

# When you want to be Great. . . Motivate!!!

M O T I V A T I N G U M I N I S T R I E S , L L C

**SPECIAL  
POINTS OF  
INTEREST:**

- “Pearls...from the Soul of a Woman” a book of poetry by Dr. Sonia R. Smith
- Marriage Seminar coming soon
- Health and Wholeness
- Parenting and Working

**INSIDE THIS  
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**LIVING OR EXISTING?**

Many may argue that “to live” is “to exist”. In fact, the dictionary includes “to live” in the definition for existing, but I declare that there is more to life than to exist. A box may exist, but it does not have life. A building may exist, but it does not live—it is lived in. The Dead Sea exists, but it does not live. Living goes far beyond existing; so my question to you is, “Are you Living or merely Existing”?

Life may be a rollercoaster of ups and downs, tosses and turns, highs and lows; but you have to determine whether or not you will enjoy the ride. You’ve got to be willing to ride the coaster of life until the wheels fall off. And if your

wheels have fallen off, then either replace them with a new set or hook-up with someone who can give you a lift—tow



**Life passes by fast...Are you ready?**

you around—until you are able to get yourself back in motion. Whatever you need to get you going again in life, whether it’s a Life Coach, a Biblical Counselor, or an informational ses-

sion at a training, workshop or conference, Motivating U Ministries can help. We offer a variety of services, guaranteed to meet your needs. We truly believe that when life catches you by the tail, you need to grab it by the throat. Fight back. You will find that you deserve it. You are worth the fight. You can and you will win. Don’t let life pass you by. Get a Life Coach today and Get Motivated. Your destiny awaits you. You can do more than just exist. You are destined to LIVE!!!

**D E S T I N E D T O B E G R E A T**

Many people are settling for just being good when they can be great. Merriam Webster defines “good” as, “...full, adequate, and suitable.” On the other hand, Webster defines “great” as “...eminent and elaborate.” With GREATNESS, you stand out from all the rest.

Why settle for good when you can be great? Dr. Sonia R. Smith, founder and owner of Motivating U Ministries, is also the author of Pearls...from the Soul of a Woman. She is certainly destined to be great. Her journey to greatness stems from her decision to stop be-

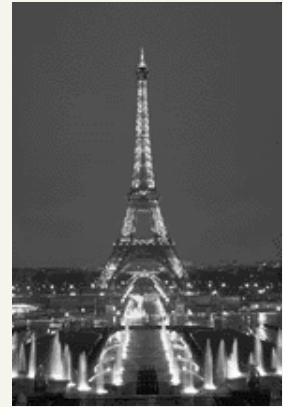
ing “just good”, and become someone great. It is for that reason, along with her passion to help others that she assists people with finding greatness. She challenges her clients as she is challenging you today to **Experience Greatness**, like never before!

## DREAMS THAT KNOW NO LIMITS...

What have you always wanted to do, but never had the guts, finances, or time to do it? What do you believe your purpose is in this life? Are you here by accident or chance? Do you have a goal, vision, or dream? Do you want more out life, but don't know how to go after it? Why not ask your Life Coach for assistance? A Life Coach can help you move from one stage of your life to the next.

A Life Coach is there to guide you through the many bumps in the road of life. A Life Coach can very well be the answer to how you move forward and make it to the top. If you can dream it, you very well may be able to achieve it, but you can't stop at the dream. Most dreams know no limits, but you may be limiting the dream. Get a Life Coach today and learn how to take the limits off of

your life. Let a Life Coach motivate you to be all that you were meant to be. The only one that can stop you is YOU. Get out of the way of your dreams—Get Motivated to be better than good. When you want to be GREAT—MOTIVATE! Let us help you to experience life like you never have before. Go to [www.motivatinguministries.com](http://www.motivatinguministries.com) for more details on a grand Life Coach experience.



Are you willing to go to the top?

*“When life catches you by the tail, Grab it by the throat. Fight back! You will find that you are worth it.”*

It's nice to watch your favorite TV show come to a happy ending. It's even nicer to watch loved ones move up the ladder of success as they strategically plan and meet their goals. But what about you? Who's watching you? What are you doing to make IT happen for you? Are you sitting back and being satisfied with just being a specta-

## WHY NOT YOU?

tor? Wondering why you come up with ideas only to attribute it all to wishful thinking? Don't believe something great can happen to you or for you? You believe good things happen for everybody except you? Then ask yourself, WHY NOT YOU? Who says you have to always be the buyer and never the seller? Who says you always have to be the

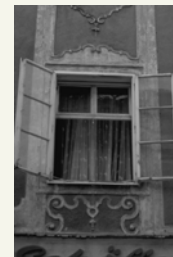
student and never the teacher? Why can't you be the lender and not the borrower? Why can't you be the owner instead of the renter? I know—It's you! You are the only one that can keep you from being you. You are the only one that can turn goodness into greatness. Stop what you are doing and tell yourself, “I am FREE to be ME!”

## FOR WORKING PARENTS

Working parents will usually struggle with building strong families, maintaining careers, and enjoying a balanced life. If this is you, then you need to know that you are not alone and there is hope. Children are gifts. They are a great blessing. This is your opportunity to teach them

how to find balance and enjoy life with a family. This is a time you will never see again, so seize the moments. For every working adult, there is a remedy. Too tired? Take a moment to watch a movie with them. Feel free to fall asleep while they watch the movie. They may just be glad

that you're there. As time permits, play a game with your children, hug them, tell them you love them, tell them they are special to you, and they are great. You don't always have to be there, just be there when they need you. That, my friend, is balance.



There are many windows of opportunity...which one will you take?

HEALTH AND WHOLENESS



Taking care of you so that you may take care of them.

Has negative stress taken over your

life? Did you know that stress is a known contributor to the following illnesses:

- ◆ Coronary heart disease
- ◆ Strokes
- ◆ High blood pressure
- ◆ Muscle and back pain
- ◆ Rheumatoid arthritis
- ◆ Other illnesses not listed

Well, now that you know, what will you

do?

Those are the facts, but the truth is, you can do something about it. You can take control of your life today. If you need assistance, get a Life Coach to walk you through the necessary changes for living a happy, healthy, and whole life. Don't just sit there, get a Life Coach today and take your life back.

MOTIVATING FROM THE HEART

Motivating U Ministries, LLC is a ministry that specializes in motivating individuals to build a life of lasting joy, and great success by showing them how to take the limits off of their expectations.

When the lights go out and the spotlight is left on you, what will you do? You must be prepared to give it all you've got.

We want to help you do that. Dr. Sonia R. Smith desires to offer you assistance with tapping into your potential, realizing your purpose, and getting rid of a distorted image of you and your world. She wants to usher you into the next level of life. She wants to help you prepare for your future, by tapping into and understanding the gifts and dreams that

are within you. If that's what you are looking for, then Motivating U Ministries is for you.

Whether you'd like to do more, see more, or become more than what you have become, we're here for you...allow Dr. Smith to help you to...

**Get Motivated!**

*"The lights are out and the spot light is on you. It's show time my friend, now what are you going to do?"*

PRAYING WIVES ON A MISSION

There's a group of women that understand the power of prayer. In fact, they meet frequently to determine what is next on the list to pray for. They are women on a mission. They are on the mission of saving families and saving lives, beginning with their own. They believe in facing life through a life of prayer. They are known

for their tremendous prayer lives, stable faith, and dedication to their families. They are also known for their work in communities both near and far. They are guilty of providing food, clothing and shelter to those in need. They are charged with providing words of wisdom, knowledge and encouragement to hurting peo-

ple all around. They are responsible for winning souls for Christ because of their lifestyle, ministry and mission. They are coming to a community near you. They are the Praying Wives Club of Texas, also known as PWCOT, and they are on a mission to reach you...



Praying can cause closed doors to become open.

WE'RE ON THE WEB!  
WWW.MOTIVATINGUMINISTRIES.COM

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**Experiencing Greatness!!!**

## U P C O M I N G E V E N T S . . .

### September 2007

- ◆ Women of Excellence (WOE) Retreat—9/21-9/23 Experience the Presence of God at the great Radisson Hotel, in Richardson, TX.

### October 2007

- ◆ **Pearls...from the Soul of a Woman** book by SR Smith to be released by 10/30/07.

### November 2007

- ◆ Balancing the Scales of Marriage: When Life is Weighing you Down Workbook—TBA.

### December 2007

- ◆ **Balancing the Scales of Marriage: When Life is Weighing you Down Workshop** — 12/08/07.

*If **YOU** are struggling with finding a balance in your marriage, family, or just life, this is an event **YOU** don't want to miss. Come learn how **YOU** can make a change to tip the scales in **YOUR** favor.*



**Don't let life pass you by...**