do you define productivity? How do you define balance? What are your top 3 priorities? How long is your list of "To do before I die?" Challenge these definitions and make them real. They will allow you to have a point in which to compare how far along the road to your life you currently are. Always know which mile marker you are on in your life. There is always a new tomorrow.

"You were born an original. Don't die a copy"

John Mason

Guess What?



1. In October, you will see the NEW Chris Sopa International website. It is currently in the works by my lovely web lady, Colleen Estes. It is very exciting, easy to navigate and contains a ton of downloadable tools for your personal development. Be sure to check it out in October!!
2. Septembers newsletter will be filled with pictures from my Peru journey and will be dedicated to the lessons learned there. Stay tuned!!
3. In connection with my company re-design, I also have become very committed to building a global wellness organization with Nikken consisting of individuals who are committed to wellness in their lives and spreading that joy throughout the globe. I would love to talk to anyone interested in going through a simple information session with me on this great Nikken opportunity to see if it is something for you. No obligations. If you are not interested, you may know someone who is. Click the link to the left for more information.

Up-coming Events:

Wellness Preview

August 29, 2007 6:30PM - 8:00PM
Home of Jean Weaver
10 Regent Circle
Limestone Acres
Wilmington, DE 19808

Wellness Preview

September 5, 2007 6:30PM - 8:00PM
Long Creek View Bed and Breakfast
1702 Augustine Herman Highway
Elkton, MD 21921

Chris Sopa International Journey to Peru

Inca Trail and Amazon Jungle
September 7 - 21, 2007
Peru

Wellness Preview

September 27, 2007 6:30PM - 8:00PM
Long Creek View Bed and Breakfast
1702 Augustine Herman Highway
Elkton, MD 21921

MABE Annual Conference

Leading for Tomorrow: Preparing Students for the Cyber-Future
October 3-5, 2007
Ocean City, MD

Be well,

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