

**Please See The End Of This Newsletter  
For A Special Thanksgiving Offer.**



**Why wait until the New Year to start creating the life you want?**

**Make November and December the jump start months to begin finding Passion, Joy and Success in everything you do!!**

**Welcome to Rodas Coaching's E-Factor newsletter.** This newsletter is an educational tool to help you learn the most about the Energy Leadership assessment and coaching program. The "E" in E-Factor represents energy-the energy of success. I hope that by reading these each month, the success I'm talking about will be your success.

This first issue is about **Mastering Your Life.**

What is a master? It is someone who resonates with success. It's a person who's mindset automatically attracts the right people, places, events, and opportunities, and the same mindset that allows the person to jump all over all of those opportunities with gusto, and without fear or hesitation.

I believe that while each of us can do many things well, there is really only one thing that we can truly master, and ironically, while it takes a lot of effort to become a master in what you do, there is no real effort necessary in the thing we can truly master, which is **being who we are.**

Each of us has a very unique makeup. That makeup, at its core, is perfect, and when we tap into our true core, our real gift to the world is revealed. When you share your true gift with the world, you can be considered a Self-Master.

**Self-Mastery is made up of 3 parts:**

1. Understanding that each of us has a unique gift offering to the world, and that such an offering comes when we are truly authentic.
2. Discovering (remembering) what exactly is our

Flowers

**QUOTES OF THE MONTH**

"Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds."  
**-Theodore Roosevelt**

"For each new morning with its light, For rest and shelter of the night, For health and food, for love and friends, For everything Thy goodness sends."  
**-Ralph Waldo Emerson**

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**5 TIPS FOR ENJOYING YOUR THANKSGIVING**

**Tip 1**  
Plan WAY Ahead

**Tip 2**  
Don't Over Do It

**Tip 3**  
Take a long walk after the big meal

**Tip 4**  
Be Grateful

**Tip 5**  
Forgive

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**SPECIAL THANKSGIVING MESSAGE**

I am grateful for having connected with each and everyone one of you and hope

truly authentic self.

3. Sharing who we are with the world, in a way that only we can.

It's not what you do that matters, nor as much how you do it. Mastery is about knowing who you really are, and how you express that in what you do.

So instead of trying to better yourself to finally be at a place of deservedness, why not relax, and instead look within to find that which you were really seeking?

Self-Mastery means living an abundant, fulfilled, and enjoyable life. It means feeling in control without having to control anything or anyone. As a master, it means you are at the cause, instead of the effect of your life.

Self-Mastery means resonating at a high frequency of energy, and attracting all we could ever want into our lives, and... with little or no effort. I think this is a great way to live.

In future issues, we'll look at many things that get in the way of discovering and sharing our true selves. One by one, we'll identify those obstacles, limitations, and challenges and reveal them for what they are... distractions that can be rendered powerless through awareness and Self-Mastery. We'll help you to transform and mold your world into all that you desire, to reveal your unlimited potential.

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## Specials

 Leadership


Thanksgiving Special Valid Thru 12/31/09

\$50 off of the Energy Leadership Index

that this Thanksgiving brings you much Peace, Joy and Happiness with friends and family gathered around to celebrate this wonderful holiday.

**HAPPY THANKSGIVING!!!**

**-Deborah Sakelaris**

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## Assessment and Debrief

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## Deborah Sakelaris



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