

MO...MOre Life...MOre MOments...MOre for YOURSELF

June 12, 2010

Mo's Corner:

I am now one of the events director for ASCEND, an organization that focuses on inspiring people to achieve their aspirations to be a leader—both professionally and personally without compromising their culture.

On Thursday, June 17th, please join us for wine tasting and an evening of networking with ASCEND members and other professionals. [Register here.](#)



Pie Chart

By Maureen Francisco

Spotlight:

Congrats to *Solitary 4.0* runner-up Rommel Gargoles for coming in 1st place in the Forms Division and being a runner-up in the Overall Grand Champion at the Pacific Jewel National Karate Championships in Vancouver, Washington. Rommel is a 4th degree black belt and national karate champion. He teaches at the Chuck Norris school, Kick Start.

In a film where I play one of the lead characters, *Eyes in The Dark*, has been accepted at three film festivals: [Alabama International Film Festival](#), [Seattle's True Independent Film Festival](#), and [Fright Night Film Festival in Kentucky](#). Way to go Emerald City Pictures, LLC.!

Edited by [RobRob](#) who just learned that his wife is expecting. Congrats!

Hi friends:

People often tell me, they cannot keep up with me as I'm off from one project to the next. Why am I so busy and what am I busy doing? I'm doing projects that feed my soul, each plays an important role in my life and are all part of the "pie chart." I believe it's important to have a balanced life and not let one "slice" of my life consume me. When I'm doing projects and spending time with people who make me feel good inside, it makes me a MORE productive employee, be able to give MORE to others, and do MORE in life.

Before I commit to a project or accept an invitation, I recently started asking myself this important question: what role does that activity or person fill in my life? With there being just 24 hours in a day, I value my time regarding what I do and with whom I'm doing it with as I don't want to spread myself thin. These projects and the people I surround myself are supposed to feed the soul and not tear it down.

Take a look at my pie chart example above. Being in a relationship carries the most weight in my life, followed by spending time with family and friends. Work, MoProductions, LLC. (which includes acting, writing and reality shows), exercising, volunteering and attending retreats, and adventures (traveling and doing "first" experiences) fill up the rest of the pie chart.

Here's what I found that was insightful, when I understood the "slices" in my pie chart that give me satisfaction. If I ever feel an emptiness or void, I can self-diagnose where it is coming from. Am I not exercising? Have I stopped traveling? Am I too buried in work and not spending time with people I enjoy? That way, I can start filling my pie chart with activities and people that make me smile.

I also encourage you to do the same thing. What do you like to do that gives you an extra bounce in your step? Who inspires you to live your best? Are you surrounding yourself with positive people? That way, you won't find yourself doing

busy, unfulfilling work, but being busy doing what you love and feeling fulfilled.

Back in the August issue of *Mo's*, I shared with you how my friend Megan and her husband were looking to adopt. Well, their "pie chart" has just gotten fuller. They have just welcomed a baby girl, Finley, into their lives. Megan says, "Finley has a fantastic birth mother who will be a part of her life forever. We're also thankful for [Open Adoption and Family Services](#)." **Follow-up to my celebration article.**

Last month, I revealed that I read in a study that if people jot down three things they are grateful for each day for six weeks, this leads to better sleep, more optimism, and fewer physical ailments.

The exercise works! If I am ever feeling under the weather, I take out my journal and remind myself why I should be grateful and my attitude changes. And, I'll continue to do this for years to come as writing is part of my "pie chart."