

Rise to the Occasion

Dear Catherine,

Hope you're having a great weekend. I was pulling out of my driveway on my way to teach my fitness class on Friday, and I thought what amazing things I've accomplished in my life of average talent! I don't consider myself to be a person of great skill, or extraordinary education. Yet, some of the things that I have accomplished when I look back, like making my wedding dress, completing my final board report for my accounting designation after failing the first time, or speaking to 500 people, i think... how the heck did I ever have the balls and the tenacity to do that??

Rise to the Occasion. You never know what you're capable of until you give it a shot. Mostly all successful people in this world didn't have a ton of God-given talent. They weren't excessively smart; they weren't at the top of their class. Bill Gates and Steve Jobs were college drop-outs. Colonel Sanders was a retiree who failed in all his businesses. He started KFC with his first pension check, as a last kick at the cat. Clearly, it didn't stop any of them from starting and seeing through their baby to great, world-changing organizations. What about you? What are you going to do to see your baby through to be a great, world-changing individual?

Just for today, I invite you think of something you've always been inspired to start, yet for some reason either haven't had the time, or the inertia to do so. Rise to the Occasion. The only way you'll know is if you actually Do IT. I'll tell you right now, you won't have all the answers right away. In fact, you'll have very little. A journey of a thousand steps starts from just one. You just need to take that first step.

Yours in wellness,
Cat.

Good Habits: Breathe Deeply

As we get stressed, we have a tendency to breathe shortly and quickly. Hence you see the anxious dad in the waiting room breathing into a paper bag. Breathing has so much power on our physiological selves, in addition to calming the mind as well. Try this today:

- Sit in a comfortable place. Close your eyes.
- Roll your shoulders back. Lift your sternum.
- Inhale, and elongate your spine, expanding your belly like a beach ball.
- Exhale slowly letting the air escape from your lips.
- Count each breath until you get to 10.
- If you lose count, start again.

You'll find that as you start to clear the thoughts from your mind, it'll be easier to count your breaths. At the end of 10 breaths, feel how peaceful you become.

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