



VOL.1 || NO.6

# inspiration

## world lounge

Books And Music  
That Lift Your Soul

Stay At Home Mum  
Success Tips:

How To Kick It, Make A Difference  
And Still Have A Jolly Good Time

*How to Become Flexible in Life*  
(Not Complacent)

Working as a Travel Agent:

An Inspiring Career That Brings Along  
Hundreds of Opportunities

Uplifting Your Spirit  
*In New Zealand*

What's locking up  
your mind?

Isn't it time you freed it Up?





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A man not made  
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GET ON THE

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# inspiring editor's letter

Hey everybody

// You will know if this is  
what you love doing  
because you will feel  
an instant please and ease  
with what you're doing.  
It feels "natural". //

Hope the new year has kicked into a good one for you.

Some people have started it out well whilst others are saying that they need to look for new ways to improve it.

A lot of people complain to me about the dissatisfaction of their jobs and work. It seems to be the conversation with a lot of people... A desire for fulfilling work is becoming such a big part of us. We have entered a new age of fulfilment. Yet finding this can be a big task in our lives. I know... I've been through it.

Do you just get on with it even though you're not fulfilled or do you jump off into the adventure of not knowing if you will get there financially and not knowing where it will take you.

I believe having done this myself that you can take a different approach and find work that enhances your life. How... you need to do it in your own time if you have to work. This is where it gets tricky... your tired, you come home from work and the last thing you want to do is go to another job... however if its something you enjoy, this will in turn give you energy. You will know if this is what you love doing because you will feel an instant please and ease with what you're doing. It feels 'natural'. What I found assisted me was I went on a holiday and tried different occupations. I've worked from corporate jobs in the banks right through to insurance, advertising right through to teaching english to foreign students to swimming teacher to becoming a creative play teacher for the high society and the rockstars in Europe... I'm so pleased I trialled all those things... each of them taught me so much about myself and how I could excel in every single one of them but where I definitely excelled was the ones that gave me energy, the ones I loved, the ones that felt natural such as teaching children which was the most exciting job I went to everyday... from there I also put together a language program for young children as young as 2 to learn about languages through game. I'm still yet to release it in e-book form. I can't wait because I saw this method work.





// I'd rather have  
more choices  
than fewer choices  
and less confusion.

It's great to see  
how abundant our lives are  
in this day and age.  
The more possibilities,  
the better. //

If I hadn't jumped off and tested all these things, how would I have experienced, grew and challenged myself. I know my friends have sat in the same job for over 20 years and although they have gone higher in their positions, you can see there's no excitement or challenge in their lives...it's been an easier ride for them with their finances and with their not having to stress about learning new things and becoming good at them... however... they've never done anything else to challenge themselves. No judgement here but if you've got a bit of drive in you...you want to test things out. You just need to be strong enough to wear the fear of not knowing where your next venture will go and if it will be a success or not...and if it isn't... have you got a Plan B...have you got another means of money coming through and can you overcome that negative feeling of failure. I prefer the fear of failure personally, but it's not for everyone. I like to enhance my life with new possibilities around me. Do you?

Like Roman Krznaric quotes in his book "How to Find Fulfilling work"? You need to reject the myth that there is a single, perfect job out there waiting for us to discover it, and instead identify our 'multiple' selves. This book will take you through steps to finding your fulfilment through work.

It's a must read if you feel like you want to do something different in your career.

Sometimes having a lot of choice also paralyses me and confuses me but I'd rather have more choices than fewer choices and less confusion. It's great to see how abundant our lives are in this day and age. The more possibilities, the better.


What work is meaningful for you ? Do you wish to try something different this year? Why not volunteer in it first? If you are after a job that makes a difference, get out there and try it and even if it's just a hobby in the beginning. Never feel bad for choosing to express what excites you and if you can't do it full-time... why not try it on your holidays, after hours or weekends?

I wish you fulfilment in whatever you choose and if you're happy right where you are now in your career, lucky you... keep going, if not, I strongly recommend this book.

With Love

Niki Veneris  
Inspiration World Lounge





# *Books and Music that Lift your Soul*

*In the hectic monotony of everyday life,* it is always helpful to read something inspiring or listen to some soothing music at the end of the day. This not only rejuvenates the mind and the soul but also calms the nerves and gives us ways to have a fresh outlook towards life. It is with this approach that we have compiled a list of five empowering books and five albums with chill out music to help you unwind. Give them all a chance so that you can experience the true beauty of books and appreciate the quality of wonderful music.



# 1

## ***The Seven Habits of Highly Effective People***

by: Stephen R. Covey

In his bestseller, author Stephen Covey discusses the steps and methods of being effective in everyday life while highlighting all the features and qualities a person requires to be productive. He explains the seven habits that people must inculcate in their lifestyles to be able to come through with the maximum amount of value addition to this world. The reason this book is so inspiring is because it helps readers learn lessons to improve the quality of their lives.

# 5 Inspiring Books You Must Read

Here is a list of the five  
most inspiring books  
designed to change your life  
and make it better.



# 2

## ***The Practice: Simple tools for Managing Stress. Finding Inner Peace and Uncovering Happiness***

By: Barb Schmidt

Right from the moment a person wakes up till the time he falls asleep, there are multiple ways he can practice the art of managing his issues and being peaceful. In Barb's inspiring techniques, she helps readers find happiness despite all the troubles of life and is quite clear in her theory that peace comes from within. Read this book to derive multiple tools to be happier and more productive.





// Sit back and enjoy  
this endless journey  
with *words*  
and *beats* //



### 3 *When Things Fall Apart* by: Pema Chodron

As the title explains, this book is filled with motivational quotes and helpful references in times when people feel distressed with the way their lives are. Written from a spiritual and healing angle keeping in view various principles, Pema Chodron expresses ways to overcome troubled times and phases with her encouraging words of advice. Mainly meant for feelings like heartbreak, helplessness and frustration that we all go through in our lives, her guidance will help you modify your perceptions.

### 4 *Drive* by: Daniel H. Pink

Written from a business viewpoint, this motivating book is about taking charge of life while following the principles required to be successful in every endeavour. Daniel highlights three main elements required to upgrade lifestyles both at work and at home. This book is about having the drive to strive for the best possible results from life and talks about ways to achieve control, seek knowledge and develop continuously.

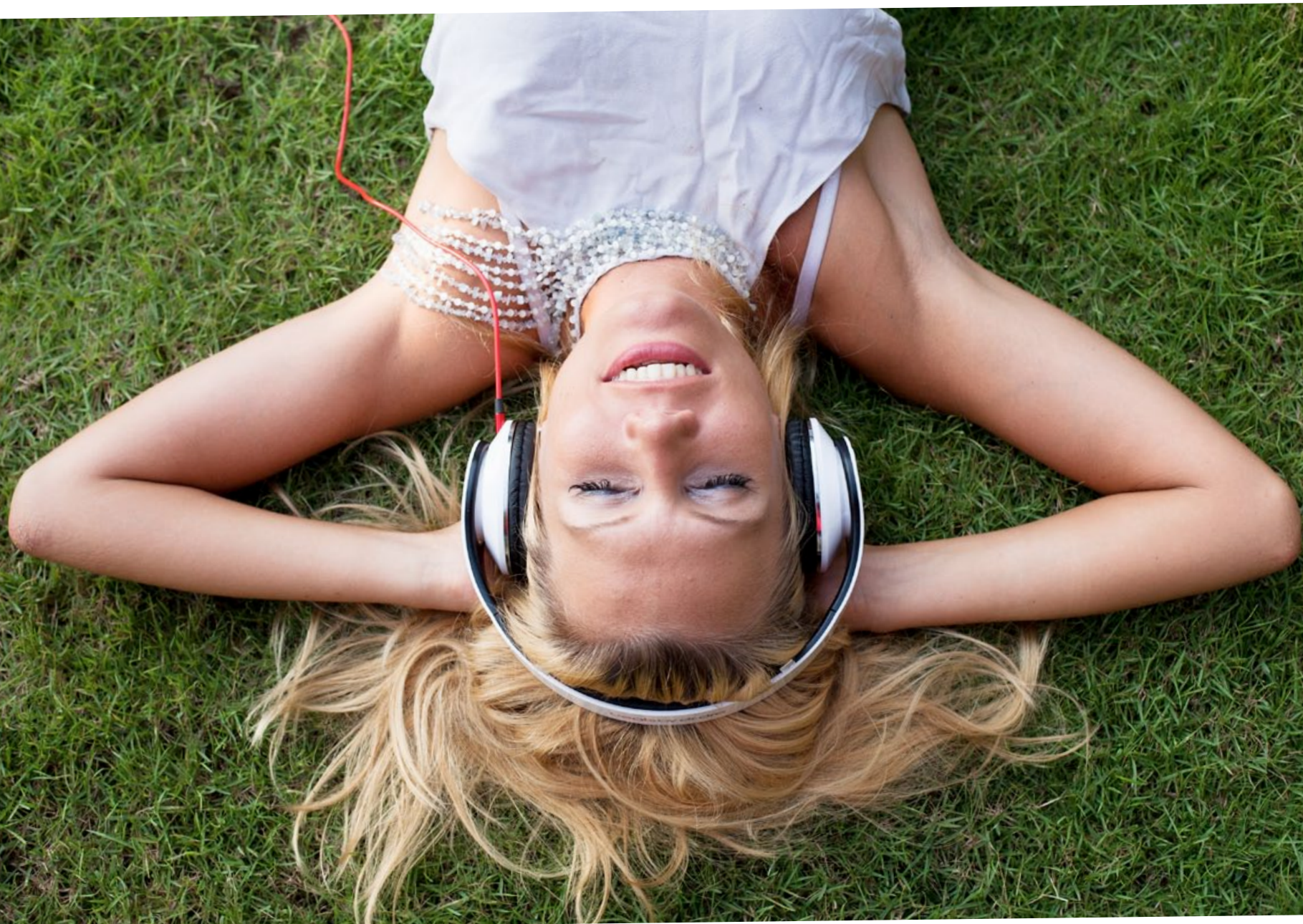
### 5 *The Leadership Challenge* by: James Kouzes and Barry Posner

With five very effective principles of leadership that question both the logical as well as the emotional doubts of human beings, this book strives to inspect and dissect the various kinds of personalities and behaviour patterns in people. The best part about the book is the clear and concise way in which the authors have combined their ideologies to present readers with a defined process to overcome their challenge with attaining leadership qualities.





# 5 "Chill Out" Albums You Must Listen To



## Simple Things

By: Zero 7

This calming music CD contains songs by three different genres and is the debut album released by Zero 7. With many popular songs that are quite downtempo music that is sure to help a person unwind, it ranked number 28 in the year of its release (2001) in the UK Charts. It has been recommended for its fantastic vocals and soulful music that these talented singers manage to accomplish in their album.

1

These are the five albums to listen to if you would like to relax and chill out after a stressful day.

2

## A day without Rain

By: Enya

This Irish singer came up with an album that has both pleasant as well as relaxing to come home to at the end of the day. It is the best for calming minds. Some of the most popular songs from this CD are 'Only Time' and 'Fallen Embers'. With a delightful combination of songs, it is widely suggested to chill out to and de-stress with especially when times get difficult to cope with. This album is a quick healer.





## Colour the Small One

By: Sia Furler

3

The third hit album by this Australian, Colour the Small One is mainly acoustic with a hint of timelessness in the quality of music. A majority of the people who listened to this album claimed to be instantly settled in an aura of peace and tranquility. There is a lot of emotion and melody that are beautifully portrayed by her wonderful lyrics. With talent, skill and her way with words, she has created a masterpiece for the world to enjoy.

## 4 Opalescent

By: Jon Hopkins

Jon Hopkins's debut album, Opalescent, takes its listeners through a unique musical journey of self discovery and the various elements of life. Described as both mysterious and majestic, this album has reached great heights for its unique composition. His title song 'Opalescent' and another number 'Cold Out there' are the best in the CD. With this album, it is easy to get submerged into peace.

## 5 Discovery

By: Daft Punk

The titles 'Voyager' and 'One more time' from this famous album by Daft Punk are quite popular amongst music lovers and fans worldwide. With multiple dimensions and varied layers to their music, they are active stress-busters and can intrigue any listener to delve deep into their souls and enjoy the different variations and mixed beats. Great for dancing to.

In a nutshell, these are the books and albums you need to know to be able to relax faster. Hopefully they will help you make your life even better than it already is and provide the required guidance to motivate yourselves to go far beyond any limitations. After all, not many things can inspire like words and lyrics can. So, sit back and enjoy this endless journey with words and beats.



If any readers have books and music to let us know that have helped you relax, chill or heal, please forward to [support@inspirationworldlounge.com](mailto:support@inspirationworldlounge.com). A brief description on why or how it uplifts you would be required in your email. We will try to consider all types of music however preferably without religious content please. We like to keep this magazine open to everybody, every religion, every person.





# Stay @ Home Mum Success Tips

How To Kick It, Make A Difference And Still Have A Jolly Good Time!

Every time she had to pack lunch for her school-going kids, Kelly Lester would go absolutely crazy. She hated the entire process. She hated having to use multiple containers to pack the different meals. She found it dull, repetitive and boring.

The worst part is that she had to do it three times every morning - once for each of her three kids. And then there was all the cleaning she had to do after school. The whole process was stressful. However, being a firm believer in the power of nutrition, the stress was something Kelly was willing to take. She couldn't leave her kids at the mercy of school meals. Then one day an idea popped into her mind "what if I had a better container, one with compartments, wouldn't packing lunch be easier?" She immediately realised that it was a great idea. So she went out in search of such a container. Unfortunately, she couldn't find one. So, with the typical resourcefulness of a stay-at-home mum, she decided to build one. And she did. Her new container made packing lunch a breeze. She absolutely loved it. Then another idea popped into her head. "If I had problems packing lunch, other parents must be having similar problems. What if I package this container and sell it." In that instant, EasyLunchBoxes was born.

When Kelly launched her product, it became an instant hit with parents. Within a short time, it was a best seller on Amazon. EasyLunchBoxes is now a multi-million dollar company. And Kelly Lester is not only a millionaire, but also an inspiration to stay-at-home mums everywhere.





## Other Stay At Home Mums Who Rock

Kelly Lester is by no means the only stay-at-home mum (SAHM) to move beyond the standard successes of building a wonderful home or raising great kids. There are many SAHMs who are breaking boundaries, running businesses, innovating, and living happy, exciting lives. Some are even rewriting history.

Take J.K. Rowlings, for instance. Most people know her as the author of the hugely successful Harry Potter series. What most people don't know is that J.K. Rowlings wrote those books as a stay-at-home mum. In fact, she started writing the stories as a form of escape - to deal with the dark moments in her life. In her own words, "I was very low, and I had to achieve something. Without the challenge, I would have gone stark raving mad." Well, her "challenge" brought forth a series of books which got translated into 61 languages, made into numerous films and entered J.K. Rowlings in the history books as the first billionaire author. Not bad for a SAHM who was once on public assistance. Some SAHMs are actually capitalising on their successes to launch successful products.

Take J.K. Mergens, for instance. As a SAHM, Mergens was tasked with homeschooling her son. One of the subjects in which she tutored him was mathematics. Unfortunately, her son wasn't a natural. He had difficulty grasping math concepts. So Mergens created simple, unique strategies to help her son grasp math concepts easily. She did such a superb job that her son went on to major in math and ultimately ended up being hired as a math tutor in college. It was as a tutor that the son realised how effective his mother's teaching techniques were. So, he encouraged her to package them in books so that others could also benefit. J.K. Mergens complied, and Learn Math Fast was born. Her books are now selling in all 50 states of the US and in countries as far off as UK and Hong Kong.

// it is time to stop  
feeling sorry for yourself,  
get off your butt  
and go do something! //

And not all the successful SAHMs are launching products or starting businesses. Many more are discovering new hobbies, shedding off excess pounds, volunteering in community services, freelancing online, and basically living exciting, productive lives. The bottom line is that the era of SAHMs spending their days plopped on the couch, watching TV are over. This is the era of SAHMs who rock! So if you are a SAHM, it is time to stop feeling sorry for yourself, get off your butt and go do something!





# How To Become a SAHM Who Kicks It →

Well, the most important thing is to decide to take charge of your current situation, and do something about it - whatever that situation is. JK. Rowlings decided to do something about her feelings of depression - she sought a release in writing. Kelly Lester decided to do something about her stressful lunch-packing routine - she designed a better product. JK. Mergens decided to do something about her son's difficulty in learning math - she created a simpler approach. None of these women were intending to change the world. They were simply taking charge of their current situations - which is what successful SAHMs do. Successful SAHMs face their current realities head on - and they resolve to do something about it. And, as indicated in the inspiring stories of the three mums, the spinoffs can be amazing. Okay, if "taking charge of your current situation" seems quite abstract, here are a few tips to get you rocking.

## Solve A Current Problem In A Novel Way

It is commonly said that hidden in every problem is an opportunity. When Kelly Lester was facing the challenge of packing her lunch, in there was an opportunity. Of course she didn't know it at that time. It is only when she solved her problem that the opportunity presented itself. The same can be said of J.K. Mergens and her son's math problems. And these two aren't the only SAHMs to solve their current problems and wind up earning a fortune. Another such an inspiring story is Julie Aigner Clark. When Julie discovered she was expecting, she immediately began thinking of new ways for engaging her baby. Being a trained teacher, she knew a thing or two about the minds of babies and toddlers. She figured out that using artistic videos would be the most effective way for teaching them. She looked for such videos and couldn't find them. So, she decided to create some. When she put a few of her creations on the market, there was a buzz of excitement from parents, teachers and educational experts. Her company, Baby Einstein has since grown into a multi-million dollar educational empire.

Basically, if you are looking for the next opportunity, then the best place to begin is your current challenges. If you are a regular SAHM, then chances are high that whatever challenge you face is faced by others as well. Therefore, if you can figure out how to solve them, you will have simplified not only your life, but also the lives of many other people. And, given the nature of today's world, if you provide a solution to people's problems, they'll most likely be willing to pay for it.

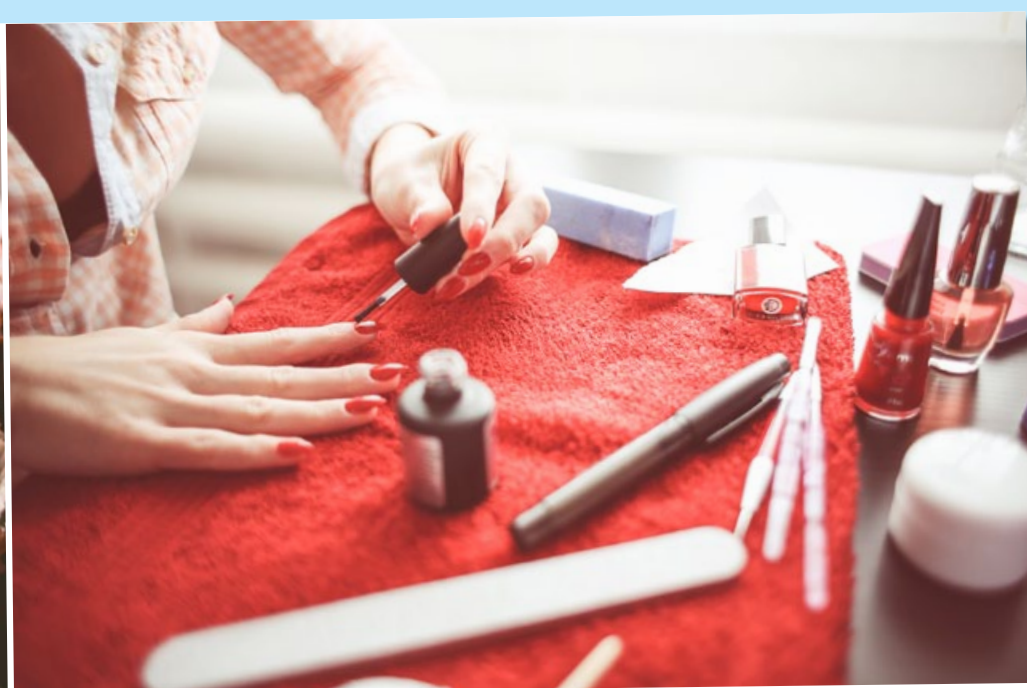
## Utilize Your Current Skills

Most SAHMs have a host of skills which they take for granted. Such skills include childcare, cookery, home management, make up and manicure. Because you practice such things on a daily basis - and often it comes naturally - you take them for granted. And yet the simple fact is that there are people who are willing to pay for such skills. Also, most SAHMs have a host of professional skills which they picked up during years of study or work.

Successful SAHMs maximize their current skills. This is exactly what Rosie Herman did. When her twins were born, she started having difficulties in finding the right hand lotion. Given her background as a professional manicurist, she knew that most lotions contained chemicals which can cause allergies in babies. She decided to leverage her knowledge and create a safe, chemical-free, child-friendly hand treatment. She did this right in her kitchen. Once it was ready, she shared it with a few of her friends. Then word started going out, and orders began pouring in. One Minute Manicure was born. She borrowed some money from family and launched her company. Within 5 years, it was bringing in 20 million in sales.

Rosie Herman isn't an isolated case. Many other SAHMs have leveraged their skills to set up a variety of businesses including catering, home cleaning, child care, baking, home tutoring, sales/marketing, business consultancy, and many others. The bottom line is that your current skill sets can create tremendous opportunities for you - as long as you purpose to maximize them.





## Learn A New Skill

If you feel your current skill sets are not sufficient, then take time and learn a skill. In the current age of the web, you can learn almost anything from the comfort of your home. Numerous websites actually offer a variety of free courses on a range of skills from writing and sales to landscaping and interior design. Basically, whatever skill you think you need, chances are high that you can find courses either for free, or for relatively modest fees.

## Maximize The Opportunities On The Internet

The web is one of the greatest opportunities currently available for SAHMs. Women like Kelly Lester and J.K. Mergens both used the web to actively promote their products. Kelly Lester used (and still uses) her blog, as well as Facebook and Pinterest to connect with mums, and share delicious health recipes. Using these platforms have made her hugely popular, and of course contributed towards the success of EasyLunchBoxes.

The web also offers tremendous opportunities both for setting up online businesses and finding free-lance work. The sheer variety of opportunities is almost endless. Some border on the crazy! Are you aware that there a Japanese students who are willing to pay up to \$45 an hour just to chat with a native English speaker? Their reason is simple - they want to perfect their English. The bottom line is that the web is buzzing with opportunities for SAHMs who are willing to take them. To find some amazing examples on the net.

## Resolve To Enjoy Your Life More

What has this got to do with kicking it? Well, everything! Life is meant

to be enjoyed, right? You deserve to be happy. Therefore, resolve to enjoy yourself more each day. Think about some fun things you can do. Rediscover old hobbies. Basically, live each day to the fullest. Often, the most breakthrough ideas will come when you are relaxed and having a jolly good time. In a nutshell, this is perhaps the best time in history to be a stay at home mum. The opportunities are endless. And, given the connectivity brought about by the web, you can do just about anything from the comfort of your home. Therefore, go for it! Take charge of your current situation; challenge yourself to come up with some creative solutions, and make it happen! And don't forget to have a jolly good time! May joy, happiness and laughter be your faithful companions, even as you set off on the journey to success.

Good Luck! 





In the modern era of information technology, companies and enterprises offer regular employees positions that come along with impressive profit and life opportunities, despite the great responsibilities they also have.

On top of earning substantially more, having an important position within a company's infrastructure makes up the pathway to an inspiring career that brings along recognition, reliability, and credibility.

An inspiring career - what is the real meaning behind this ultra-popular concept?

An inspiring career does what its name says - it inspires people. But there is a lot more to having an inspiring career than just that, because one such career is oftentimes associated with better access to knowledge and information. What's more, an inspiring career improves quality of life, helps you become a role-model, and also gives you peace of mind.

Due to being inspiring, this career does not make you feel uncomfortable about your responsibilities and duties. Although you are waking up early in the morning, you do it with pleasure, because you enjoy and appreciate your career. In other words, you love what you do, and this brings you money.

What about making a career of traveling?

Most notably, what about becoming a travel agent?

# *Working as a Travel Agent*

## *An Inspiring Career That Brings Along Hundreds of Opportunities*





## The Role of a Travel Agent

Before we sink deeper into what makes being a travel agent such an inspiring career, we should first discuss the role and responsibilities this position implies. A travel agent is the person who gives well-informed, appropriate advice to travellers in regard to when and where to travel based on their needs. So if they hate cold weather, you will not be sending them to Greenland in the winter. A travel agent needs to assist the customer to find the right destination to leave them fulfilled at the end of the trip.

Other duties of a travel agent include arranging flights, accommodation and insurance, using a booking system to secure holidays, collecting and processing payments, advising clients on travel arrangements, sending out tickets to clients, keeping clients up to date with any changes, and more.

Although this job does not necessarily involve travelling to other places, you still have the opportunity to visit your favourite countries any time you want at a discounted price.







// Travel agents  
travel a lot, and this is one  
of the most convenient parts  
of this job.

Traveling is intended  
to either improve interaction  
with prospective clients,  
or just for your  
personal enjoyment.  
Isn't this inspiring enough? //

## What Makes Being a Travel Agent so Inspiring?

For most of us, being a travel agent might not be so inspiring at the first glance. It involves making arrangement, researching, and tracking everything in a planner or booking system. You have many duties and responsibilities, and you must take care of them accurately in order to ensure your clients' satisfaction.

But look at the bright side of working for a travel agency. If you have a passion for travelling, why not use it to help others find the perfect holiday or vacation destination? As a travel agent, you have countless resources and tools you can utilise to devise every single aspect involved in the process. You can help them find a suitable destination, arrange their flights, book them a hotel reservation, collect and process payments, send out their tickets, advise them on travel arrangements – in other words, make their traveling experience super-simple, enjoyable, and completely stress-free.

If you have previously traveled to the destinations your clients are interested in, you can provide them with personal insight and recommendations. But the best part of all, you will never have to engage in exhausting activities that might overburden you with unpleasant duties. You might be waking up at an early hour in the morning, but you have plenty of time to drink a huge cup of coffee or your favourite tea blend, and work in a calm environment. You are never put under stress - and even if you are, it will be for a short period of time, not to mention that it will not be as stressful as if you were an accountant or bookkeeper.

Needless to mention, travel agents travel a lot, and this is one of the most convenient parts of this job. Traveling is intended to either improve interaction with prospective clients, or just for your personal enjoyment. Isn't this inspiring enough?

## Working as a Travel Agent:

### Pay is great especially if you're home based

Working for a travel agency brings along excellent profit opportunities. To cut a long story short, you get paid for your passion of assisting your clients in travelling, and sometimes for travelling yourself. The annual average income of a travel agent is \$35,740, but it sometimes goes above \$54,640. Let's not forget that bonuses are always available for travel agents, so you can expect to get paid upwards of \$60,000 if you are lucky enough to work for a wealthy travel agency. This can be a lot more if you work from home and if you include the tax breaks working from home, it can really add up.



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