

O
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VERGE

Here's what I M doing

2020 Vision - Seeing a brighter future!

MINDFULNESS

The art of being in the moment



*Aligning your
mind, body, and spirit*



Dare to Dream

By Nicole B. Simpson



**Developing the right mindset
By Darin C. Wright**



**A Journey to Yoga
By Khadijah Muhammad**

ALL ABOUT THE NOTES

Take them, Taste them
Mastermind Workshops are
changing our conversations!



**ACHIEVEMENT IS BORN FROM DISCIPLINE
DISCIPLINE IS BORN FROM HABITS**



Welcome to

On the Verge

Welcome to ***On the Verge (OTV)***, a digital publication dedicated to individual and organizational preparation and accomplishment. OTV focuses on bringing out the best in you by providing content and resources to guide your personal, professional and business development. OTV's goal is to provide valuable content to improve your career, to start a business, goal-setting, life management skills, health-and-wellness, leading a balanced life, etc. OTV promotes those who are pursuing their passion and are on the verge of their big breakthrough. Our objective is to bring you to the edge, but it is up to you to take the leap. We

should always be striving to be on the verge of our next accomplishment.

OTV also serves as the media communication channel for the I M Possible Mall (**I M**). **I M** is a portfolio of businesses, products, services, brands and activities cultivated to elevate the performance of individuals and organizations. **I M** entities form a strategic alliance, leveraging their core competencies to deliver integrated, holistic, robust solutions for personal, professional and business development.

I M an ecosystem of ***betterment***.

Are you ***on the verge*** of your next accomplishment, breakthrough?

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.

Henri Bergson

THEME: Mind, Body, & Spirit



MiNDSET

“mindset” {noun}

a set of beliefs or a way of thinking that determines one's behavior, outlook and mental attitude.

new mindset = new results

LEVEL UP THINKING

Aligning your mind with your aspirations





We inspire and we instruct
We care and we coach
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We laugh and we learn
We go and we grow

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Our mission: To transform lives through education, exposure, and experiences.

Our vision: To become the largest provider of personal, professional, and business development resources, services, and products.



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Do you love yourself enough to want better for yourself?

Do you love your family enough to want better for them?



FROM

The founder of I M



Welcome to the journey!

Another Year – Another Decade

Well, another year is coming to end, and many will use this time to reflect over the past year or decade in this instance while looking forward to the next. Many will earnestly make New Year's goals and resolutions. Unfortunately, many of those goals and resolutions will fall to the wayside within a month. If you are one who realizes most or any of your New Year's goals and resolutions then congratulations as you are rarity! According to a U.S. News and World Report, on average 80% of resolutions are not actualized. There are many reasons that we don't see it through to the end which include lack of clarity, unrealistic expectations, or a lack of an effective goal-setting technique and strategy.

Why do we even bother with resolutions and goals? Because we desire something "better": better health, better career, better relationships, better lifestyle, and better quality of life! What we are seeking is progress in meaningful (i.e. *meaningful to you*) areas of our life. Experiencing progress makes us feel better about ourselves. It boosts our self-esteem which makes us happier. A stagnant life is a depressed life. Humans are meant to grow and evolve. Everything in nature is growing, dying, or both.

Often we hear that we must be persistent to achieve our goals. To be persistent requires ***having the right mindset*** that is aligned with your desired vision. Our mindset must be aligned with who we want to be and what we are seeking to become.



To become something “new” requires us to have a new perspective; a paradigm shift; a new mindset.

For those seeking to achieve or experience something new in 2020, begin with developing the right mindset for your aspiration.

Darin



By Nicole B. Simpson, CFP®

The clock strikes twelve and we are not simply entering the turn of a new year, it's also a new decade. This is an opportunity to go beyond year to year, to ensure tangible success in one's life while providing an individual the space and time to not only establish tangible goals, but to achieve them as well. However, to envision oneself in a set aside time that may be deemed the distant future, requires the person to be conscious of each minute, hour, day, week, month and year. The mindfulness or state of being aware of how you envision your life requires discipline, a commitment to self and a willingness to push beyond merely what you

desire. It will cost you something to turn concept into reality.

So, to begin the journey encouraged, I want to share a bit of my ten-year journey from 2010 to 2019. After suffering greatly on September 11, 2001, as a World Trade Center survivor who lost almost everything during the first decade of 2000, I needed a major shift in methodology to accomplish goals, fulfill dreams and see visions manifest. I entered 2010 with a bold declaration: ***Dare to Dream***. It was a declaration that one must push past their pain to pursue purpose. In addition, with such an objective, I was not properly educated to achieve the level of success that I knew I deserved. My primary mandate is to have a profound impact on formerly incarcerated women who are looking to successfully reintegrate back into society. I want them to be self-sufficient economically, emotionally and spiritually. Some of the mandate to achieve such a lofty goal can be fulfilled simply through ministry connections and preaching the gospel. However, when one is seeking a legislative impact to offer financial support to



women who have been disconnected from society at large, ministry alone is significantly insufficient. One must have social science understanding that can only be respected in the business area through education. It required me to go back to school to be taken seriously. Through an act of faith, hard work, scholarships and yes, some student loans, I graduated with a Bachelor of Science, a Master of Divinity and a Doctorate in Ministry (Dec. 2019). Could any of those goals be accomplished in a singular year? Absolutely not! However, mindfulness of the end helps to place measuring posts to keep you on the path toward your destiny.

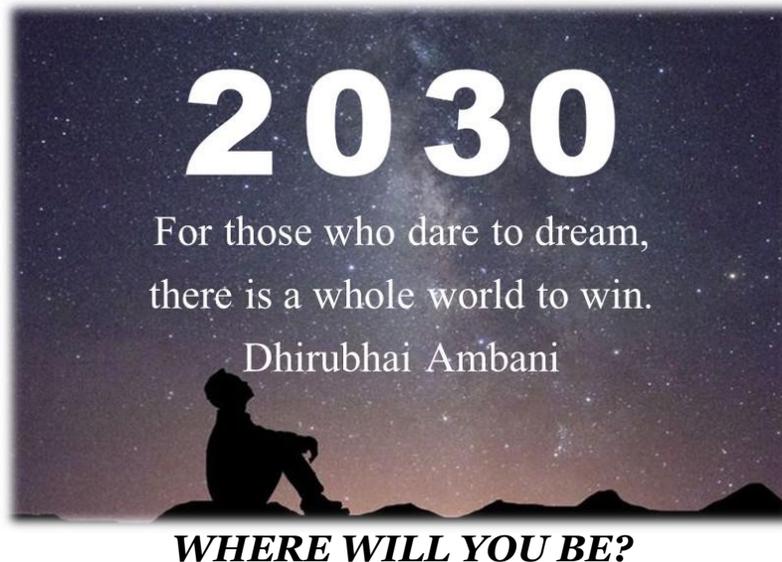
The question you must ask yourself is “Where do I desire to be when the clock strikes twelve on January 1, 2030?” Notice the date is not 2020, but if given a change to write your position in life on that date, where would you be? Once you can define where you desire to be, you must ascertain “how do I get there?” What is the projected timeline, the anticipated cost factor and most importantly, the level of commitment it will take from you to accomplish what has been dreamed? The truth is that no one can interrupt the plans you establish for yourself. It will require you to forfeit your dreams for them not to come to fruition. While life will throw many curveballs and oftentimes disrupt the best laid plans, tenacity and pure drive will override any obstacles that may unfold. I believe in your ability to achieve the seemingly impossible because there is nothing in this world that cannot be achieved if you envision it. The strategy and/or methodology may require tweaking periodically but word such as impossible, *can't* and *won't* are obsolete.

Over time, we are going to connect for the sole purpose of living life beyond our wildest expectations. My primary objective is to ensure that you have all of the necessary tools and resources to achieve your heart's desires. If you are mindful of who you are and what you intend to accomplish in a projected timeline, I have the discipline, the commitment and the faith to believe all things are possible with a plan and a strategy.



The journey will not be easy. We will hit roadblocks and stumble over unanticipated obstacles. However, they will not destroy the ultimate objective. So, begin with this simple directive. Write down the answer to my question presented earlier. Once you define it, we will journey through the steps to ensure you have the capability of achieving it. Consider me your accountability partner in this walk of life. We are on the verge of concept and reality!

Nicole B. Simpson
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www.nicolebsimpson.com





Let Your Dreams



Set Sail

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Change your conversations

Making a simple decision to ***change your conversations*** will change your mindset. A new mindset leads to new actions ending in new results. New results lead to living a different life. Negative and drama filled conversations infect our mind resulting in indecisive, do-nothing, damaging and unproductive behavior.

You can qualify your relationships by the content of your conversations. What is the tenor of most of your conversations? Are you talking about new ideas and visions for yourself or talking about the drama in the lives of others? Do you have those in your life who consume your time with their “story” or someone else’s story every time you talk to them? These people are emotional vampires who suck the life out of you. They choose to remain in their darkness and will consciously or subconsciously douse your spark for a brighter day and drive a stake through your aspirations. For your greater good, you shield yourself from these individuals. As you go into the next year, decide who and what you will take with you.



Surround yourself with those who are talking about taking action in their lives. Talk to people who are committed to living a healthier lifestyle, enrolling in a class or two, launching a business, starting a community project, etc. Change and progress begin with our conversations especially the ones we have with ourselves.



Change your conversations





All About the Notes, Take Them, Taste Them

(AATN) Mastermind Workshops focus on *changing our conversations* to progressive topics that move us to action. **AATN** Mastermind Workshops covered topics on wealth building, finance, real estate, entrepreneurship, and professional development. **AATN** is one of many *I M Collaborative Achievement Relationship Development* events that provide you an opportunity to learn, network, share knowledge and collaborate.

AATN Mastermind Workshops are complemented with a wine tasting gathering to balance the learning experience with networking, collaboration and socializing.

You can possibly win products and gift certificates from **I M** vendors and partners and you received **I M My Reward Points** that can be used toward products and services. **All you must do is show up!** Come connect with entrepreneurs, visionaries, and professionals to collaborate, share ideas, and expand your knowledge.

www.sketchdonanapkin.com/AllAbouttheNotes



ALL ABOUT THE NOTES

Take them, Taste them

**MASTERMIND
WORKSHOP
BLENDED WITH A
WINE TASTING**

Changing our conversations



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IM Collaborative Achievement Relationship Development events provide you an enjoyable, educational, empowering experience.



Nov 2019

Keith D. Wright, Sr., Ph.D.
Servant Leadership – Creating a Culture of Support



Oct 2019

Wayne Sellers, R.E. Broker
Benefit of Home Ownership



Sep 2019

Nicole B. Simpson, CFP®
You are a Business

Dec 2019 – The Right Mindset for Achievement



MINDFULNESS

Mindfulness is a type of mediation. It is the act of being in the moment; being aware of your thoughts, feelings, bodily sensations; and your immediate environment. Mindfulness involves acknowledging and accepting our thoughts and feelings without judgment. Simply making note of what we are thinking and feeling knowing that there are no “right” or “wrong” thoughts or feelings in a given moment. Mindfulness is about observing yourself (physical, mental, emotional) and all that is around you.



Mindfulness is a valuable component to developing a proper mindset for achievement. Why? Pursuing a meaningful goal or realizing a vision requires moving outside of our comfort zone which brings change, risks and fears.

Mindfulness conditions us to stay in the moment, in the now and acknowledge what we are thinking and feeling. In doing so, it allows us to pinpoint the source of our thoughts and feelings and address those thoughts and feelings that do not serve our higher good. Being in the moment reduces stress as we learn not to worry about tomorrow concerns or languish over yesterday's disappointments. We come to treasure the moment.



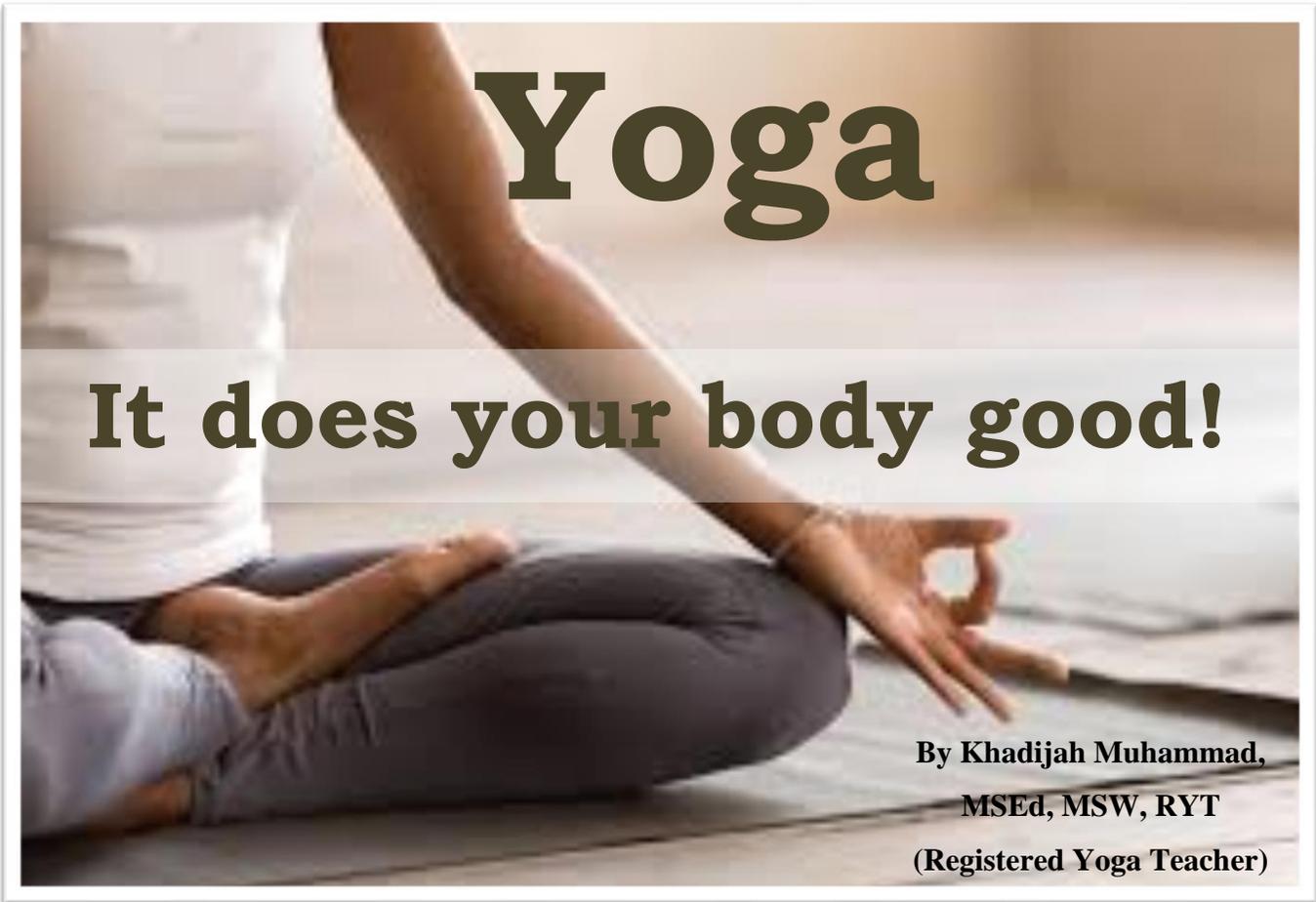
Mindfulness induces calmness and relaxation which increases higher brain functioning; improves our immune system; and lowers blood pressure and heart rate. It increases our ability to pay attention and focus, which increases our clarity in thinking. These are crucial factors to maintaining good physical and mental health which are important for sustaining a mindset for achievement.

Having an achiever's mindset requires being comfortable with failure. Constructively managing failure requires knowing that failure is a momentary situation. Understanding our thoughts and feelings about failure allows us to work through them and remain committed to pursuing our desires.

Visit levelup.IMpossiblemall.com for more information about mindfulness. Consider practicing mindfulness, meditation, or yoga as all these are means to enjoying and mastering the moment.



On the Verge



What is Yoga?

The formal definition of Yoga is physical, mental and spiritual practices or disciplines which originated in ancient India. (www.wikipedia.org/wiki/yoga) The practice of Yoga includes breath control, simple meditation and the implementation of specific bodily postures or poses called Asana. Yoga is a system, not of beliefs, but of techniques and guidance for enriched living. (www.yogaalliance.org). It is now widely practiced to support health and to increase relaxation and mindfulness.

Yoga is for every **body**. It can be practiced by people with big, small, tall, short, young and old bodies. You can practice Yoga if you are flexible or inflexible. If you have breath in your body, you can do Yoga. Yoga is a great activity for individuals with diabetes,



high blood pressure, high cholesterol or heart disease. It gives you strength, flexibility and mind-body awareness. (www.webmd.com)

Finding your path to Yoga

The start of a Yoga journey can be a wonderful and special time. If you are looking to begin practicing Yoga my first suggestion is to have an open mind and an open heart. Keep in mind what is calling you to begin a Yoga practice and let that be your guide.

There are many ways to begin a Yoga practice. You can practice in your home by purchasing Yoga videos, download Yoga videos from the internet or use a Yoga app on a mobile device. If you are practicing Yoga at home, I suggest you view the video first without following the instructor. This will give you an idea of flow and pace of the video and what you are willing and able to do.

If you are ready to attend a public Yoga class, there are classes available in most gyms, fitness centers, and Yoga studios. You can find a local Yoga studio by doing a quick Google search. It is a good idea to read the reviews by Yoga students to get the vibe of the studio to make sure it is a match for what you are seeking.

When attending your first public Yoga class, arrive early to meet the Yoga teacher and let him or her know that you are new to Yoga. A good Yoga teacher will ask you brief questions to learn more about you and any physical challenges or limitations you have. When practicing Yoga in a group, avoid comparing yourself to others. Instead, listen to the teacher, work within your limits and be in your own experience.

A good Yoga teacher can make all the difference in your Yoga journey. The number of people trained to teach Yoga is trending upward. As a result, there are standards and continuing education requirements to ensure your safety and the integrity of the



practice. The basic Yoga teacher training is 200 hours of studying with several hours of teaching. Many teachers advance their Yoga teacher training by studying an additional 300 hours for a total of 500 hours.

Yoga Alliance is professional organization for Yoga teachers. It has standards, teaching and continuing education requirements for Yoga teachers. You can search their website (www.yogaalliance.org) for a Yoga teacher in your area. However, there are many great Yoga teachers who are not registered with Yoga Alliance. So, don't limit your search for a Yoga teacher or Yoga class just to this organization. You may need to attend several Yoga classes with different teachers to find the one that aligns with your needs.

What brought me to Yoga



I have been married for 38 years, with four adult children and eight grandchildren. To say that Yoga does my body (and mind) good is an understatement! I began practicing Yoga 19 years ago and became a certified Yoga teacher 11 years ago. For the past 10 years I have taught Yoga in a variety of settings from traditional Yoga studios to gyms, community centers and churches. I have also conducted private sessions in client's home and for workplace wellness programs.

I first came to Yoga by way of my weight loss journey. While attending evening classes for my second Master's degree, I was working a full-time job, and parenting my four children, who were pre-teens and teens at the time. Needless to say, I did not find time for self-care and gained 15 pounds!

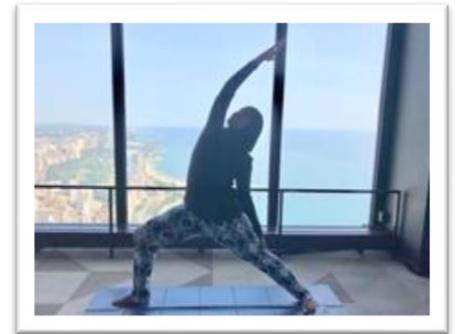
After graduating I made it a priority to devote time to my wellness. I started with morning walks in my neighborhood, doing cardio workouts at home and eating



healthier. I added Yoga to my fitness regimen to initially gain flexibility and strength and quickly found a secondary benefit. Yoga was the perfect way for me to create peace and reduce stress in my life. In addition, I became a better parent and person.

When my father passed away 16 years ago, I participated in a grief research project conducted by a local university. This program was based on Jon Kabot-Zinn's Mindfulness-Based Stress Reduction model which incorporates the practice of Yoga and mindfulness to help people cope with stress, anxiety, pain and illness. All the members of the group had experienced the death of a loved one recently. In addition to weekly group sessions, we had home assignments which included journaling to track our thoughts and feelings. This experience convinced me to become a Yoga teacher.

Being an educator and social worker helped me tremendously in becoming a Yoga teacher. I use my skills as an educator to develop thoughtful and safe Yoga class plans to provide my students with a full body experience. As a social worker I have the skills to address the emotions that students may experience when practicing Yoga. Yoga brings them together as it is beneficial to the body and mind.



Becoming a Yoga teacher.

I began to teach Yoga by opportunity (not by accident). As I was incorporating exercise and healthy eating in my lifestyle, I learned about a Personal Training course offered by a local community college. I enrolled and became a certified Personal Trainer. After completing the course, to fulfill the internship requirement, I interviewed at a local gym. During my interview with the gym manager, I discussed my love of Yoga and that I had been practicing it for several years with the intention to soon get certified. She



became excited as she was looking for a Yoga instructor. I was hired on the spot! This was a great opportunity for me.

I started teaching Yoga at this gym while completing my 200-hour Yoga teacher training which allowed me to put in practice what I was learning. I began by teaching evening classes during the week and Sunrise classes on the weekend. My evening classes became popular with diverse body types enrolled.

My enrollment continued to grow leading me to increase my class offerings. I began to receive requests to teach at other locations including another gym, a church and private sessions for those who did not want to be in a group setting yet. My career as a Yoga teacher was blossoming! I was making a difference in the lives of so many people and enjoying it all.

Unfortunately, my life would be met with chaos in 2009, when my husband suffered a stroke. Shortly thereafter I had to put my Yoga teaching on hold to assist with my husband's recovery. In addition to relying on my Islamic faith, I used my Yoga practice as a way to cope with the turmoil as it helps me maintain balance.

My Yoga business

I resumed Yoga teaching this past year, after a 5-year hiatus and now conduct a weekly Yoga class with my family that includes my 79-year old mother, my 3 sisters, my daughter, and occasionally other family members. My mother often shares the benefits she is experiencing by maintaining a Yoga practice.

In addition to teaching again, I am excited and eager to advance my Yoga business, **KLM Yoga**. **KLM Yoga** which stands for *kind, loving and mindful* Yoga for every**body**. I teach a style of Yoga called Vinyasa. Vinyasa Yoga is a dynamic and

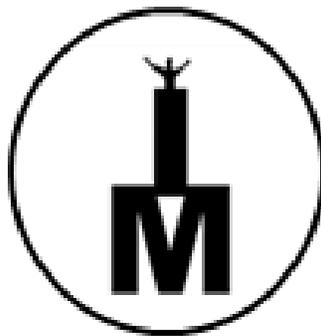


flowing Yoga that links the breath and movement through a creative series of postures or poses. This flow is designed to create balance and flexibility while cultivating body mindfulness and awareness.

On the Verge

I am literally *on the verge* of two new ventures. I am writing a business plan to open a Yoga studio. My vision is to bring Yoga to communities that are underrepresented in the Yoga world. My goal is to facilitate a Yoga retreat for women in the year 2021 at a Caribbean location to celebrate my 60th birthday. Stay tuned!

To find out the latest on KLM Yoga visit my Facebook or Instagram page: KLM Yoga. To invite KLM Yoga to your event or for a private/group session contact **Khadijah Muhammad vial email at KLMYoga@aol.com**. Be well!



I M proud to see Khadijah *on the verge* of her next breakthrough!



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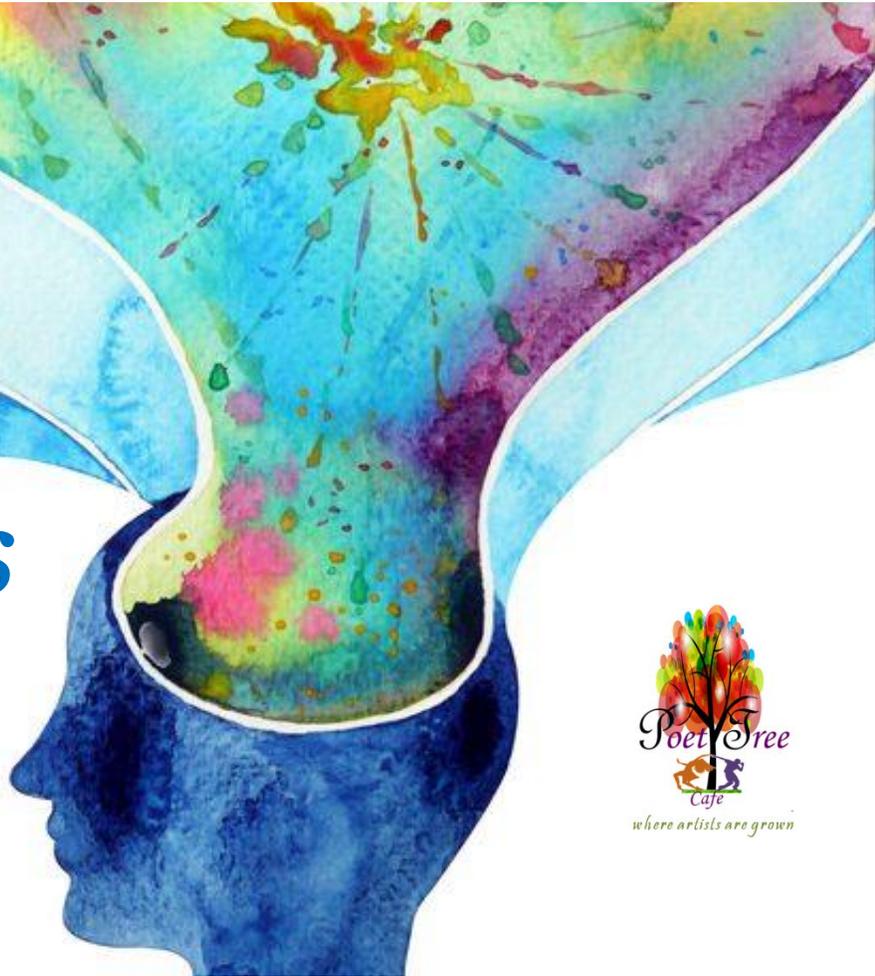




Mindfulness of the arts

Tap into your creativity to experience mindfulness. Engaging in the arts provides an opportunity to experience mindfulness as both share similarities mainly being fully engaged in the moment. The act of *creating or expressing our creativity*

Mindfulness of the arts



completely engages our being leading us to submit ourselves to the moment. This is known as being *in the zone*. Being in the zone is where you are not focusing on your actions instead you observe the experience while performing those actions. Your actions naturally flow. Connect with your higher-self by painting, writing, acting, or some form of musicianship. Not only will you experience aspects of your higher-self, you will create something to be shared with others in essence sharing yourself with the world.



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IM Supporting the Arts



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Facebook

Benefits of enrolling in acting classes:

- Enhances creative expression
- Improves public speaking
- Improves self-esteem
- Shatters creative limitations
- Improves ability to engage with others
- Lastly it is educational and fun!

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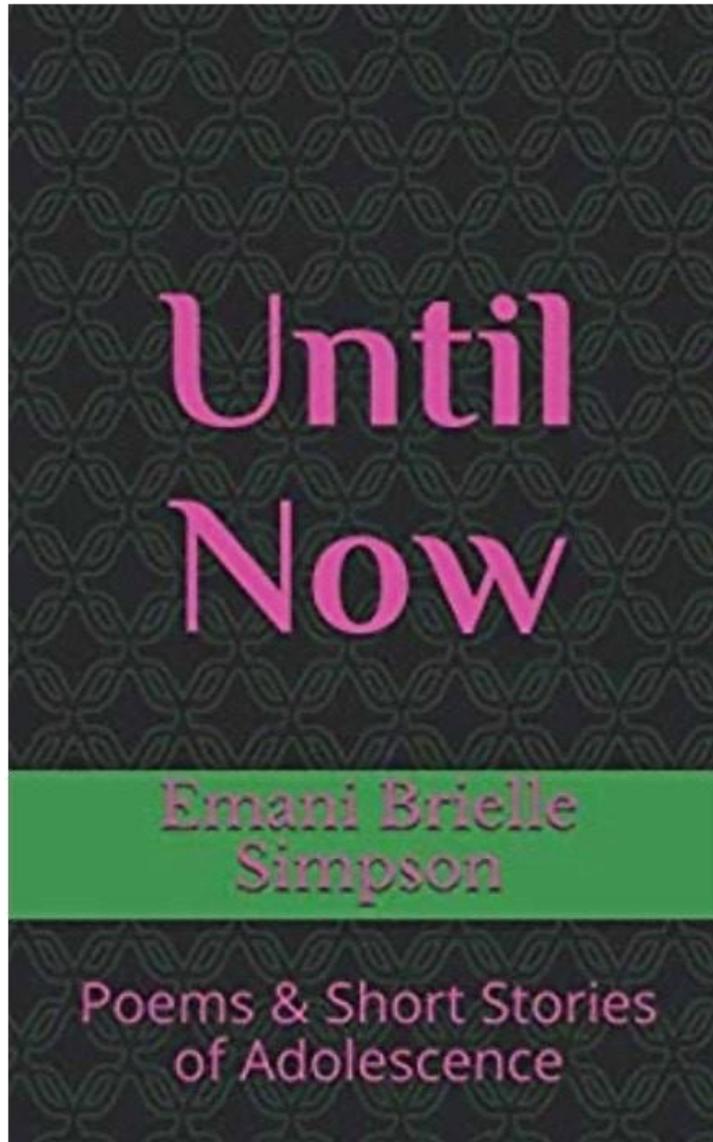


I M *Supporting the Arts*



Emani Brielle Simpson

Until Now: Poems & Short Stories of Adolescence



TheRealArtistsCollaborations@gmail.com



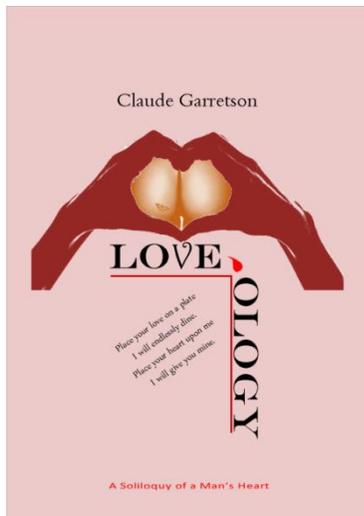
IM Supporting the Arts



Claude Garretson

Author/Poet

...To make love to you with
words,
thoughts and deeds prior
to a flesh rendezvous will
take
our mind, body and soul on
an
orgasmic path that
transcends our
limited physical existence.
A journey to an unimaginable
realm
that only a
Divine pair could possibly
know the way.



I enter your temple
and there at the Altar of Love
I engage in
Spiritual intercourse with
you...

Dance of the Naked Soul

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and erotic poems covering the life of
intimate relationships. From the
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frustration of the end, these poems
touch emotions that we experience
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IM Supporting the Arts

**JOIN US
FOR A
PAINT &
SIP**



*TAP INTO YOUR CREATIVITY AND
EXPERIENCE NEW POSSIBILITIES*

Date: Friday, December 13, 2019

Time: 6:30 – 9:00pm

Fee: \$35.00 per person

Cuisine: Catered by Taste Me Please

Beverage: **BYOB**

Location: Bey Art Studios, 57 Dodd Street Bloomfield, NJ



Darnell Jones Bey is the owner and founder of Bey Arts Gallery located in Bloomfield New Jersey, established in 2015. Bey Arts became a space for the community to explore and gain experience learning about culture and art. Darnell inspires all ages by showing his talents in an educational and structured art classes for beginners and experts. Bey Arts invites all creative ideas, where the ideas can grow with endless possibilities.

Join us and support a local artist!

For more information email us at connect@IMpossiblemall.com



LEVEL UP THINKING

A blue silhouette of a person is climbing a ladder that is integrated into the letter 'G' of the word 'THINKING'. The ladder extends upwards and to the right, with another shorter ladder visible behind it.

*It is not the movement of the clock that produces the newness in life.
It is the movement in your mind.*

T.D. Jakes

levelup.IMpossiblemall.com



Success in anything begins in the mind. Our most powerful tool is our mind and mindset.

What is “mindset”? Mindset is a set of beliefs or way of thinking that determines one’s behavior, outlook and mental attitude. Mindset involves our cognitive processes, bias, attitudes, and expectations. Note that mindset has nothing to do with talent or intellect. It has nothing to do with demographics. It is the mindset that drives one to develop their talent and intellect.

Why do some people live *extra*-ordinary lives while others settle for living an *ordinary* life? What is the *extra*? Beneath talent, beyond resources, in the tributaries of our blood and sweat is a trickling belief system, a mindset that flows with currents of a champion or undercurrents of a critic or spectator.

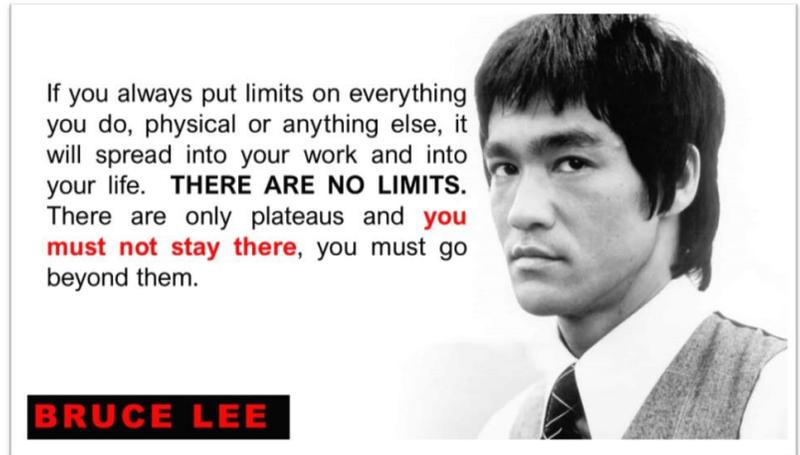
Mindset is a better predictor of success than talent, success being an individual definition that may not be measured by tangible assets.

A study performed by Dr. Carol Dweck, a psychologist at Stanford University, determined that some students have a “fixed mindset” while others have a “growth mindset”. She found that students with a growth mindset, an “I can” mentality, tend to earn higher grades while those with a fixed mindset did not experience the same results. Dr. Dweck’s findings support the concepts shared by self-help authors and even science. What is a growth mindset? A growth mindset is a belief system emphasizing that one’s basic abilities can be developed through dedication and hard work and that brains and talent are just the starting point. This perspective leads to a dedication to learning and resiliency



To rise to the next level, you must be willing to leave where you are, to exit your comfort zone. You must become someone you are not. To be someone you are not, you must think differently. Albert Einstein said, “We cannot solve our problems with the same level of thinking that created them”.

The mindset of a champion is to always reach for the next level, to achieve the next victory. Begin by seeing yourself as the person who is on the next level. Below are actions to take to develop an achiever’s mindset.



1. It’s not just what you think, it’s also how you think. Developing the “right” mindset begins with improving how you think and ultimately improving your thoughts. Your cognitive biases shape how you see the world. How you see the world becomes your world, your perception becomes your reality. Is the glass half full or half empty? Are you always right? Etc.
2. More important than your thoughts are your feelings. While our thoughts are crucial to our growth, our feelings are even more important. How we feel can move us to action or cause apathy and procrastination. Acknowledge your feelings without judgment. Feelings are neither right nor wrong but should be understood for growth.
3. Define what you really want in life. Begin by stating what you want to be, do or have. If you think you don’t, the truth is you are not listening to yourself. We



know what we want but often we have buried our desires and dreams. Life has a way of muting our passions. Decide right now to resurrect your dreams.

4. Know your “why”. Why is your vision important to you? Your “why” provides you the strength and commitment to see it through to the end. Your “why” will remind you of your reasons for your dedication, hard work, effort and sacrifices. Defining, articulating, and keeping your “why” at the forefront of your mind will help you stay the course.
5. Listen to your inner voice. This voice is critical to building your confidence. Pay attention to what it is saying to you. Is the voice encouraging you or holding you back? This voice is powerful. More powerful than what others say to you is what you say to yourself. Meaningful change requires a new mindset, which begins with changing your inner conversations from *should* to *can* to *will* to *am*:

I should change - I can change - I will change - I am changed

6. Focus on your words. Words make up your conversations and conversations will drive your thoughts and feelings. Combine your words with emotion to inspire yourself and those around you.
7. Change your conversations. *Listen, focus, change*. Change the conversations you are having with others. Commit to positive, empowering conversations. Disengage from negative, drama-filled discourse.
8. Control your circle of influences. This circle consists of what you watch, listen to, and read. Control who you allow yourself to associate with on a regular basis. All of these influence your words, thoughts and feelings which drive your actions and habits which determine the results in your life.



9. Act every day. Each day take action that will move you forward toward accomplishing your goals even if it is a small action.
10. Hold yourself accountable. Your actions speak louder than your words so hold yourself and only yourself accountable for the direction and progress in your life. Being disciplined is key and it is hard to develop and maintain. Find an accountability partner. Team up with someone who is committed to change and progress.
11. Persist! Failure is temporary. Pain is temporary. Work your plan. Stay in the game. Don't make excuses; make adjustments!
12. Be the hero of your story. Stop telling your story unless you are the hero. Victory begins with not being a victim. Stop whining and start winning. The world needs you to be victorious.
13. Invest in yourself. If you don't invest in you why should anyone else?
14. Continuously learn. Commit to reading, researching, and learning. Take classes, attend lectures and workshops. Make learning a priority as it is about preparation. Ask questions. It is okay not to know but it is not okay to accept not knowing. Knowledge is accessible 24/7/365. "I don't know" should not be a STOP sign. Replace those words with "I will find out."
15. Commit to the process. The goal is the outcome of the process. A goal of losing weight requires committing to the daily process of eating differently. You cannot control the output, but you can control the process. *You cannot control where the arrow flies, but you can control how far back you pull the bow.* – Unknown



16. Enjoy the process (aka the journey). Love practicing, love eating healthy, love showing up to play. Love the process!
17. Set high standards. We get the results of the standards we set.
18. Do not define yourself by your accomplishments or failures. Your self-worth and self-definition are defined by your persistence and commitment to remain in the game even when you are not winning.
19. Invest your time wisely as it is finite. Time cannot be saved by placing it in a vault for future user. You either invest or waste it.
20. Practice mindfulness to increase your awareness of your inner-self. Being in touch with your thoughts and feelings develops your self-awareness. Your self-awareness increases your mental fortitude which drives you to stay the course, to regroup, and push onward.

Developing the right mindset takes effort but the result is worth it. The right mindset does more than improve our in our chosen profession, it improves how we live. The right mindset does more than prepare us for success, it helps us handle disappointment and misfortune. One of the sweetest benefits of having the right mindset is it make life more interesting.

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DW



Whenever someone says to me,
“People have to accept me for who I am!”

I reply, “No, they don’t.”

You have a choice to remain “who you are” and others have a choice not to accept you. Maybe who you are is not the best of who you can be.

Ask yourself, “Am I getting what I want in life? Do I have the types of relationships I desire? Am I experiencing all that I wish? Is the person I am today able to accomplish all that I want tomorrow?” If the answer is “no” then instead of demanding others to accept “who you are” maybe you should stop accepting “who you are”.

Don’t let your ego limit your growth. When you fight
for your limitations, you get to keep them.



Food for Thought

People are hungry for positive change and experiences, for something different. Power Brunch™ wants to appease this growing appetite and leverages the power of a shared meal to generate positive, progressive conversations.



Power Brunch™ is a structured, facilitated, interactive event to foster positive, progressive dialogue and ideas to empower one another with their personal, professional and/or business growth.

It is designed for individuals who want to progress and grow. The intent is to have an environment of “positivity”.

We connect cuisine, content and conversation to bring out the best in us. Bring an appetite for more, for better, for growth. Come feed your mind, body, and spirit. Learn from others. Empower others. Share your expertise. Do something different and positive. Taste Me Please can host an all-inclusive Power Brunch™ for your team or guests.



powerbrunch@tastemeplease.com



I M Supporting Others in Their Endeavors

Leaders serve as a pillar of strength to those in their professional and/or personal circles. This is a role that we as leaders strive to fulfill. But what do leaders do when they need guidance and support? Who do we lean on in our time of need? When you are viewed as “having it together” others rarely ask



about your well-being or your needs. This leaves leaders with a feeling of loneliness and depression which they tend to mask for fear of being judged or living up to their leadership persona.

Let's Talk About It (LTAI) is a forum for women leaders who need to connect to like-minded women. LTAI provides women leaders the opportunity to discuss their challenges, professional and personal with those who can provide experiential insight. Regardless if you are a corporate leader, business owner, or mother who needs constructive discussions to take on challenges then LTAI is here for you.

Please join us for our upcoming event and meet progressive women who are committed to empowering each other.

This event is for the leaders who are strong enough to recognize that they too need support at times.



LTAI serves to be a strong, united empowerment group that is based on the cornerstones of confidentiality, trust and integrity. LTAI is your safe space to be educated, encouraged, empowered and endowed. What's on your mind? What's on your heart?

Let's Talk About It in an eloquent, educated and comprehensive way. It's time for us to have meaningful discourse.

This group holds true to these simple yet profound values:

<i>Honesty</i>	<i>Truth</i>	<i>Love</i>
<i>Compassion</i>	<i>Confidentiality</i>	<i>Integrity</i>
	<i>Respect</i>	

For more information connect with us on Facebook - **Let's Talk About It**, username @LTAIWMYS or email at ltaiwmys1@gmail.com.

Launch Date: December 14, 2019



taste me please

Taste Me Please believes that cuisine should be an expression of our emotions. Eating should be a sensual experience and our food should touch all of our senses. See me...inhale me...touch me...hear me...taste me please so says the cuisine.

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REFLECTIONS



2019 has been an awesome year for I M companies/brands. We launched new brands and events; develop new relationships and partnerships and rekindled old ones; and mostly importantly we positively impacted many lives. We had many accomplishments, highlights, and high-fives throughout the year; and the opportunity to contribute to the professional and business development of our Gold Partners and clients.

We also had our challenges and disappointments such as events with no attendees, but we persevered and continued moving forward. 2019 was a year of laying the foundation for the I M vision. 2020 will be a year for full-blown execution and scaling the enterprise. **I M ready, are you?!**

Here's to looking back on 2019.



I M 2019 Highlights

January

- **ANEW Professional**
 - Engaged its initial fee-based client
- **On the Verge**
 - Went digital!
- **MD Healthcare Management Solutions**
 - Had its first client and successfully delivered a solution
- **Too Fit to Quit (2F2Q)**
 - Launched its **I M Well** group to inspire health & wellness
- **Taste Me Please (TMP)**
 - Launched and hosted the **I M Power Brunch** event
 - Catered its first event external to I M

March

- **Sketched on Napkin (SON)**
 - Launched **All About the Notes, Take them, Taste them** monthly seminars

April

- **Too Fit to Quit (2F2Q)**
 - Launched its weekly, **Walk the Talk** activity to encourage people to focus on their health & wellness
- Established **Pursuit of Greatness** governance for knowledge sharing events

May

- Launched **Level Up Thinking**

June

- **Professional Executive Program (PEP)**
 - Acquired its first coaching project & clients
- **Sketched on a Napkin (SON)**
 - Delivered its Entrepreneurship Book Club to business client/employees



July

- **Relation Ships Yacht Charters (RYSC)**
 - RYSC in partnership with SON hosted the Entrepreneur-Ship Brunch Cruise
- **Sketched on Napkin (SON)**
 - Delivered the first class for the new **I M Master Class** series
- Launched **Collaborative Achievement Relationship Development**

August

- **StrategicIsite (SIS)**
 - Acquired a new major client in the healthcare industry

October

- **Taste Me Please (TMP)**
 - Engaged its initial fee-based client

December

- **Taste Me Please (TMP)**
 - Moves into a commercial kitchen!
- **Poet Tree Café (PTC)**
 - Returns with a Paint & Sip event.

New brands created in 2019 scheduled to be launched in 2020

- Brother Bind Book Club (YouTube Channel)
- Escape Velocity
- IMaC
- Innovative Institute
- Youth Entrepreneurship Showcase

I M looking forward to 2020!



Snapshot of 2019





2020 Vision

Events	When	Company/Brand
Power Brunch	Q1	Taste Me Please
All About the Notes	Q1	Virgin Tongue
Achievers Book Club Launch with Brother Bind YouTube Channel	Q1	Field of Dreams
Master Classes	Q1	Sketched on a Napkin Strategos Academy Heuristic Learning
Walk the Talk	Q2	Too Fit To Quit
Visionary Dinner Cruise	Q2	Relation Ship Yacht Charters
Youth Entrepreneur Showcase (YES)	Q2	Sketched on a Napkin
Entrepreneur-Ship Brunch Cruise	Q3	Relation Ships Yacht Charters
Annual Friend-Ship Fishing Excursion	Q3	4Reel
Opportunity Network Exchange (ONE)	Q4	The Opportunity Brokers
Client Appreciation Networking Event	Q4	I M



Train to be a mediocrity assassin!



Fill in the blank



YOU DECIDE WHO AND WHAT YOU ARE IN EACH MOMENT. THOSE MOMENTS ARE TIED TOGETHER TO BECOME WHO YOU ARE IN LIFE. IT IS A CHOICE. THE EVENTS IN OUR LIFE HAVE LESS POWER THAN HOW WE CHOOSE TO RESPOND TO THE EVENTS. LIVE YOUR LIFE WITH INTENTION AND PURPOSE.

Make 2020 an **AWESOME** year!



I M on *Meetup!*

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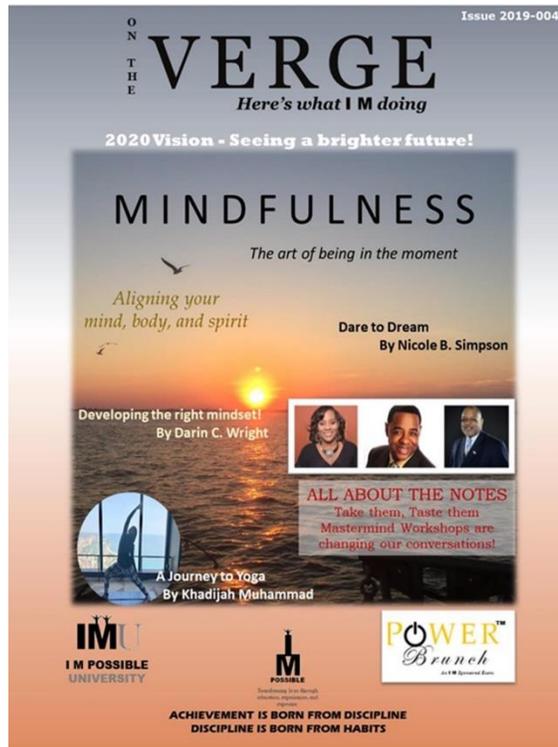
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- If you would like to contribute an article.



Learning and growing together as one

We have begun the process of establishing **I M U** as an official non-profit entity within the **I M** brand portfolio. **I M U** will serve multiple purposes to include:

- Establishing and managing the corporate social responsibility governance for all I M businesses and brands
- Aligning partnerships between I M brands and social, environmental and community-based causes
- Managing internship programs for I M brands
- Developing eco-friendly sustainable strategies for I M brands
 - Create a sustainability culture within the I M organization
 - Integrate sustainability within the business strategy
 - Make sustainability part of our value system



About OTV & I M

Hopefully you learned a little more about **I M Possible Mall (I M)** businesses and brands. Some may ask, “Why so many businesses and brands?” Well our business is transforming ideas into brands, products, programs, services, and businesses to transform people, organizations, and communities.

We inspire and we instruct
 We care and we coach
 We entertain and we educate
 We laugh and we learn
 We go and we grow

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I M transforming lives through education, experiences, and exposure

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I M an innovative and unique business model consisting of a portfolio of businesses integrated to deliver seamless personal, professional, and business development solutions. Doing business with one **I M** business is doing business with all of them. **I M** proud to elevate people, businesses and communities. **I M** continuously creating ways to provide growth resources

For information about **I M** businesses please visit www.IMpossiblemall.com.

May you continue to read **OTV**. **I M** daring you to always strive to be *on the verge* of your next breakthrough.

The Wright Group

Private Capital Firm

