



# S.O.S. Success Of Self

by Amanda Butler

**H**ave you ever watched the old movies from the depression era, World Wars or the Westerns? Have you wondered how they made it – life was hard; it was disappointing and many times devastating? Have you wondered how you're going to survive these economic times and the disappointments in your life?

In watching the characters of the movies, they often had to dig deep within, beyond what they had known before, to muster up fortitude and success. They had to find out what they were really made of and face the fears in front of them. Despite the fears they were feeling, they had to move forward and just do it, or else they would not live. They banded together with families, friends and community working together to create something new.

Today, we have the same opportunity. We are experiencing our own version of the depression. One can speculate why this has happened – there are many opinions with many fingers pointing blame. The bottom line is we, as a nation and as individuals, along with corporations and other nations, have not been living with integrity and balance within our lifestyles or our economic and business structures for a long time and it has finally caught up with us.

It's not a time to blame, it is a time to turn ourselves right-side-up, accept what is and do what is necessary to change our lives. It's the time to face whatever your fears are within this climate. How can you change your perception and reality to see this as an opportunity? What gifts can you find?

As the S.O.S. goes out to us to adjust our lives, how can you turn this S.O.S. into Success Of Self? How can you find the power within your Self to change your circumstances? No one else can do it for you. These economic times do not define who you are, but they can help you to find out who you are! How do you need to redefine and repurpose your life? Be honest with your Self about how you are feeling and what motivates you. Is it fear and survival due to conditioning and programming of the past or are you motivated by love and thrival?

When I transitioned from 20 years as a corporate executive, I had no idea who I was any more, let alone what I wanted to do next. I had only identified myself as a VP, not as a person. I learned how to get in touch with who I am and what I really wanted to do,

versus what I thought I "should" do. I now teach this to others and my passion is to help individuals and businesses to achieve their goals and success in all that they are and all that they do.

## 5 Tips to Face Your Fears

1. Identify your fears; how are you giving up your power to them and are they really true?
2. Acknowledge and embrace your fears; are you willing to love them, let them go and be fueled through a different energy?
3. Write about your fears; how do they show up in your life – list what decisions, behaviors and habits have been created based on fear?
4. Talk about your fears with your spouse, friends and/or family; you'll find that most have similar fears. Writing and talking about your fears helps to discharge them.
5. Heal and let go of your fears of the past so you are now motivated by love – Living Only Vibrant Energy and thrival; choose a different path – fear can only hold onto you if you allow it!

*Amanda Butler, President of Keenawah & Associates, is dedicated to helping individuals become empowered to create their Diamond Life™ Success. She offers a Career & Life Transition Intro Package and other Diamond Life™ Services plus Diamond Power Within™ Workshops in Royal Oak, MI. For more information or to contact Butler, visit [www.keenawah.com](http://www.keenawah.com), call 248.761.9568 or e-mail [amandabutler@keenawah.com](mailto:amandabutler@keenawah.com)*



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**Be Empowered & Energized to  
Create Diamond Life™ Success!  
Receive Powerful Tools to Change  
Your Life, Relationships & Career!**

**Sending Out a S.O.S. - Success Of Self  
to Generate Your Own Stimulus Plan**

*Overcome Your Fears as You Redesign Your Life.  
Tuesday, 11/17, 7-8:30pm FREE + Pre-register to  
Receive Create & Thrive in the Life You Desire! CD*

**Soul Saturday!** 11/7 & 12/5, 9am-4pm  
*Clarify Your Life's Direction & Next Steps.  
½ Hr Soul Reading \$45 Must Call for Appt*

**Healing Present & Past Life Energetics**  
*Heal Issues & Fears to Empower Freedom!  
Saturday Workshop, 11/21, 10am-4pm, \$80*

**Give a Gift Certificate for the Holidays!**



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