



Working Well The Power of Gratitude

November 2007 - Vol III Issue 6

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Be Thankful
Start your year off right and set
your goals NOW!!

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Resources

- **One on One Personal & Business Coaching
- **Global Nikken Business Opportunity with Chris Sopa
- **NEW Chris Sopa International Journeys Website!!
- **Mexico Journey Itinerary - May 2008!!

CSI Friend

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."



Photo to right: My friend Brenda and I at the base of one of the largest trees in the Amazon jungle in Peru.

The Power of Gratitude



There have been many things this year I am grateful for. Even though times have been tough and some unexpected things have happened, I have an undenyng belief that everything happens for a reason; and for that I am grateful.

I have found that if I can live with the belief that everything is exactly how it should be and I am exactly where I need to be right now in my life, I trust the process of life more; I trust that whatever happens I will be okay; and I trust that those who are in my life and those who are no longer in my life are and were there to guide me down my path.

I have found that the worst times in my life have brought me the greatest lessons. My life takes a turn which it would not have taken if that event did not happen. I would not be writing this newsletter to you if it weren't for being chronically ill with ulcerative colitis 5 years ago.

Whatever you are faced with in your life, be thankful for what you have and for those in your life. Gratitude opens the door to a life full of joy and one with a new viewpoint that will change your life forever. Begin to cease labeling events and people as good and bad or right and wrong. All of life's happenings are simply different events which we perceive however we chose. It is up to us. It always has been and always will be.

Photo: Beaches of Tulum, Mexico

Be Thankful



Be Thankful

Be thankful that you don't already have everything you desire,
If you did, what would there be to look forward to?

Be thankful when you don't know something
For it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations,
Because they give you opportunities for improvement.

Be thankful for each new challenge,
Because it will build your strength and character.

Be thankful for your mistakes,
They will teach you valuable lessons.

Be thankful when you are tired and weary
Because it means you have made a difference.

It is easy to be thankful for the good things.
A life of rich fulfillment comes to those who are
also thankful for the setbacks.

Gratitude can turn a negative into a positive.
Find a way to be thankful for your troubles
and they can become your blessing.

Courtesy of "My Daily Insights"

Photo: Uxmaladivino in Mexico

Start your year off right and set your goals NOW!!



Chris Sopa International offers half-day, full-day and extended workshops for corporate groups and on a one-on-one corporate coaching basis. While all corporations and individuals have certain skills and knowledge they need to succeed in their field, we all need those crucial interpersonal skills that drive our behaviors and results. Our self-esteem, confidence, communication skills, ability to self-lead and motivate and attitude all affect our results day in and day out. If you want true results, you develop your staff from the inside out; Focusing on THEM and their needs so they can perform at their peak potential. This makes for **positive corporate culture, low turn-over, high**

productivity, happy employees and a bigger bottom line.

Call for more information (302-521- 3115) and a **free half hour coaching session for you or one of your employees.**
Just mention this newsletter when you call.

Photo: Chris and shaman Don Nasario in Peru

Up-coming Events:

**Philadelphia After Hours with Bill Simpson
& Pathways to Health Radio Show**

January 15, 2008
Smooth Jaxx 97.5 WJJZ
Mon-Fri 7:00-Midnight
Sundays 6:00-7:00am

Greater Philadelphia Healthy Living Expo

Keynote Speaker
January 27, 2008, 11AM - 4PM
Southampton Road Armory
2700 Southampton Road
Philadelphia, PA 19154

Delaware Women's Conference

Keynote Speaker
March 1, 2008
"The Power to Heal Yourself"
Newark, DE

Delaware Healthy Living Expo

Keynote Speaker
March 15, 2007
Chase Center
Wilmington, DE

Be well,

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