



**IT'S
COOL
TO BE
FIT**

**MIND, BODY
AND SOUL**

D O N N A S M O O D

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INTRODUCTION

MY NAME IS Donna Smood and I am writing this book as a result of overcoming severe asthma and becoming a trail and road runner.

I was told by physical fitness teachers and a sports medicine doctor that I would never become a marathon runner. I was told not to exert my lungs for fear of increasing asthma symptoms and because I could get bone fractures due to my legs not being perfectly straight. This is the exact opposite information I should have been given.

I have run six marathons starting at the age of forty-six; the last marathon I ran was when I was fifty-nine years old. Over the last two years, physical marathon races have been stopped or halted due to the COVID-19 crisis. But, I will continue to run marathons until I find a reason not to.

I have been told I am a poor listener at times. To me, this is a good thing, because I listen to my intuition and have chosen to develop a growth mindset. I can do whatever I am willing and able to commit to as long as I invest the time that is required to obtain the goal. My intuition is my teacher.

How does someone else know what you or I are capable of

feeling, thinking and doing? From my life experience, I know I can achieve anything as long as I am committed to doing what it takes, the time that is required to achieve it and whatever investment of money that is required along the way to get the knowledge, skill and experience that is required to obtain my goal.

I believe everyone has a special talent that's unique and everyone's power lies within them to develop it and find a greater purpose to use it.

FORWARD

I DEDICATE THIS book to Vera Flello who has become my long-time and dearest friend. I met Vera when I was eighteen years old while working at an insurance company in downtown Vancouver, B.C. At that time Vera was the receptionist while I was a policyholder clerk, and our desks were close together. Vera had such a lovely personality and that is why the company hired her to be the receptionist – young, bubbly and full of life. We became friends quickly.

I admired Vera for both her lovely personality and her amazing physical fitness. I was not overweight but I was not physically fit, either. Vera had no idea how physically fit she was. She grew up with two sisters and her parents, and they had a lakefront home in Port Moody where they regularly water skied all her life, so her physical fitness had become a natural talent.

At that time, Vera was playing racquetball at a place in West Vancouver close to where I lived. She told me I could join her and she would teach me. I took Vera up on her offer and it was fun to learn something new. However, I figured out very quickly that if I wanted to become physically fit, I was going to have to do more exercises more often in order to achieve my goal. I took up

swimming and joined aerobic classes before I found the joy of going outside and running up and down the hills where I lived. Each day I was committed to running a little further. I didn't allow myself to take a day off because I knew if I stopped, I would quit.

Unbeknownst to me at the time, twenty-one days is the time it takes for your feelings, thoughts and positive attitude to become repetitive habitual behaviors. When your thoughts, feelings and attitude are in alignment, your feelings and attitude vibrate on a higher frequency and it becomes easier to maintain the more often you practice the daily repetitive habits. Your new routine becomes natural, like waking up in the morning and brushing your teeth. I continue to have the self-discipline, with some humility, to run or do some other form of exercise daily as well as read knowledgeable books to gain more understanding, skill and experience to continue a growth mindset.

So, thank you, Vera, for inspiring me to go the distance because of your delightful attitude and for being committed to your fitness exercises.

I chose the name "It's Cool to Be Fit" because of an event that took place with my son Daryl when he was twenty-five years old and I was fifty. He and I flew to New York to bond and spend some time together. I was physically fit and energetic, and had been for many years. At times it seemed as though my son resented my good energy. We both appeared to be in two different worlds no matter how much I showed I cared for him and wanted to spend time with him. This trip was to help us bridge the gap.

In addition, I was participating in the Excellence Seminar Program in Vancouver for self-awareness and self-improvement. One of the assignments was to pretend the next week was the last

week of my life and how was I going to spend it. I immediately thought of taking Daryl to New York because he had asked me not long before. When I tried to carry on a conversation with him about anything he would just say “Mom, it’s cool to be cool.” He would repeat this phrase several times a day for the four days we were together. Prior to the trip to New York I was trying to think of a name for my business website as a Life Coach and Motivational Speaker. Daryl said he would help me create a name and he did, accidentally.

On the way home from New York, I decided to call my website “It’s Cool to Be Fit.” One never knows where your inspiration may come from so stay open and flexible, look for new creative opportunities, even when things look like they are not going well.

My current website is <https://globalthinkinginstitute.com>

Chapter One

IT'S COOL TO BE FIT

WHEN I FIRST started seriously running I met other runners along the way and I enjoyed the spontaneous conversations we shared, and learned new running routes together. However, it became clear to me when I wanted to achieve something specific it was better for me to go alone and be responsible for my motivation. Oftentimes I met runners that I enjoyed meeting and running with, but when we made plans to run the following day something would come up and they were unable to commit. I realized, I would become disappointed if I had to go solo, and I would look for other runners to keep me motivated. So, I made the decision to run daily, regardless of any obstacle or shift in weather pattern.

This is when I discovered I did not want to be a fitness coach. I had met too many people who would start to get fit and quit in a short period of time. I knew, from my own experience, you have to really want something and for a specific purpose before you are willing and able to commit to it. If your desire is not strong

enough to commit to a goal, no amount of coaching is going to help you achieve it. Your attitude will determine whether or not you will achieve your physical, mental, emotional, spiritual or financial goals. You must make decisions that you feel connected to and do not allow outside forces or excuses to deter your path.

Many people get afraid of seeking big goals for fear of failure, inability to raise money, or invest the time commitment required to attain the knowledge, understanding, skill and experience to achieve the goal. You don't need to know the *how* until you make a definite decision to achieve it and are willing and able to go the distance, one day at a time, with a positive attitude, and display self-confidence with humility by learning how to overcome obstacles and allow yourself to learn, grow, and get the understanding and experience required.

The only way to achieve success is by committing to repetitive daily habits that support your goal, choosing a positive attitude about what you are doing, and support the people around you with a good attitude so that whatever you do or wherever you go people feel your energy and are attracted to what you are doing and thinking about.

Athletic people, or let's say runners, attract other runners because they are doing something similar and therefore feel they have something in common. People want to connect with people they have something in common with to improve a person's thoughts, feelings, actions or attitude so they can develop more awareness of how to achieve their goals and create a lifestyle that inspires them to get up in the morning and do certain things to achieve what is important to them. All things have a positive and a negative, every cause has an effect, everything has an opposite.

Therefore, you may meet runner's you enjoy running with while you may also feel competitive to run faster if running with a faster runner to improve your speed or compete in a race. There is no right or wrong.

My choice is to become my best creatively versus competitively. When people are more skilled than me at things I am attracted to, I am grateful. I have a growth mindset and when I admire their skill, talent or experiences I am interested in asking questions, obtaining knowledge, skill and experience and adding it to what I already know or have experienced.

It's Cool to Be Fit is about encouraging you to live a balanced life by being aware of what you are consciously thinking, feeling, doing and aligning your attitude with your heart's desires while letting go of negative thoughts, feelings and actions as often as possible. Shift your attitude to gratitude for everything as often as possible so you send out good vibrations into the universe, and the universe will reflect back to you the feelings and thoughts you are vibrating on the majority of time.

A good example of an artist who took the time to perfect his singing and musical talents is Garth Brooks. I recently watched a documentary about how Garth Books reached fame like no other. Before he experienced his fame and fortune he had to overcome obstacles like a lot of people who have achieved success along the way. These obstacles were part of his learning experience along his journey. Garth did not quit when he faced challenges. He faced his challenges and his fearful thoughts one at a time and developed a positive mental attitude and growth mindset.

When he was turned down for gigs, he looked for new opportunities, regardless of how many times he was turned down.

Garth Brooks is successful because he discovered how to genuinely connect with his audiences. He loves singing and performing with his band and appreciates the fans who come to watch him perform in-person or who purchase his recordings so he can travel the world and continue showcasing his talents. He is his own artist and he draws crowds because he connects with them in a way that is unique. The attitude you choose daily will determine the outcome you receive. Attitude alone will make or break you. People who develop a success attitude will find their own special and unique way of sharing their talents to inspire others to go after their dreams and face their fears along the way. One day at a time, we learn to overcome obstacles. Obstacles are illusions. Life is always moving forward for expansion and expression. It is your job to figure out what you want to do, how you want to do it, and who you want your audience to be by choosing the right attitude to connect with people and serve them something useful and creative with your own talents.

In essence, *It's Cool to be Fit* is about becoming who you want to be. It's cool to be fit in mind, body and soul. When you are able to identify what you desire and what the purpose is, you find a value greater beyond just you. Your higher faculties – intuition, imagination, memory, perception, will and reasoning – will guide you with the right steps forward. The steps forward may not be the same way you predict them to be, so be flexible along your journey when unseen obstacles show up. These obstacles are to teach you what *not* to do so you can learn what *to* do. This is why it is important to allow flexibility in your journey while keeping your thoughts, feelings and attitude on the original desire as long as it does not harm or take away from someone else. You are on a

creative journey, therefore it is important to stay open to how the journey will move along one day at a time.

Missiles are sent out to destroy targets to defeat their enemies. The missile does not reach its target until it has gone in all directions – sideways, up and down and around objects before it hits its target. There are many examples of how our journey begins, and all the things that must happen in between, before we reach a successful outcome. Olympic athletes are good examples of what it takes to begin a sport and take it to their highest ability. There is a lot of mental work, as well as physical endurance and repetitive daily action, along with faith in their ability and willingness to continue for as long as it takes to achieve their big goals. So, when you decide to achieve a large goal, stick with it and do what it takes with a positive attitude. Do what is required to bring you the success you feel a strong connection with and do not be swayed by other people's views or outside circumstances. When things become out of your control, accept whatever is in the moment *as is*. Grow your faith, view your goal mentally, and tell yourself everything is on course so that you keep focused and feeling joy along the journey. Force will slow your outcome down, if not deter it all together. We live in a spiritual world that is energy and everything is moving by natural vibration and frequency. Focused attention with a positive attitude will naturally vibrate at a higher level than applying force or unfocused attention. Stay true to what you desire and what the purpose is, and go the distance. You will be surprised when you achieve your goals one at a time.

In my case, I was mentally focused on becoming as physically fit as I could become. This committed decision overrode any other thought for over forty years. I made a conscious decision

to become physically fit and maintain it throughout my life, and this has proven to be a good decision for me. At sixty- one, I have added another committed decision to become a global personal development educator and build the Global Thinking Institute to help people around the world choose goals that will allow them to earn and attract multiple sources of income while doing what they love and feel a purpose to achieve beyond their own well-being. I encourage you to choose a large goal so it will stretch, strengthen and grow your knowledge, understanding, skill and experience beyond what you already know or where you have already travelled or experienced.

I love people, and I love education when it is used to help others or the environment without harming or taking away anything that is necessary and useful. Big goals require focus and repetitive daily habits that support the goal and applying a positive mental attitude to everything you do and all the people you know and would like to know. It is your attitude that will determine your outcome. Attitude is what directs people to us or against us. Your attitude is a decision you make each morning and before you go to sleep. Your attitude is going with you wherever you go and is determining your outcome. Choose your attitude carefully. Dr. Charles Stanley's formula from *In Touch Ministries Inc.* is about the acronym "H.A.L.T." When you feel hungry eat something, when you feel angry forgive yourself or someone else, when you feel lonely call or visit someone and when you feel tired rest. Take the time to pause often and become consciously aware of what you are thinking, feeling and doing, what attitude you are choosing, and find positive ways to respond versus react.

Chapter Two

FOCUS ON LIVING IN THE PRESENT MOMENT

IN NOVEMBER 2018 I attended a Bob Proctor seminar in Toronto, Ontario, Canada where a few hundred global men and women attended a one-week course called *MATRIXx 11-11-11*. This seminar was about taking the time to figure out what our biggest desire is, and making the decision to go the distance to achieve it, regardless of outside circumstances or obstacles that may appear along the journey.

I met people from all over the world that felt broken from things that had happened in their life, made them feel unhappy, unworthy, uncomfortable about sharing, inadequate, shameful and trying to find some self-acceptance.

I would like to remind you that all of us have made poor decisions at some point in our lives and will most likely make more. We have felt harmed from others in some physical, mental, emotional, spiritual or financial way. However, you have the ability

to shift your attitude to gratitude, change your behaviour, and create a new action plan with repetitive daily habits to support a successful outcome. Keep your focus on what you want and hold your faith in your ability and willingness to do whatever it takes, as long as it takes, to go the distance.

Do things and focus on things that make you feel good, and that you want to continue thinking and feeling good about with a growth mindset. Develop good verbal and written communications skills so that you can speak and write about what interests you with self-confidence and humility, so people will be interested in your product or service.

Chapter Three

SOCIAL MEDIA IN 2021

SOCIAL MEDIA IS how people in the world now connect. Like all things, there is a positive and a negative.

Social media is positive for giving useful information to a vast amount of people. Social media can be negative and harmful when used to harm or distract people by spreading negative news, scamming people for money from fake products and services, it's detrimental to deceiving young people minds.

Time is money when invested wisely. Time is spent when using it unwisely.

There is no quick way to succeed at something that is progressively worthwhile without doing the work. Achievement comes as a result of doing something a certain way, for a specific cause, with a positive mental attitude to grow knowledge, understanding, skill and experience and it requires a minimum of ten thousand hours and it continues to grow after the ten thousandth hour.

Ten thousand hours is the minimum investment it takes to obtain knowledge, understanding, skill and to gain experience. Be

It's Cool To Be Fit by Donna Smood

aware of anybody that wants to sell you something or marketing that will tell you that you can become an expert overnight or sell you on an idea that is a fantasy before you have completed the work. Choose your thoughts, feelings, actions and attitude wisely. Take your time and learn things at your own pace. Do not skip steps. Each step is required to gain the understanding and grow the tenacity that is required to go the distance.

Chapter Four

HOW TO CREATE A POSITIVE MINDSET

YOU CREATE A positive mindset when you understand thoughts are things and the mind is an activity. Therefore, it is possible to think a certain way and feel a different way.

Did you know that it is possible to think positive thoughts while experiencing pain, anxiety and depression?

Several years ago, I experienced severe pain in my foot while running. I visited a sports medicine doctor and had an ex-ray and foot examination. He advised me not to run for two months or I would further damage the nerve pain. I was an addicted runner. I left his office, drove to the local Sports Chek store in West Vancouver and bought a pair of top-of-the-line ladies running shoes.

Immediately after I ran an eleven-mile trail with my new shoes and experienced no pain. My subconscious mind told me I was fine and I could do it regardless of what the doctor suggested.

Another time, after major surgery, I was cut across my abdomen and was told not to run for six weeks. After two weeks I went for a run anyway. The surgeon saw me running while he was driving up the highway in Barrie, Ontario and pulled me over and told me to meet him in his office an hour later. I felt a little foolish because I knew I didn't listen to his instructions. When I arrived at his office he looked at me with a stern face and then a smile came upon his face. He explained to me that if I couldn't run, my body wouldn't let me run. Navy seals and people at war must perform daily actions to support their team and country regardless of what they are physically, mentally, emotionally or spiritually feeling to keep safe and keep a brave front from the enemy. People in institutions, prisons, jails etc. have to learn how to control their emotions to keep going regardless of their outside circumstances, and to develop faith in something that is worthwhile. It is important not to allow your negative emotions to control or dictate what you truly want and deserve.

Learn how to think a certain way and control your thoughts, feelings, actions and attitude to support your goals. Your thoughts, feelings and attitude will dictate your growth. Remember the mind is an activity.

Chapter Five

POWER OF EMOTION – GET THE LIFE YOU REALLY WANT

THE POWER OF your emotion will determine your outcome in all areas of life.

Feelings are more powerful than thoughts. Our feelings are what direct our thoughts so, it is our feelings that we need to learn how to understand and manage effectively.

Many people are taught to hide their feelings because they'll be considered weak in outward appearance if they show emotion such as crying. Equally some people are taught that joy and laughter are not acceptable. Miserable people can influence other's emotion through their negative attitude. As we grow into adulthood we become more aware of our feelings and how it is our sole responsibility to manage and control how we feel. Nobody can make you feel anything unless you allow someone else's opinion or attitude to override your feelings and the thoughts you are connected to. Allow your feelings to guide and

protect you. When you feel sad about something, allow yourself to feel it and then direct your feelings to something new, beyond what you are presently feeling, towards something that is positive and worthwhile. You can listen to what other people say without owning and taking responsibility for their thoughts, feelings and opinions. This is called active listening. Learn how to think a certain way and be true to your own feelings, thoughts and actions. Learn how to control your attitude in a positive way to help and get more of what you want more often without taking away or harming others.

Chapter Six

HOLD YOUR POWER

LEARN HOW TO control and hold your power. Do not allow your negative feelings to control you, and do not allow other people's views or opinions override what your gifts and talents are. The majority of the time, when you think someone else is thinking or feeling something negative about you, it is really you feeling something negative about yourself and implying the people around you are thinking about you. People are people and they like to think about what they feel a connection to. In fact, people are so preoccupied with their own thoughts, they are seldom thinking about anything other than getting their needs and wants met.

Not long ago I was coaching a client who was artistic and talented at designing costumes for movie sets. My client designed costumes and showcased her work at art shows for people to view her costume designs with other designers. These art shows caused her feelings of anxiety because she developed negative feelings about another designer. It turned out that this particular client

was giving her power away because of thoughts and feelings she had which had nothing to do with the other designer. It was her insecurity about the way *she* felt about herself at the time. Once we talked through the problem and examined what and why she was thinking a certain way, she was able to discover that her feelings had nothing to do with the other designer and that she was responsible for her thoughts, feelings, actions and attitude. This was a break through so she could begin to enjoy the art shows with a new attitude.

In *Living Like You Mean It* by Ronald J. Frederick, Ph. D., Frederick outlines a four- step approach that will help you:

- Recognize the common signs of fear in yourself as well as the ways in which you unknowingly cut yourself off from your power
- Understand how to tame your fear and be in control
- Learn how to experience your true emotions and make use of their many resources
- Develop effective ways to express and share your feelings

Chapter Seven

OVERCOME DEPRESSION AND ANXIETY-FACE YOUR FEAR AND DO IT ANYWAY

HAVE YOU OR a loved one experienced depression and/or anxiety? I want to share my story.

Several years ago, I decided to become a real estate agent in an expensive area of Vancouver in an economy that was experiencing a lot of money laundering coming from off shore and driving prices up. Tear-down houses were selling for two million dollars and one-bedroom condos were selling for over a million dollars, even when they had to be totally redone because of poor state of repair. The majority of new home buyers spoke Mandarin or Cantonese and Farsi, so though it wasn't a good idea for me to enter the market with no clientele at the time, I went ahead and became an agent. This idea did not serve me well, after three years of no sales, hard work, and an investment of \$500,000 I hung

up my real estate license. I was frustrated, but I have a growth mindset and I am a tenacious character.

I joined Toastmaster's International to learn how to effectively communicate verbally. I met lots of wonderful people and I was glad I had the initiative to join. However, I wanted to improve at public speaking in a quicker time frame so I hired private coaches to assist me along my journey.

I first signed up with Pamela Hart, a speaking coach, and later with Norm Wright, a business coach from Dale Carnegie Training in Vancouver. I want to help and coach people but not as a fitness and nutrition coach. I have achieved success at fitness and nutrition for the past forty years as a result of repetitively daily habits that support fitness and nutrition. I have chosen to become an educator, coach and speaker on how to help global people learn to think a certain way which will allow people to achieve their big goals with a proven system to guide them. This certain way of how to think requires alignment of your thoughts, feelings, actions and attitude to get the desired results whether it is for physical, mental, emotional or spiritual wellness, or to achieve financial success. Thoughts are things and your mind is activity. When you get your thoughts and feelings in alignment for the right purpose and perform the right actions with a positive mental attitude over a period of time you will get physically, mentally, emotionally and spiritually sound. You can develop a wealthy mindset and achieve financial abundance just by putting your thoughts, feelings, actions, attitude and purpose into one progressive worthy idea that you are willing and able to commit to for as long as it takes.

When you are feeling vulnerable about something, take time

to pause and look inward. Most people, including me, who feel in need of something or lacking of something, go out to meet people who we think can help us. Due to our vulnerability in the moment, we are unconsciously willing to pay whatever the cost to help us get unstuck. This is exactly the thinking that lands us in terrible situations that we undoubtedly regret, if we live through.

I will tell you a story about me, I am grateful to have survived.

I had a vision that I wanted to become a television host. The show was going to be “The Donna Show.” It was going to be about helping global people who were feeling stuck overcome obstacles by hearing other people’s stories who had overcome obstacles. The goal was to meet a producer and share my story so that the producer would guide me in the process of producing the show.

I had faith that a producer could see I was genuinely interested in helping people move forward. I come from a large family so, I like large gatherings. I feel the energy interviewing people with large audiences rather than one-on-one coaching so that many people can learn new ways of how to think, feel and act with a positive mental attitude. One rainy Sunday morning I got up and was feeling lonely. I showered, dressed and drove to downtown Vancouver to get breakfast at the Pan Pacific Hotel. It was probably around one pm and the waiter told me there was no brunch left, so I ordered a hamburger and a glass of wine. The hamburger was so big it turned me off so I took a bite or two, sipped my wine then left to find a popular, local spot called Joe Fortes that was a few blocks away. I was wearing high heeled boots so I chose the elevator instead of the escalator.

There was not a soul around me while I stepped into the elevator. As soon as I stepped in a tall man walked behind me,

appearing out of thin air. I didn't feel startled because I was thinking about my mission to meet a producer.

The man was in his thirties and I gave it no more thought. However, when I got out of the elevator and walked to the street he continued to follow me. He asked me if he could walk beside me. I muttered "it's a free world" and continued to walk. He walked beside me and suggested we go for a bite to eat and a glass of wine at the Vancouver Hotel so I allowed myself to be diverted away from my plans. I am not sure why I agreed, because clearly I only went out in the hopes of meeting a producer, no matter how silly this may sound.

Perhaps I was feeling desperate to achieve some kind of career success after a lonely journey in real estate. Of course, I was unconsciously thinking and not paying attention to the red flags – the man was a con artist. After a glass of wine and a beer the bill came and this strange man said he lost his credit card in the cab and had no money. I felt sorry for him and paid the bill. We started hanging out for a few days after, though I had no physical interest in him. He sounded intelligent because he had developed a photographic memory of information. He said he was a concrete engineer and staying at the Pan Pacific and that his company was paying his hotel bills and it became a distraction from all that I had gone through in the past few years.

A few days later he called me up to ask to borrow two thousand dollars to pay his hotel bill and gave me some illogical reason. Once I gave him the money I felt obligated to hang around him to get my money back which was such a stupid decision because it was obviously costing me more money and increasing my anxiety of already being duped in real estate and now with this jerk of a

man. I have made some very good decisions in my life, but the last few years were not sound decisions that proved fruitful. I certainly was suffering from a dented ego.

How could I work that hard, have a good heart and accomplish nothing? How could I spend my money rather than investing it or travelling around the world first class and see something beautiful and worthwhile? I was really sinking, at this point, and I was too embarrassed to tell anybody for fear of their opinions about my lack of responsibility in my thoughts, feelings, actions, and attitude which were failing on all accounts.

The depression and anxiety were of my own accord. I was making decisions without sound knowledge, understanding, skill and experience. This taught me a big lesson for when I am feeling lonely or want to attract a specific person. I need to attract it mentally not physically and I need to make sure my emotions are in alignment with what I want. In addition, when I know something is definitely wrong, I should face my fears sooner than later because the longer I take to face the truth, the worse the problem is physically, mentally, emotionally, spiritually and financially.

This was a very costly lesson on all accounts. Boundaries are important. Any thought that is not planned, that seems surreal is a red flag. Stop and take account of what you are thinking, feeling, and acting upon. What is your attitude, negative or positive? Are you coming from a place of fear or faith? Stop and ask yourself questions before entering decisions that you may regret.

Chapter Eight

SELF-DISCIPLINE, FOCUS AND POSITIVE ATTITUDE – YOUR GUIDE TO SUCCESS

SELF-DISCIPLINE, FOCUS AND positive attitude will determine your outcome in all areas of life when you are willing and able to commit to goals that you want to achieve.

Focus on a progressive worthy goal and create repetitive daily habits that support your goal(s) such as writing a gratitude journal for everything *as is*, praying and meditation on the good, studying knowledgeable books to gain higher understanding, skill and experience to increase performance with a specific purpose you feel a strong connection with so you will steady your focused attention to achieve the goal.

Success comes after you have developed a positive attitude and gone the distance to achieve knowledge, skill and experience. There is no reward in getting great rewards that you have not achieved, or you do not understand what it takes to create big

success. People who have done amazing things did so as a result of their self-discipline, focus, positive attitude and their ability to overcome obstacles.

One family comes to my mind. The Scotto family in New York have created a wonderful restaurant in Manhattan called Fresco by Scotto. It is operated by Marion, the mother, daughters Rosanna and Elaina, and son Anthony Junior. I spoke to Marion when I was there a few years back. I went to their restaurant five nights in a row because I enjoyed the atmosphere and food, but even more, I discovered people gathering at the restaurant were well connected. It was the perfect place to meet a producer, and I did three nights later.

Apparently, my girlfriend and I got discovered while walking into the restaurant because we dressed like fashionable twins to create more opportunities to get discovered. I was fascinated with the Fresco by Scotto Italian restaurant and the Scotto family, who opened in 1993 on E. 52nd Street in downtown Manhattan. They've become well-known for a power broker's lunch and a star-filled entertainment industry dining place. The décor is amazing with Italian art on the walls and one wall that displays photographs of celebrities and people of importance who have dined at Fresco in the past. Many servers are even part time actors on Broadway.

Everything is done to the highest level. The paintings on the wall, the way the tables are set, the way Marion positions herself at the front to greet all her guests each night as if they were coming to her dining room in her home. In fact, this restaurant is where the family dines most evenings. Marion said she got tired of cooking large meals for her husband Anthony Sr., so now he can eat

whatever he wants and she doesn't have to cook for him because the chefs do. The only night they close the restaurant is Sundays.

Rosanna, the eldest daughter, is a journalist for NBC and she came by after her shift while Elaina, the younger daughter, runs the take-out part of the restaurant next door and Anthony Jr. greets the guests and oversees how everything is being done. Marion sits at the front of the restaurant in a tall chair with a receptionist desk to greet the guests, and around 6pm Anthony Sr. walks around the tables to say hello to people he wants to meet or connect with.

The point I am making is all the family members take pride in what they do. They all have a specific job and they collaborate so they have become excellent at their part. This family built a financially successful restaurant in downtown Manhattan because they did things a certain way for a specific purpose and created the right atmosphere. They developed a great attitude between employees and guests. The key to building a successful career in life is to find things that you enjoy doing and become very skilled and experienced at it so you can perform whatever you do at your highest level and shine your unique gifts out to the world to see. The Scotto family has not lived without problems along their journey. They have overcome obstacles in their life to accomplish their dreams and participate in the community where they live.

Chapter Nine

BOUNDARIES

BOUNDARIES ARE INVISIBLE lines that are impressed upon your subconscious (emotional) mind that give you warning signs about whether or not you should proceed. When you do not listen to your intuition you will experience consequences. Consequences are to teach you what not to do. The more consequences you suffer, the quicker you will learn boundaries that will teach you how to think, feel and act a certain way with a positive mental attitude to achieve your goals.

I have suffered from consequences throughout my life by choosing to achieve large goals the easy way, rather than to take my time and learn how to think, feel and act with a positive mental attitude towards my goals, and do the work required. I now take the time to think, feel and act positively. I choose lofty goals and learned how to invest my time, energy and money to gain the knowledge, understanding, skill and experience to become an expert at what I want to serve to global people. I want to become the best I can at educating people how important it is to continue

to develop a growth mindset and always have a worthy progressive goal on the go so that you are learning and growing daily, living your life to the fullest, gaining new experiences and sharing your gifts and talents with others so that you live an adventurous life with your own creative ideas.

Creating boundaries helps keep your focus on what you want the majority of the time with a positive attitude to attain your goals. You have the ability to command your thoughts into positive actions in the present moment regardless of whether or not you feel negative or fearful. For example, Olympic athletes are trained to perform at their highest-level during competition regardless of what they are feeling or what is going on around them. It takes a very strong emotional connection to achieve big goals.

Chapter Ten

IT'S COOL TO THINK, FEEL AND DO THINGS A CERTAIN WAY

IN ALL YOU do, do it well and to the best of your ability with a positive mental attitude. When you become in tune with something that you really enjoy doing you will discover it's cool to think, feel and do things a certain way.

Think about the greater good of all you do and how what you do can benefit others in a positive way by displaying a positive attitude and encouraging people around you to go after their biggest dreams by getting the knowledge, understanding, skill and experiences they need to achieve their big goals.

People have written and said wonderful quotes that gave messages of hope for when we think, feel and act a certain way with a positive mental attitude, growth mindset and the willingness to look fear in the face and do it anyway:

“Dreams come a size too big so we can grow into them”

–J. Bissett

“We don’t get what we wish and pray for; we get what we justly earn. Our wishes and prayers are only gratified and answered when they harmonize with our thoughts and actions.”

–JamesEllen

“Mind is the master power that molds and makes, and we are Mind, and evermore we take. The tool of thought, and shaping what we will, Bring forth a thousand joys, a thousand ills. We think in secret, and it comes to pass -- Our world is but a looking glass.”

–JamesEllen

“Education is the most powerful weapon which you can use to change the world.”

–Nelson Mandela

“Everyone can rise above their circumstances and achieve success if they are dedicated to and passionate about what they do.”

–NelsonMandela

“It always seems impossible until it’s done.”

–NelsonMandela

“Do not judge me by my successes, judge me by how many times I fell down and got back up again.”

–NelsonMandela

Chapter Eleven

WHY NUTRITION AND PHYSICAL FITNESS WILL IMPROVE YOUR OVERALL WELL-BEING AND HELP YOU CREATE MORE SUCCESS IN ALL AREAS OF YOUR LIFE

NUTRITION AND PHYSICAL fitness are vital for feeling overall good health for many reasons. Eating healthily is very important, especially at a young age.

Throughout childhood, kids' bones are growing, teeth are arriving, and minds are developing. Nutrition plays a huge part in shaping our physical, cognitive, and academic abilities, as well as our personalities.

Exercise is also important. Exercise increases our energy, decreases stress levels, improves sleep patterns, increases self-confidence and self-esteem, reduces the body's susceptibility to infection and illness, and increases circulation. Most importantly, and to sum up the above, exercise makes us feel good!

Overweight and obese kids are often robbed of childhood. They often are not able to participate at the same level physically or academically as active kids who are eating well. The anxiety of separation can lead overweight kids to continue to make poor food choices as a result of loneliness or depression. In addition, overweight kids have an increased chance of being bullied by their peers.

Overweight and obese adults are robbed of feeling good about their appearance and it affects their self-esteem and self-confidence. It can have an effect on their family, personal lives, career and social lives. Overweight people may lose opportunities to people with regular weight. Continuous overweight can have long term negative consequences on health such as diabetes, high blood pressure, and can make it more difficult to exercise.

When I was young I developed asthma around the age of five years old. I was unable to start school until I was six and nine months old because I came from a large family of seven siblings and my dad was preoccupied with his business.

Further, my mother did not drive a car and there was no transportation system from where I lived. I did not attend playschool or kindergarten. When I first attended school I struggled to learn how to read, I struggled to keep up with my classmates, and I was told not to physically exert myself because of my asthma. I fell behind both academically and physically and this took a serious toll on my self-esteem. For many years I allowed myself to feel disabling, limiting beliefs about my abilities.

- *I wasn't smart enough*
- *I wasn't fast enough*

Why Nutrition and Physical Fitness will improve your overall well-being

- *I was a poor student*
- *I was a poor athlete*
- *My asthma was outside of my control*
- *I was powerless*

Eventually I started facing my fears one by one and challenging myself to prove I was worthy. In grade two, I enjoyed the mathematics time table quizzes and the spelling tests. It makes me laugh now because I was super competitive with myself and I had no idea. Once I took a liking to something I would study it or repeat doing it until I had it memorized.

I attended church at the Richmond Gospel Hall on Sunday mornings and the teacher gave me a weekly card with a picture of an animal, bird or a flower with a bible verse that I was to memorize for the following Sunday. I enjoyed challenges to learn or do something new. I was starting to show signs of engagement and enthusiasm. At school, in grade three, students were sent outdoors at recess and lunch breaks to play square ball. Square ball used a ball the size of a soccer ball.

Outside on the cement was a box with white painted lines with four squares within one large square where we passed the ball between four trying not to touch any lines. The top player was called King and was the player who initiated the game until she was knocked out by another player. I remember being King often because it was the first time I found an athletic sport that I could play without coughing or wheezing or experiencing asthma attacks.

In high school I showed signs of academic achievement until my grade ten English teacher refused to mark my work so I

finished high school with an un-academic diploma because of his refusal to teach me and there was no other English teacher available in that time slot.

After graduation it was time to get a full time job. I signed up for a modelling course that turned out to be a self-improvement journey only to be told that I was too short, bow legged and a few pounds overweight so it was unlikely I would become a model. Unfortunately, I believed the instructor and didn't fight for something I was probably capable of achieving if I lost a few pounds and applied a positive mental attitude to figure out what to do.

My second choice was to work in an office, because I didn't graduate high school until a few years later as a result of my grade ten English teacher refusing to teach me, so I was not able to sign up for university at that time. Instead, I signed up for a one month typing course to increase my typing speed. At the end of the month, I got a diploma stating I could type 95 words per minute and as a result of my score an insurance company hired me immediately. It was at this time I met a lovely young woman named Vera and we are still in contact. Vera had an amazing personality and physical physique. I very much wanted to become as physically fit as she was so I asked her how to go about it. Vera became physically fit as a child because her family had a home on a lake where they enjoyed water skiing throughout her childhood and developed athletic skills. We began playing racquetball together twice a week and I enjoyed the learning curve. However, I really wanted to become fit so I knew I had to do more than play racquetball twice a week. I took up swimming, solo, and joined aerobic classes before deciding to run outside. I lived on a steep hill called Sentinel Hill in West Vancouver and our family home

Why Nutrition and Physical Fitness will improve your overall well-being

was almost at the top so when I ran down the hill I had to run back up again. This was very challenging on my lungs with my asthma condition and yet something made me keep going, even when it exhausted my lungs and felt uncomfortable.

For the first twenty-one days, I did not take a day off. I knew from past experiences I would quit, so I continued to run every day after work, even when feeling tired. I still remember it was early April 1979 and was the rainiest April I could remember. This was a good experience for it taught me to run rain or shine and not make up excuses right from the beginning. The importance of developing the mindset to run, regardless of my feelings, was the first step in me overcoming my fears of anything, including studying academically.

My self-confidence improved and I went back to school and got my academic grade twelve diploma and from that point on I kept improving my physical, mental, emotional and spiritual journey. I still exercise daily and love running outside and participating in marathons and I continue to eat nutritious foods and drink a lot of water to keep my physical ability, as well as read books daily that inspire me to learn and educate people on how important it is to continue learning and trying new things. So, when things do not go your way, and trials come, think about all the people in the world and past generations who have also had to overcome hardships and they did so one day at a time by choosing goals that would strengthen and grow their knowledge, skill and experience. Develop a growth mindset to do as much as you can each day without hurry or worry and build your own journey.

Along my journey, I understood I could change my attitude and learn how to think effectively and shift my attitude to

gratitude and focus on goals that I want to achieve. Once I make a committed decision to achieve a goal and feel I am able and willing to go the distance to obtain the knowledge, understanding, skill and experience, and willing and able to invest time and money, I know I will eventually obtain my goals. I have learned:

- *I am smart enough*
- *I am fast enough*
- *I am a student and an educator*
- *I am a strong and committed athlete*
- *I control my asthma*
- *Above all, I have the power to create and achieve my own financial success*

Do not allow people to tell you what you are not capable of, if you really want something. Commit to your decision to seek the knowledge, skill and experience to achieve your goal. We all need more knowledge, understanding, skill and experiences to continue reaching and surpassing our goals. So, do not allow other people's opinion deter you from going after your scariest goals. Big goals come a size too big so we can grow into them and learn and experience new things along the way.

Chapter Twelve

EMOTIONAL AND SPIRITUAL JOURNEY

WHAT DO EMOTIONS and spirituality have in common? Your emotions control what you are feeling, and your spirit is your conscious and subconscious mind.

Thoughts are things and the mind is an activity. When you learn how to control what you want to think about and impress it upon your (emotional) subconscious mind, it is your spirit (invisible energy) that directs what you are emotionally involved with into outward form. Everything in the universe is governed by spirit or invisible energy. The original thinking substance is the universal mind. This invisible energy permeates everything and everyone in the Universe from the depth of the ocean floor to the infinite universe and this invisible (spirit) is infinitely intelligent. The Spirit (universal energy) is all powerful, infinitely intelligent and evenly present throughout the universe. There is nowhere you or I can go without this universal spirit. The spirit knows

everything about everyone and everything before it is manifested outward. Each and every one of us have a special gift to explore, things to overcome and heal from and things to serve people globally something that is our unique talent when we take the time to identify what our talent is and how we can improve it to be of greater value for something greater than our own purpose. Some people discover their talent at a very young age while others discover their true calling late in life.

Many people around the world suffer from anxiety and depression as a result of limiting beliefs about what they are capable of doing and this causes dissatisfaction, unhappiness, anger, loneliness and unworthiness. Nobody feels good all the time nor are we supposed to feel good all the time. When we feel and experience un-wellness or ill health or lack of something, it is a warning sign that what we are thinking or feeling is not in alignment with what our higher purpose is. When you feel anxious or fearful, take the time to stop and reflect on what you are thinking about and feeling the majority of the time. When your thoughts are aligned with your feelings of unwell-being, the majority of time you are causing your health to decline. If you choose to think of wellness and do repetitive daily habits that support positive ideas than you will begin to vibrate on a higher vibration. Your attitude will determine how your life is going in the present moment. You have the ability to shift your attitude to something more pleasant and useful the second you make the decision to move forward with a new idea and new habits to support the idea. It begins mentally before moving into physical form. Choose big ideas that grow and strengthen what you know and where you have been so you are growing and not allowing your thoughts and actions to keep

you stagnant or retreating backwards. Life is a journey, meant to be full of adventures that allow you to meet new people, try new things, travel the world and explore new places to allow your spirit to be light and continue creating.

While I am writing this book, it is May 2021 during the COVID-19 crisis that is affecting the world.

The world as a whole is learning how to do business in new creative ways out of force and lock down. Restaurants have shut down and now only allow outside seating with 2 meter spacing between tables. People have gone to social media platforms such as Twitter, Facebook, Instagram, Netflix, television, radio, Zoom and several other new media platforms such as TikTok video sharing.

Amazon is a purchasing platform for people to purchase goods and allows people to compare prices with other suppliers. Many businesses now drop off their products and services, and many restaurants now have take-out orders or delivery service. This is an opportunity to support one another for many people in the world are feeling lonely and separated. The face mask requirement, allows people to hide behind the mask and forces people to hide their feelings and emotions. This is not good, for when we hide from things that are bothering us or affecting us, we are creating more inward anxiety and this will definitely have a negative impact on our mental, physical, emotional and spiritual well-being, and may decrease our financial ability.

Focus on what you want as often as you can by choosing a growth mindset and send out well wishes to the world as a whole with prayer and thanksgiving for all the good that is around you. Do not discount the small, good things for small, good things

can add up to large good things. The sun will continue to shine and the rain will fall and the seasons will continue so remember that life is about a balance. It is not sunny every day and it is not rainy every day.

Why do people say one thing and do entirely the opposite knowing they will get negative results as they have done the same repetitive thinking many times prior that resulted in negative feelings?

The following poem is a good example of what people continue to do until they are ready and willing to face their fears and create the life they want.

There's a Hole in My Sidewalk: The Romance of Self-Discovery
by Portia Nelson

*"I walk down the same street.
There is a deep hole in the sidewalk.
I fall in.
I am lost...I am helpless.
It isn't my fault.
It takes forever to find a way out.*

*I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I still fall in.
I pretend I don't see it.
I fall in again
I can't believe I am in the same place*

*But, it isn't my fault.
It still takes me a long time to get out.*

*I walk down the same street.
There is a deep hole in the sidewalk.
I see it there.
I still fall in. It's a habit.
My eyes are open.
I know where I am.
It is my fault. I get out immediately.*

*I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.*

I walk down another street.”

Chapter Thirteen

CREATE FINANCIAL ABUNDANCE

WHAT ARE YOUR feelings about money? Do you like money? Do you think there is an abundance of money or a shortage of money?

Money goes to those who call it and understand the use of it. Money is a good tool when used for its purpose which is to trade a form of currency for an exchange of a service or a product. Money was created so people do not have to end up with a truck load of bananas that can potentially go bad before they are traded for something useful. People used to have to trade items like rice for coal or farm instruments for cattle.

Money is a wonderful tool that creates opportunities to purchase housing, technology, education, travel, adventure, clothing, food, products and services that are useful for you to create and experience as an individual. Therefore, when you choose lofty goals for the purpose of trading your skill and products for money exchange, you have the ability to become skilled at something worthwhile and to serve people globally so that you can create

multiple sources of income and become financially self-reliant, doing what you enjoy doing and serving.

Develop a wealth mindset and read books about money. Study the use of money so that as you improve your thoughts, and learn to earn and attract more, you will learn how to invest your money and see it grow and the opportunities it allows.

Chapter Fourteen

CONCLUSION

AS WE CONCLUDE *It's Cool to Be Fit* it is clear that becoming physically fit is important to your long-term health. In addition, once you are able to create a repetitive daily system that will support your physical, mental, emotional and spiritual wellness and create your financial growth, you will succeed at *It's Cool to Be Fit* in all areas of your life. The key to obtaining any desire is to be focused on what you want, the purpose for it, aligning your feelings with your thoughts and doing repetitive daily habits that support your goals while maintaining a positive mental attitude about your ability and willingness to achieve all your goals one day at a time.

My first good fortune was obtained as a result of my dedicated commitment to get as physically fit as I could by developing a positive mental attitude and finding an athletic sport that I enjoyed doing and was willing to do the repetitive daily actions steps to attain it regardless of the investment of time, money or any other circumstance that appeared along the journey. To this day,

It's Cool To Be Fit by Donna Smood

I remain committed on maintaining and growing my physical fitness repetitively on a daily basis. This is why I chose the title *It's Cool to Be Fit*.

ABOUT THE AUTHOR



DONNA SMOOD BECAME a personal development educator and speaker as a result of a long journey figuring out her life purpose and career choice. Donna is one of seven siblings and grew up in West Vancouver. She is very close with her Mom and Dad who are now in their early nineties. She is a mother of one son who is now in his mid- 30s. She has overcome three ex-marriages. Her second husband, Tom Bandiera, remained her best friend until his passing in June 2020.

Donna is very enthusiastic about physical fitness and loves the outdoors, especially running trails, swimming, paddle boarding, skiing, hiking and golfing. Physical fitness has been part of her daily life for more than forty years. She is a positive person with a growth mindset and believes that personal development is an essential part of physical, mental, emotional and spiritual wellness. She believes in setting lofty goals that she has no idea how to achieve when she initially commits to the goal.

She has learned to develop an understanding of how prosperity and wealth are earned, attracted and encourages you to earn and attract the income you desire to become financially self-reliant and create the lifestyle that you desire creatively without taking away or harming others.

She is self-disciplined and executes repetitive daily habits that support her goals whether they are physical, mental, emotional, spiritual or financial, with a positive mental attitude and willingness and ability to go the distance for as long as it takes. Her goal is to inspire you to seek a progressive goal that you feel connected to with a committed attitude to achieve it regardless of the length of time. Donna believes life is meant to be creative and it is a journey of ups and downs that builds character and strength along the way. She believes we have to fail often before we get the understanding, skill and experience at becoming good at one thing, so we can spend our life thinking, feeling and doing things enthusiastically with a belief our hidden talent will reveal itself to help others in some way.

It's Cool to Be Fit is meant to inspire you to think about something that you truly want and feel connected to, that scares you because you do not know *how* in the present moment, yet are willing to commit to do it anyway. Donna loves illogical thinking people for they are the ones who have the ability to change how the world does business.



DONNA SMOOD
EDUCATOR, COACH, AUTHOR AND SPEAKER

My mission is to help you move forward by choosing one progressive goal that will inspire you to wake up each day to improve your knowledge, skill and experience to become an expert at your chosen creative idea.

WHAT CAN I HELP YOU WITH?

Contact me by email at donnasmood@gmail.com or visit my website at <https://globalthinkinginstitute.com>

Donna Smood's library of learning is free with your subscription.

It's Cool to Be Fit, The Science of Living Well, and How to Think is on it's way...

DONNA SMOOD STREAMING CLUB

WOULD YOU LIKE to brainstorm and mastermind with Donna Smood every week? Learn why progressive worthy goals will help you move forward with a positive mental attitude toward your physical, mental, emotional and spiritual wellness. In addition, learn new ways of improving your income sources.

We can connect through Facebook and Zoom globally. I will share things that can:

- increase your vibration and awareness of living in the present moment
- turn the wheels in your thoughts, feelings and actions
- open up possibility thinking
- help you create new habits that will immediately progress you towards your goals and dreams

If you want to be part of Global Thinking Institute, here is what you can expect each week live via streaming Facebook or Zoom:

It's Cool To Be Fit by Donna Smood

- Live streams of Donna Smood and guests once a week
- An archive of recordings from the live streams
- Timeless wisdom and creative ideas that will transform your life
- Great customer service
- A go-to place for inspiration, motivation and up to date information

See your life dramatically change in your favor by investing time, energy and money working in the right direction towards something that allows you to grow and inspires you creatively so you can create your own economy and reach every goal you set.

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To all the authors who have inspired me along my self-discovery journey.

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Sigmund Freud and William Halstead – *An Anatomy of Addiction*

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Robert Herjavec – *The Will to Win*

Mark Owen & Keven Maurer – *No Easy Day*

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Conclusion

Professional creative artists, singers, songwriters, actors, musicians, professional athletes, and all the people who take the time to realize their creative talent, inspire me to continue becoming the best of me.

My parents, Irene and Henry Smood, in their nineties, inspire me to keep going regardless of anything that is happening around them. They are living proof of overcoming obstacles and going the distance.



Donna Smood has become a global, personal development educator, coach, speaker and author. After studying personal development books for many years and mastering personal physical fitness by exercising daily and eating nutritious foods for more than forty years, she found the secret to *It's Cool to Be Fit*.

In addition, she studied with Bob Proctor and attended his seminars on *The Science of Getting Rich* by Wallace B. Wattles, *Paradigm Shift* and his one-week course in Toronto, Canada called *MATRIXx 11-11-11* in November 2018. Donna

enjoys studying personal development with people globally and made a decision that she would follow in Bob Proctor's footsteps sharing the value of personal growth.

Donna chooses to live by faith and knows, as long as she develops repetitive daily habits that support her goals with a positive mental attitude and a definite commitment, she will achieve her goals.

She is a marathon runner and, so far, has run six full marathons. Her first marathon was at the age of forty-six and her last was in May 2019 at the age of fifty-nine. She signed up for the full again in 2020 to celebrate her sixtieth birthday but the race was shut down due to the COVID-19 crisis.

Her enthusiasm for life and her belief that all people have something great to develop and share inspires her to keep going. Donna Smood wants to be known as an excellent educator and coach to inspire others to find their hidden talent(s) that can be developed by choosing an idea that inspires them and scares them at the same time. The goal must be a progressive, worthy goal that you feel connected to and have faith in your ability and willingness to develop your knowledge and skills over a period of time with a positive mental attitude and the courage to go the distance.

Donna Smood believes we all need coaching from coaches who believe in our abilities and inspire us along our journey, and she hopes that you will feel inspired to contact her at www.globalthinkinginstitute.com or email donnasmood@gmail.com to get started.