



IN THE spotlight

Shine Girl Shine!

Issue I

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Going My Way
P.O. Box 1844
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Notable and Quotable

You can tell more about a person by what he says about others than you can by what others say about him.

Leo Alkman

Home Tip

Keep indoor silk plants and trees free from dust. Start by cleaning the leaves with a damp cloth, then let them dry and then moderately spray them with hairspray. Any brand of hairspray will work.

Going My Way Calendar

- **Count Me In!** An engaging talk session covering topics that matter. Oct. 2008
- **Dating ~ The Ultimate Experience:** A workshop for single women. Nov. 2008
- **The Christmas Party:** Another spectacular GMW singles event. Dec. 2008

Visit our website for more information.

www.goingmw.com

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Toxic or Tried and True?

By: T. Mosley

True friendship is a rarity. Think about it, look back on your life and reflect on all the people you've met, all of the telephone numbers you've gathered and all the promises of "yea, let's get together and do lunch sometimes". Of all the women that you were once connected to, how many are your friends today? How many can you say have been there with you through life's ups and downs and know your heart. As life goes on, the number of tried and true friends tend to be few rather than many.



This is not necessarily a bad thing, as a matter of fact, it's probably a good thing. Why? Because everyone that enters your life isn't meant to be your life-long friend. Just like other relationships, friendship takes both parties investing in one another's life. Tried and true friendships are life-keepers. But on the other hand, toxic friendships are life-seepers. Have you encountered toxic friendships? You can't miss them. They constantly drain you — slowly but surely. Granted, some friendships may simply need to be repositioned to its appropriate place in your life. But

some are toxic and those, we need to steer clear of. All friendships go through stages, and this is normal. We ourselves go through stages, and many of our friendships may reflect these same cycles of change and development. But, the quality, or lack thereof, in your friendship says a lot. Tried and true friendships are those that are life-giving, encouraging and honest. Toxic friendships are one-sided, and display traces of selfishness and self-centeredness.

Blended Families

Calling All Ladies—join us for insight and inspiration as we discuss Blended Families. *Count Me In!*

October 11, 2008

Doing It Great In 2008!

By: Emma Cook

Oh really? At the beginning of the year, phrases like this were quite popular but now that the end of the year is drawing near, how great was 2008 for you? What did you do to make it a successful year? Did you accomplish all that you set out

Strategize your steps towards...

to? If not, it's not too late to get things in motion. Go after your dreams now — not when I _____, just fill in the blank because there is always an excuse. Start today. Make your life count for a good, well-deserving cause. Make a plan. Don't get over-whelmed

with the details. Strategize your steps towards your goal and only take on what you can do within the next 30 days. After you've accomplished that, set additional plans to cover the next 30 days. Keep going until you've reached your goal. Keep up this pace and watch your dreams come alive.

10 Ways To Break The Silence

By: Contributing Writer

Are you reluctant to attend social events or business mixers? Does the thought of mingling and socializing among people you don't know cause anxiety? Do you hang on to the one person you know because they have no problem engaging in small talk with others they don't know? Or, are you the type that will flow solo, smile and nod, and keep it moving to avoid conversation?

Having to start or keep a conversation going



can be intimidating, but trust me, you are not alone. Conversational skills are important for this very reason. Just because you're not a "people person" doesn't mean you can't hold a conversation.

Here are 10 conversational tips that will help you feel in control and be expressive, whether the situation is work or play:

1. Be the first to say hello! Smile first and always shake hands when you meet anyone.
2. Take your time during introductions! Make an extra effort to remember names, and use them frequently in the conversation.
3. Maintain eye contact in any conversation.
4. Get somebody to talk about why they're attending the event, and you are on your way to engaging them in conversation.
5. Show an interest in every person. The more

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Answer with more than "Pretty good" or "Not much". Tell more about yourself so that others can learn more about you.

8. Be aware of body language. Nervous or ill-at-ease people make others uncomfortable. Act confident and comfortable, even when you're not.

9. Be prepared. Spend a few minutes before an anticipated event preparing to talk easily about three topics. They will come in handy when you find yourself in the middle of an awkward moment... or while seated at a table of eight where everyone is playing with their food.

10. Be prepared with exit lines. You need to move around and meet others. Don't melt from conversations. Make a positive impression by shaking hands and saying goodbye as you leave.

Author of Tips: Debra Fine

Now You Know

Smoking has a more negative effect on cardiovascular health in women than men. Women are also less successful quitting smoking and have more severe withdrawal symptoms.

Source: www.womenshealthresearch.org

interest you show the wiser and attractive you become to others.

6. Listen carefully for information that can keep the conversation going.

7. Play the conversation game. When someone asks, "How's business?" and "What's going on?"

Check It Out!

Do you want to escape and experience a spa and resort that is bound to leave you both refreshed and giddy! Visit *South Coast Resort & Spa* in Temecula Ca. It's an indulgence that breaths relaxation and luxury. Their villas are especially nice. Enjoy relaxation by the pool, a wine tour and more.

This information is based on personal opinion. It is not a paid advertisement.

Women In Business

De'Borah Rogokos
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Great Opportunity!

Do you have an article or story to share? If so, you are invited to submit it to *Going My Way* for our next publication. Visit us at www.goingmw.com for more details.

Going My Way

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... pay attention to my wisdom, listen well to my words of insight,
Proverbs 5:1

Going My Way... We're Doing BIG Things!

Through our services and events, we aim to be an instrument that stirs fresh perspective in each woman's life, impacting her everyday living.

Keep your eye on us ~ we're on the move!

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