"I want you to PRINT THIS PAGE and TAPE IT TO YOUR WALL so you will remember to attend this Month’s Personal Empowerment Program Teleclass!"

~ Ken Donaldson

PEP Teleclass Dial-In Details

Date: Tuesday, January 18th
Time: 5:00pm (Pacific) / 7:00pm (Central) / 8:00pm (Eastern)
Dial In: 1-507-726-4200
Passcode: 165595 followed by # key
Topic: Manage You First: New Beginnings, Beginning With You™

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SPECIAL NOTE: This teleclass starts on time according to www.Time.gov so please dial-in a few minutes early so you don’t miss any content. Your courtesy will be most appreciated 😊

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4 Tips to Get the Most Out Of This Call

1. Print this sheet out so you can write and take notes during the call.
2. Think of how to quickly implement the secrets, tips and tactics revealed on the call.
3. Make a deadline to complete at least 3 tips you’ll learn on the call.
4. Start calculating how you’ll achieve more passion and prosperity from these calls!
Would you like to know:

- How to improve your overall life balance via a quick and easy self-inventory system?

- How to create a powerful and effective support system to maintain successful follow-through?

- How to stay in the present (and out of the past!) and be focused on your most desired future?

If so, then I’ve got some great news for you...you’re in the perfect place, at the perfect time with the perfect people!

Celebrate!!
**WHO Are You??**

*Self is the only prison that can ever bind the soul.*  ~Henry Van Dyke, *The Prison and the Angel*

We are all primary numbers divisible only by ourselves.  ~Jean Guitton

*Man is never alone. Acknowledged or unacknowledged, that which dreams through him is always there to support him from within.*  ~Laurence van der Post

We have all a better guide in ourselves, if we would attend to it, than any other person can be.  ~Jane Austen

*Think positively about yourself…. ask God who made you to keep on remaking you.*  ~Norman Vincent Peale

Each of us is something of a schizophrenic personality, tragically divided against ourselves.  ~Martin Luther King, Jr., *Strength to Love*, 1963

*And remember, no matter where you go, there you are.*  ~Confucius

*It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere.*  ~Agnes Repplier

*You have the Answer. Just get quiet enough to hear it.*  ~Pat Obuchowski

The whole theory of the universe is directed unerringly to one single individual - namely to You.  ~Walt Whitman, *Leaves of Grass*, 1892
Manage You First:
New Beginnings...Beginning With You

• How do you manage yourself, your work-life balance, and at the same time, maintain physical and mental health, harmony in your family and an overall sense of happiness?

• AND how do you avoid decreased performance, poor health, unnecessary personal power struggles and an overall bad attitude?

• The good news: You can do something about all this.

• It all starts with YOU managing YOU First!

• Are YOU up for it?
Let’s look at some of the current research related to work-life balance (or the lack thereof) and career satisfaction:

1. 26% of U.S. adults report being on the verge of a serious nervous breakdown.

2. 40% of U.S. workers describe their office environment as “most like a real-life survivor program.”

3. 62% of U.S. workers routinely end the day with work-related neck pain, 44% report strained eyes, 38% complain of hand pain, and 34% report difficulty in sleeping due to work-related stress.

4. 26% of U.S. workers take no vacations at all.

5. 88% of U.S. employees say they have a hard time juggling work and life.

6. 70% of U.S. working fathers and working mothers report they don’t have enough time for their children.

7. 64% of Americans report that time pressures on working families are getting worse, not better.

8. Americans work 137 more hours per year than Japanese workers, 260 more hours than British workers, and 499 more hours than French workers. The Japanese document approximately 10,000 cases per year of "death by overwork," or karoosh. Considering the above stats, what must the undocumented U.S. numbers be??
9. People in the U.S. work approximately 8 weeks longer per year than in 1969—in the space of a single generation—but for roughly the same income (after adjusting for inflation).


- So...what does one make from all this?

- Work-life balance? Where is it? It doesn’t seem to exist.

- Let’s add in a few more “realities of life.”

  - 50% of first marriages end in divorce. This goes up to 60% for second timers and 70% for third times.

  - Obviously changing partners is not the solution, but more importantly, take a look at what must be relational ignorance.

  - Relationship intelligence? Lacking, to say the least.

- How, then, do we cope with all these work and relational challenges?
• Here’s more:

  o One in every five Americans suffers from a diagnosable mental condition and the majority of those people never receive treatment.

  o Alcoholism and alcohol abuse are the third leading cause of the preventable deaths in the United States.

  o From 1960 to 2006, the prevalence of obesity increased from 13.4% to 35.1% in U.S. adults age 20 to 74.

  o 15 million people display some sign of gambling addiction.

  o A **VERY** conservative estimate suggests that 3% - 5% of the U.S. population struggles with “sexual compulsion disorders.”

• SO...what to do with all this? Manage **YOU** First!

• Yes, you must know how to manage you first.

• What does this mean?
• How about a new 13 Step Program?

1.) Manage Your Personal Vision

2.) Manage Your Life Purpose

3.) Manage Your Unique Values

4.) Manage Your Fear

5.) Manage Your Past: Feel It, Heal It and Release It

6.) Manage Your Emotions

7.) Manage Your Thoughts

8.) Manage Your Belief System

9.) Manage Your Actions (and Reactions)
10.) Manage Your Relationships

11.) Manage Your Career

12.) Manage Your Free Time

13.) Manage Your Health

• There...start with that.

• Effectively manage these 13 steps and you’ll avoid being one of the above statistics.

• Manage You First and you’ll win every time...you’ll win with your health, your career, your relationships, your happiness and, of course, your life.
Who IS Ken Donaldson?

I’ve been counseling, coaching, and teaching since 1987. My credentials: licensed mental health counselor, board certified addictions professional, board certified clinical hypnotherapist, and certified master relationship coach.

(My PR team tells me I should also state that I’ve overcome the perils of addiction, the darkness of depression and the heart-break of divorce to become one of the “leading authorities on positive mental health, successful relationships and winning the Inside Game of Life”...I think they may have exaggerated it a bit, but I guess that’s why they’re my team!)

I have spoken to numerous companies and organizations on stress management and work-life balance issues. The short list: Allstate Insurance Company, American Marketing Association, General Electric, Magellan Health Services, Mary Kay Cosmetics, National Association of the Remodeling Industry, University of South Florida, University of Tampa and Verizon.

In my book Marry YourSelf First! I share with the readers how to win “the inside game of relationships” by first creating a powerful relationship with yourself.

People ask their toughest questions at www.AskKenDonaldson.com and I respond in my blog posts, on downloadable audios and in online video clips.

I was also one of six people who received the 2006 Tampa Bay Health Care Hero Award.

I have appeared numerous times on NPR, Good Day Tampa Bay, Daytime, Fox 13 News, News Channel 8, and Studio 10 TV, as well as in The Tampa Tribune, the St. Petersburg Times and Tampa Bay Times.

I’ve been on the frontlines and in the trenches with people’s issues and challenges...I have a good pulse of what people want, need and are struggling with...and I have creative and innovative solutions!!

My primary websites: http://KenDonaldson.com/
www.MarryYourSelfFirstBook.com
www.KenDonaldsonSpeaks.com
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