

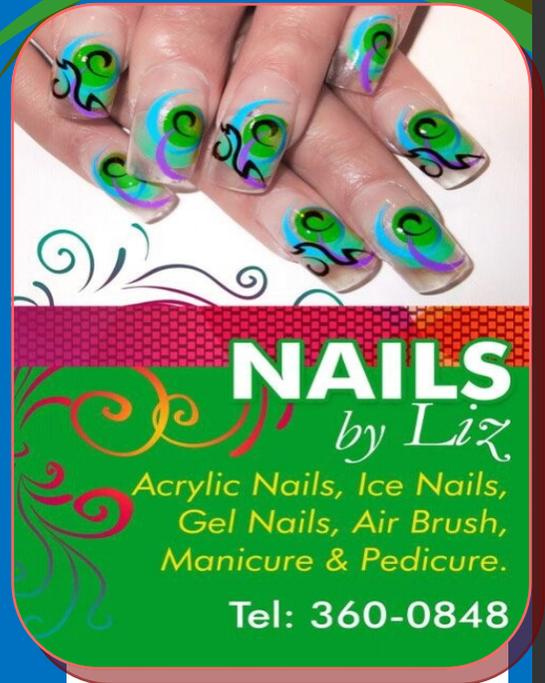
KarryOn ALL

Monthly Newsletter
ISSUE 03 June 2016

Actively

Live Life

of KarryOn Services



Just Use New Energy & KarryOn

Energy is the strength and vitality required to keep active.

There is no time when energy is most needed than in a challenge. And so it was that the challenge was exceedingly great and a way had to be found to keep going to keep active. There was much un-useful negative energy around-energy that threatened to deplete my strength and resolve to go forward. It was then that I utilized my professional training to seek out positive reinforcement and surround myself with all the positive energy that could be found-the energy that would encourage positive progressive forward momentum. It was then my memory went back to an old family friend who would pronounce my given name "Kerriann" as 'carry on' and so an email address was developed using that idea. Years later when considering a name for this developmental and enhancement service based on 'Positive psychology' only one name made sense— KarryOn ... because we all through life require positive energy to remain strong and keep moving forward day by day.

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Enough P.2**

By Carolyn K. Correia

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**Coming Soon First
of a series of e-books
for children 4-7
Choose "KarryOn
Rhymes" and
"KarryOn Rhymes
Again" for fostering
strong psycho-social
development**

No Mountain High Enough

By Carolyn K. Correia

www.carolyncorreia.com

Let's talk about dreams. Everyone has a dream. No, I'm not talking about the ones that happen when you're asleep! But the desires that you have deep within your heart bursting to take flight.

Not everyone may have the motivation, wherewithal or know-how to see their dreams come true in record time, but Rome was not built in a day. The first step is knowing what you want and having a plan. Write it down in detail, stick it up where you can see it, say it aloud, believe and declare that you are going to make it happen and the stars will all align to grant you your wishes in the right timing.

Sometimes we are our own worst enemy. We allow negative thoughts to get the better of us. We allow toxic people to get the better of us. We can't quiet the "noise" – the self-doubts, the past hurts, disappointments, failures, rejections, insecurities, criticisms. We let the past affect our future, without being truly "present for the present" for all it's worth.

Why? Perhaps because it's easier. Because it's all we know. Because it gives a false sense of security to believe this is how things are supposed to be, because it prevents us from taking risk. **But sometimes you have to risk big to enjoy HUGE gains.**

In life nothing comes easily. Even if you get it easy for the first half of your life, something's got to give sooner or later. All areas of your life would not be the same. I admit that I used to think like this. I still get things fairly easy which I can only credit to my strong belief system from whence all good things in my life comes, but there are some aspects of my life that are still a challenge.

If you get settled in your comfort zone thinking everything in life will always come easy, once day you will get a rude awakening! So suck it up, condition your mind for change, forget the blame game, forget seeking validation from others, be flexible, strive to be the best YOU can possibly be and work, work, work! I Believe in yourself, your talents and abilities and have unending faith. One day you will realize the universe is opening ways and means to give your dreams wings.

You don't have to be perfect to be a success, but a pure heart and a pure mind always gets what's theirs. Your intentions must align with the greater sphere of helping others and giving back what you have been so graciously blessed with.

You hold the power within you to do GREAT things. To break down barriers, to set new records, to surpass your wildest expectations and the expectations others had of you. You may stumble and have lots of falls, you may get lots of negative feedback, those close to you may not support you, you may even hit rock bottom, but remember your dreams will never die.

Once you nurture it and stay committed to seeing it through to the end, this is the greatest gift you can give to yourself. Fulfillment, joy, peace, happiness and abundance will be yours forever.

Carolyn K. Correia is the author of *Thinking out Loud* and *How To Find Yourself and Claim What's Yours*. She is also a communications consultant, freelance writer, blogger and motivational speaker.

Connect with her on the web: www.carolyncorreia.com or Facebook – CarolynCorreiaAuthor.

Mutual Impact

By Kerriann Toby
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Confused as ever ... no one seems to be understanding what is happening with the other.

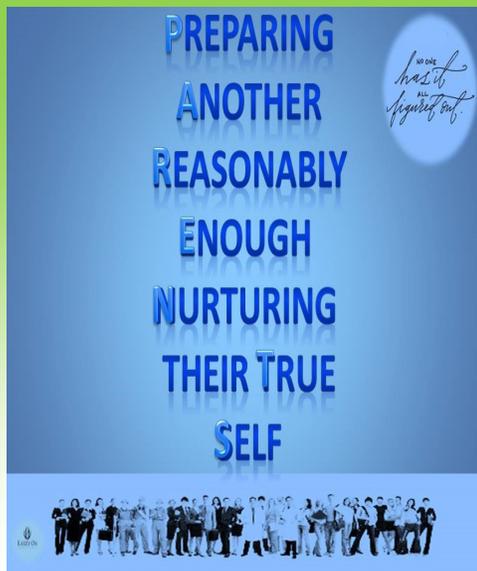


The younger generation with all the accompanying concerns .. What is happening with our young people? YET two questions arise: Did these young persons raise themselves? If young people are being raised by adults: the older persons; then isn't the behaviour of one generation a commentary on what is happening or not happening with the other?

We have a proliferation of one gender being over represented in criminal activity. We also now have an increase in single moms, given that women are the females that were VERY

strong influencers in growing and developing and molding the minds of young boys who grew into men ... two questions arise: What is happening in the homes to give one gender some sort of psychological advantage to manage in this world? Is it that one gender is simply genetically hard-wired to manage better?

These are but two of many of those 'confusing' happenings ... not a critique of any group but hopefully provoking those who might be open enough to consider that as humans beings, when interacting, we impact each other. And if we notice a pattern then there must be something on either side that is contributing to the outcome. So before, we fall into discussions about what something that seems to be happening over and over again, be it personally, or professionally, at home, on the job, or in the community, it is worth considering all the varied contributions being made on ALL sides. Sometimes much time is taken with talk and talk with no real progressive action because there is no appreciation and acceptance of mutual impact. So why keep hitting that wall, focusing on the part that is on the other side? Why not focus on the other side, the side where you might be having an impact and work on changing from that end? IS THIS NOT GOOD FOOD FOR THOUGHT?



Many of our youth have strayed from the basic concepts of the family which our fore-parents worked painstakingly to achieve. For years many have ignored the need to provide a solid foundation for the continuity of our unique, and in some minds, mysterious ways of social living in the Caribbean.

Some people have expressed the view that given our rich heritage, if our traditions are not carefully passed on, there will eventually be major erosion of what has been known and experienced as family life.

This book is not a parenting manual, but rather it is a guideline to assisting many of our young adults to become better at the task of parenting skills.

As you read this book, I trust that you the reader will be inspired either as a parent, potential parent, mentor, or role model. I hope you will be encouraged to act in a manner which will bring the desired equilibrium to our communities, society, countries, and our region.

It is our responsibility as adults to ensure that our youth are given the correct guidance, which will lead to the preservation of our legacy.

H. GLENROY SEALE

Henderson Seale, a committed Christian of 32 years, has been a volunteer with many organizations and in various communities in Barbados. He has a profound knowledge of deep social issues gained through extensive reading and interaction with others. He is socially active and has a passion for youth and Christianity.

Henderson was born and raised in Barbados. He has been affiliated with the Red Cross doing volunteer work in Disaster Management, Youth activities, CPR and First Aid Training for over 20 years. He is a member of the New Testament Church of God, (Church of God with headquarters in Cleveland Tennessee). He currently lives in Saint Lucia with his wife Marcella and their two daughters, Iyanra and Shaquanna. This is his first book.

Xlibris



CHOICES: MAKING AN INFORMED DECISION ON PARENTING

CHOICES: MAKING AN INFORMED DECISION ON PARENTING



A CARIBBEAN PERSPECTIVE
H. GLENROY SEALE

SEALE

Go Low

By Kerriann Toby

www.karryonservices.com

Life is a series of highs and lows .. and we prosper and progress best when we get high on the right things and keep certain things low and that is true; physiologically, spiritually and psychologically.



This year marks 400 years of the contribution of Shakespeare. King Lear holds many lessons for us all. King Lear got high on PRIDE. And just like most who get high on PRIDE, we reach a place where we make much ado about nothing.

It is when though, that we apply a simple lowly pride, the type that children experience, when they know they 'did it' ... that we prosper and progress nicely.

That is the pride that comes from maintaining our discipline, some sort of routine that helps us push forward day by day. That is the pride that comes from working at building an understanding of the situation from all angles by remaining open-minded.

And then adding to that, being resourceful looking for ways, avenues, tools to help you manage the challenge. When these four mingle together nicely, we then are pleasantly surprised, as we discover, we are being productive bit by bit, day by day.

That is the kind of simple pride that carries us upward, onward, forward from strength to strength.

Excerpt from 25 WAYS TO STOP STRESS NOW AND LIVE A HAPPIER LIFE

In order to fight stress you must conserve your energy.

Don't ever fight unless you have to. Fighting takes energy. Learn to back away from conflict. Even if you know you're going to win a fight, you'll be left weaker.

A great general is not one who wins a lot of battles. No-a great general is one who is so strong, powerful, self-contained, and powerful, that he does not have to fight.

So, learn to spot conflict before it happens. Then back away, If your enemy taunts you, back away. If your wife provokes you, back away. If you feel the need to attack others, practice restraint. Recognize that you are a person with great internal fortitude. Don't fight.

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