

## Motivational Madness E-Newsletter

### TOPS-Taking Off Pounds Sensibly

Over the past several years, I've been blessed with the wonderful opportunity to get to know many members of TOPS personally. Through these relationships, I've been given an insider's view of many of the ongoing struggles that are challenging TOPS members today.

As we all know, weight loss is about much more than just eating less and exercising more. Just as important as what you eat is how you think and act.

With the right mental attitude, anything is possible. Many times we get frustrated hearing about positive attitude. Often this frustration is born from the fact that our attitude is not necessarily good or bad - it's somewhere in the middle. We have to take the leap and focus on thinking positively; be aware - it probably won't come naturally. We live in a world where computers crash, you get laid off, and you come home to an overdraft notice because your direct deposit wasn't credited. On days like this, we are more inclined to react negatively than positively. And that is understandable. However on the flip side; if you get a raise, your boss finally Okays that two-week vacation, and you come home to find a refund check because you overpaid a bill you are probably going to have a very positive attitude.

These examples illustrate how we generally let external circumstances dictate our internal response. Obviously, many times external circumstances are completely out of our control, however, our internal response is always something we have the ability to control.

In order to get into good physical condition, it's important to be sure that you are in good mental condition. There will be many occasions when the external circumstances aren't going to make us happy. You all know of times when you have done everything right and the scales still aren't moving in the right direction, but take heart and keep fighting the good fight. Here are some ways to ensure that your mental condition stays healthy.



- Set realistic goals. Experts suggest a healthy goal of losing one to two pounds a week. When our goals are unrealistic, the outcome will most often be very disappointing. Along with disappointment will come negative feelings, which will many times lead to negative behavior.
- Change your physical environment. When you get a craving, take a walk outside. Sometimes just being in a different environment will take



### Vital Information

#### A Long Way to Go

Katrina Statistics for South Mississippi as of May 2006\*:

Coastwide Victims: 187

Statewide Victims: 231

Homes Destroyed: 68,000

Homes Damaged: 89,000

Families still in FEMA trailers: 103,000

Businesses damaged or destroyed: 75%

Permanent business closings: 25%

Unemployment Rate: 13.1%

Building Permits issued: 41,000

Vehicles Destroyed MS & LA: 600,000

#### Reflections

Our country is not made up of stocks or bonds or gold-it is comprised of the hopes and dreams in our minds and hearts.

-Benjamin Harrison

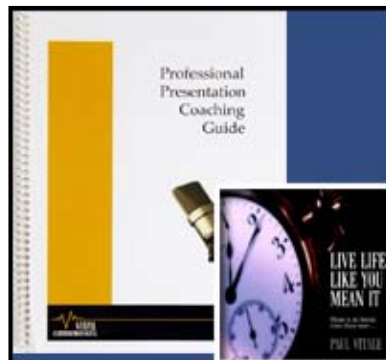
your mind off the craving. Plus, you'll get a little exercise as an added bonus.

- Studies show that stress is a common cause of overeating. Determine what your stress triggers are and be prepared. Stress is going to happen. Have a plan for dealing with it other than overeating.
- Remember that everybody is different. Just because experts say this and studies show that, you are the only one who knows what it is that triggers you to overeat. Only when you know what the cause is can you change the effect.
- Don't give up. Making a mistake does not make you a failure. When you mess up, plan to do better the next day.
- Stay in touch with your friends from TOPS. Accountability is key in weight loss and there is nothing quite like having a circle of support around you of people who truly do understand where you've been, where you are, and where you want to be.

Remember that we simply have to make a choice. Either we can flow with the current, or rise above it. I can personally guarantee that when you rise above it, you will see positive changes happening. You have the power within you to do whatever you set your mind on doing. Remember that success leads to success and that the little successes, albeit often accompanied by a minor setback or two, will always add up to a big success.

### **Hot Off the Press!**

In addition to a brand new guide on presentation coaching, Paul recently released his first compact disc. *Live Life Like You Mean It* is a theme that urges each of us to take full advantage of the time we have been allotted on this planet - no matter where we've been, where we are and where we plan to go. From start to finish, Paul encourages the listener to take action through the introduction of his 5 straightforward principles. It has been said, "Man reveals himself not in his thoughts, but in his actions." There is no better time than now to make a positive change, introduce an innovative idea, change your lifestyle or rebuild a relationship. No matter what it is...it's your life to live like you mean it.



Whether in business, education or community involvement, we can all benefit from the latest addition to Vital Communications' Curriculum Series. Over the past ten years, Paul has delivered keynote presentations and seminars to individuals around the world. His unique speaking style and enthusiasm capture his audience from the beginning to end of any one of his select messages. The information compiled in the *Professional Presentation Coaching Guide* outlines which skills influence Paul's presentation style, along with techniques from many other communicators and orators. You can expect to learn how to create a truly effective message, how to approach your delivery with ease and how to gauge your audience's response. In addition, tips on appearance, body language, voice quality, nervous energy and preparation are all discussed. With so many messages presented today, an individual's ability to communicate a precise point while maintaining the attention of others is vital to the success of the end result. Visit [paulvitale.com](http://paulvitale.com)! or call 501-663-1454 to order yours today!

[www.paulvitale.com](http://www.paulvitale.com)  
Phone (501) 868-8195  
Copyright © 2006  
Vital Communications, Inc.

### **Vital Information**

No matter how much time you wasted in the past, you still have an entire tomorrow. Success depends upon using it wisely by planning and setting priorities.

*-Dennis Waitley*

The greatest test of courage on earth is to bear defeat without losing heart.

*-Robert Ingersoll*

*A selection of quotes  
from **Pass It On***

### **Meet Our Team!**

Vital Communications welcomes Heather Terrell to our team.

As Executive Assistant, Heather joins Account Executive Lee Ann Muncie, Publicist Pam Bozeman and Founder Paul Vitale as Vital Communications, Inc. strives to assist people in the areas of self development, motivation and leadership.

Heather brings many talents to the VC team. We're glad to have her on board!

---

*Stretch the boundaries  
of your imagination.  
**Make Today Count!***

*-Paul Vitale*

*\*MississippiBeyond  
[Katrina.com](http://Katrina.com)*