

# LIVE THE LIFE YOU LOVE

*The  
Infinite  
Canvas*



# BE

THE INFINITE CANVAS

# Tranquility

trang-kwil-i-tee

Noun



The state, quality, or condition of being calm, peaceful, and free from disturbance, turmoil, or anxiety; a sense of serenity, harmony, or inner peace that arises from a quiet and tranquil mind, environment, or atmosphere.

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# ~ Embracing Wholeness ~

## Balancing the Seesaw of Life

Hello Limitless Souls,

Welcome to another exhilarating edition of our monthly newsletter, BE- The Infinite Canvas' on Facebook.

It's often said that life is a balancing act. In the grand circus of existence, we juggle numerous balls – our work, our passions, our relationships, our well-being. Amidst these multiple responsibilities and hectic schedules, it's vital to strive for balance and harmony.



# ~ Embracing Wholeness ~

## Balancing the Seesaw of Life

Here are 10 helpful actions that entrepreneurs and business leaders can adopt to help lead a balanced and fulfilled life:

***Prioritize:*** Understand what truly matters to you, both in your personal and professional life, and prioritize accordingly.

***Nurture relationships:*** These provide the soul-food we all need. Make time for loved ones, colleagues, and friends.

***Embrace nature:*** Take breaks in nature to rejuvenate, find peace, and gain a fresh perspective.

***Meditate:*** Harness the power of meditation for inner peace, clarity, and creativity.

***Practice gratitude:*** Celebrate your wins, however small, and be thankful for your journey.





# ~ Embracing Wholeness ~

## Balancing the Seesaw of Life

***Exercise:*** Keep your body fit to maintain a healthy mind.

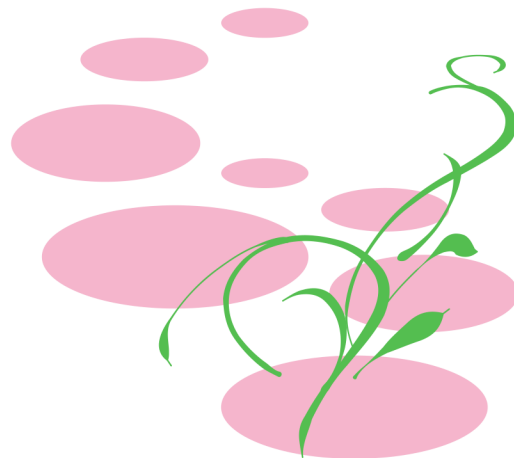
***Eat healthily:*** Your body is a temple. Honor it with nutritious food.

***Learn continuously:*** Never stop learning. Knowledge is power.

***Give back:*** Practice altruism to nurture your soul and contribute to society.

***Love yourself:*** Understand your worth. Practice self-care and self-love.

Remember, compartmentalization has its pros and cons. A balanced life isn't about living in silos. It's about letting all aspects of who you are, what you love, and how you play flow together to create an environment of harmony and fulfillment.



# 'Inspiration - 90

## Rich is Relative, Wealth is a State of Mind

"Rich is relative and Wealth is a state of mind." These words are more than just a statement. They are a testament to our intrinsic ability to transcend materialistic confines, cultivating personal character traits that truly define wealth. The true treasures of life aren't monetary but ethical - honesty, compassion, sincerity, and respect.

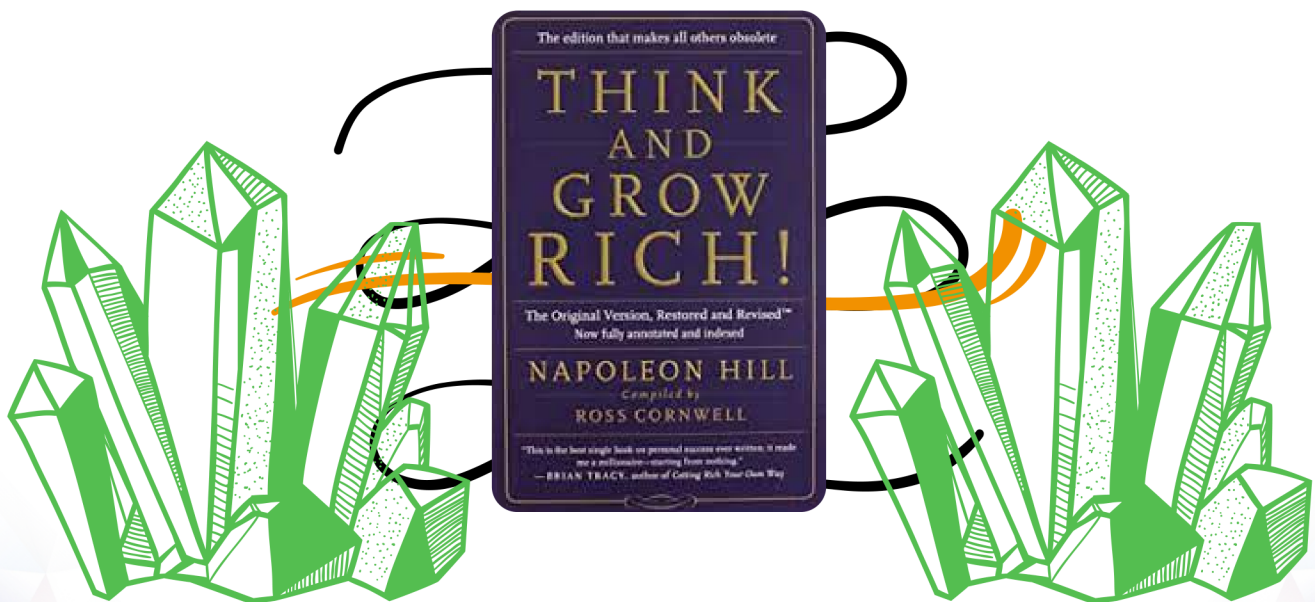
Let's strive to weave these values into the fabric of our existence, be it in personal life or business. They are the foundations on which sustainable success is built. Let's inspire others through our actions, nurturing an environment of mutual respect, compassion, and sincerity. Embrace these honorable character traits, and you'll discover that wealth indeed is a state of mind



# Resource Center

## Book of the Month

This month, we delve into the depths of Napoleon Hill's "Think and Grow Rich with Peace of Mind". This book is a comprehensive exploration of the practical, theoretical, and philosophical aspects of economic prosperity and mental peace. It is a remarkable testimony of the power of the mind and spirit in the creation of wealth and tranquility in life. The book provides readers with an in-depth understanding of this philosophy as a treasure trove of wisdom for both entrepreneurs and business professionals/leaders. It echoes our philosophy of effortless action, shedding light on the power of a peaceful mind as a tool for success.

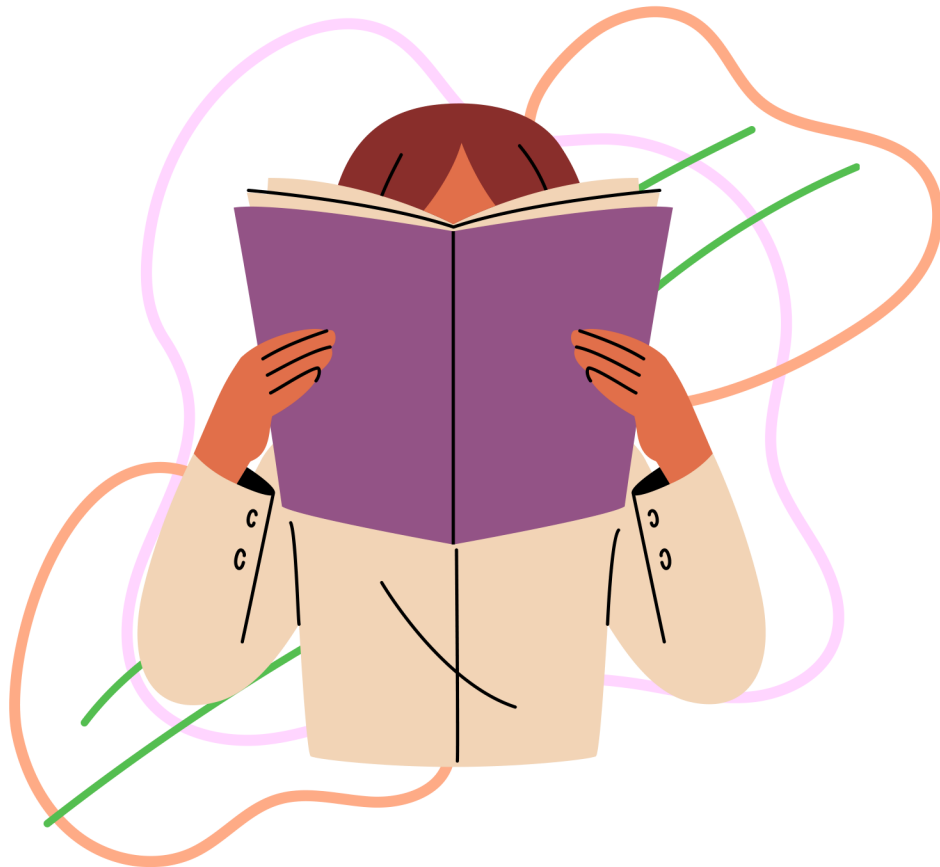


# Book of the Month

Below is a summary of the first two chapters with 3 actionable steps you can take to put these tools in practice for success and application in today's world.

**Chapter One:** Know Your Own Mind, Live Your Own Life

**Summary:** The first chapter is all about self-awareness, self-reliance, and self-esteem. It encourages readers to become the architects of their own lives and to reject societal norms that hinder individuality. It inspires readers to be fearless in their quest for truth and not be swayed by societal conventions or stereotypes.





# Book of the Month

Actionable Steps to put in real world and life practice:

1. Examine your values, interests, and aspirations. What is truly important to you? What brings you joy, fulfillment, and a sense of purpose? Your answers to these questions are the building blocks of your authentic self.
2. Look at your daily activities. Do they reflect your true self, or are they shaped by societal pressures and expectations? Reflect on how you can align your actions with your true self.
3. Develop a personal mission statement. This statement should encapsulate who you want to be, what you want to achieve, and the values you want to uphold. It can serve as a guide in your decision-making process.

**Chapter Two:** Close the Doors on Your Past

**Summary:** The second chapter dives into the importance of acknowledging and understanding the past. It emphasizes that our past experiences, while they shape us, do not have to dictate our future. It teaches us to learn from our past and move forward with knowledge and understanding. It's about acceptance and forgiveness.

# Book of the Month

Actionable Steps to put in real world and life practice:

1. Reflect on your past experiences. What lessons can you learn from them? How have they shaped you as a person? Use this reflection to inform your decisions moving forward.
2. If there are past experiences that are holding you back, seek professional help. Therapists and counselors can provide you with the tools to heal and move forward.
3. Make peace with your past. Acceptance is key. You cannot change what has happened, but you can choose how you respond and move forward.

Hill's insights guide us on how to balance our pursuit of wealth with a peace of mind. He emphasizes the importance of building a life filled not just with riches, but with fulfilling relationships, health, peace, and happiness. He beautifully articulates, "Success is not the measure of man but a triumph over those who choose to measure success with money."

Hill's wisdom speaks directly to our pursuit of effortless action, encouraging us to embody the principles of Tao and Wu Wei in our journey towards success.

# Opportunity Express

## Harnessing Opportunities

- 1. *Reach out to the SBA:*** Connect with your local SBA and get directory of minority- owned businesses. In this community, we aspire to become what we hope our market will be to us. It's not just a golden opportunity for business but a chance to foster a spirit of mutual growth and collaboration.
- 2. *Buy Locally:*** By buying local, you contribute towards reducing vehicle emissions and bolstering the local economy. An enriching local economy is beneficial for everyone. including you.
- 3. *Negotiate collaboration:*** Collaboration over competition! Even large brand competitors understand the value of collaborating. As the saying goes, "Pride comes before a hard fall and greed precedes destitution". This month, let's embrace the wisdom of unity and cooperation.



# Reflections & Dreams

## *Personal R&D*

### **BEing Limitless Souls; An Infinite Canvas**

This month, let's devote our personal R&D to the following journaling prompt: "Reflect on the 10 actions towards a balanced life listed in our Embracing Wholeness section. How do these resonate with you? Have you already incorporated any of these into your life? Reflect on your experience with them. Furthermore, consider how you can harness the three opportunities we discussed to practice effortless action. Document your thoughts, reflections, and intentions."







# Closing from the CEO, Until Next Month

As we journey together, every step we take towards balance, peace, and effortless action takes us closer to a richer and fulfilling life. Embrace this journey, absorb the wisdom, and let's create our legacy together.

This month, let's redefine wealth, not as material riches but as a state of mind rich with values, relationships, peace, and growth. Let's be the change we wish to see, today, and every day.

**Call to Action:** Engage with us! Share your thoughts, tips, and recommendations on our themes. We'd love to hear your insights on "Think and Grow Rich with Peace of Mind". We invite and encourage you to continue with your own summarizations of each chapter. Create a list of 3 actionable ways to practice each concept and share them with us so we too can continue to practice these amazing concepts from other points of view. Remember, we are in this together. More than one voice provides diverse thoughts and varied opportunities to grow. Let's create a symphony of wisdom and progress, together. The journey towards enlightenment is always more enjoyable in good company.

**Stay Limitless!**

# See You Next Month

Thank you to our contributors



Joy Saunders, CEO

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Victoria Franklin, Think Tank Contributor

Brianna Brown, Think Tank Contributor

What makes your story so impactful  
is not the trauma you have  
experienced, but rather your  
triumph in spite of it.

*~ Joy M. Saunders*

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