

MO...MOre Life...MOre MOMents...MOre for YOURSELF

October 12, 2009

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Balance TWSA Child United MoProductions

By Maureen Francisco

Spotlight:

So do you want to be on *Survivor*? *Big Brother*? *The Apprentice*? MoProductions teamed up with the number one reality casting website, RealityWanted.com, to create a video on how-to get on one of these reality shows. Here's the video: <http://www.youtube.com/watch?v=cVyydJ-yYgg>

CU is holding a benefit dinner on October 10th at O' Asian Kitchen & Lounge (800 5th Ave. Seattle, WA 98104). Time: 6pm-9pm
Details: www.childunited.org

Wyomia Bonewits will run her FOURTH marathon this weekend in Chicago.

Jenny Lin competes this weekend in the Hawaiian Tropics Pageant in Palm Springs.

Editor: Adelino Yung

Another First:

He's taken real estate to a whole new level and WILL do the same with health and fitness. You heard it here first. Donald Trump is about to launch a company in November: www.trumpnetwork.com/Jaylenclislc

Hi friends:

You are looking at a picture of a yoga move known as the three-legged downward facing dog. It may not look very hard to you, but it does take balance, something that had been lacking in my life lately. I knew I had a problem when I brought my iPhone to yoga class as I was waiting for a critical call. That's when I had a reality check that I was allowing work to consume me.

So, this is what I did to make sure my life looked more like an evenly sliced pie. I gave myself a window on the amount of time I had to do each task. I know this sounds like common sense, but how many of us do a particular task and not think about what we should've done earlier and what we need to do later? It wasn't easy at first, but I gave myself permission to just focus on the task at hand, enjoy it, and be in the moment. That means, turn off the iPhone. Guess what? I was more efficient as I let my mind wrap itself around the current project and the creative juices started flowing better.

With this disciplined mental focus, I actually had more time for myself, which also meant I could concentrate on my *balance* like the

three-legged downward facing dog and not think of my "to do" list. *Namaste!*

TWSA: Say good-bye to The World Bikini Football League and hello to The World Women's Sports Association. Yes, the ladies still play in their bikinis, but you didn't come to support the players based solely on their uniforms? YOU came to watch real football, right? And, with the name change, it compliments what you will watch: talented, athletic, competitive women who don't like to lose and who are all there to win.

The players continue to practice as the 2010 season begins in February!

CHILD UNITED: [We made prime time news for our relief effort to help the flooding victims overseas.](#) As you know, the typhoons devastated such countries as the Philippines and Indonesia. Thank you to all those who stepped in and helped CU fill at least 20 boxes with donations of clothes, canned goods, and towels. Now we need help to send those goods overseas. Please visit www.childunited.org and there you will find a button that says "\$85.00 Send Care Box." Your

donations are tax deductible. You can also drop off donations at Fusion Ultra Lounge in Seattle at the University District (722 NE 45th Street) between 6pm-2am. You will receive \$5 off the cover if you bring a bag of donations.

MOPRODUCTIONS: If you find that looking for your next home is time consuming whether you choose to buy or rent, I have a solution: RexCheck. It's a new way to get more exposure for your listing or rental unit. Through the power of video, we give a tour of your property 24:7. Pictures says a lot, but when you include sounds with the sight, they equal sales. Go to this website to learn more: <http://presenters.rexcheck.com> (you may recognize the host).

Full Circle has more than 100 people in the "[pre-order list.](#)" In the brutal business of publishing, a list like that can make all the difference of finding a home or bookstore for the memoir. Again, thanks all for your support as I turn this lifelong dream into a reality! Here's another testimonial from my fellow Solitarian RobRob from *Solitary 3.0: Maureen's story captivates you with its honesty and integrity. Once you read the introduction, you'll find it difficult to stop reading.*

Until next time, *Namaste!*

Friends & family do not have the option to opt out. For more questions or concerns contact mfrancimm@yahoo.com