

BLOG TALK RADIO SHOW: Are You Living Your Core Values?

"Ladies For Such A Time As This"
with Rosalynd M. Rambert &
Sandra Haynes Sawyer, Esq.
Every 1st & 3rd Saturday
10:00—10:30 AM EST



CALLING ALL LADIES!

Have you identified your core values?

Is your life and core values in alignment?

Are you "consciously" living "your" core values?

"When you achieve complete congruence between your values and your goals, like a hand in a glove, you feel strong, happy, healthy, and fully integrated as a person. You develop a kind of courage that makes you completely unafraid to make decisions and take action. Your whole life improves when you begin living your life by the values that you most admire."~Brian Tracy

To truly live a life of fulfillment, harmony, meaning, satisfaction and greatness, one must be true to themselves by honoring their core values. Have you identified your core values? Are you living a life aligned with your values?

Your values are your guiding principles, the things that mean the most to you. Like a compass, your values dictate the choices you make and determines your life's

direction.

Your core values must be the driving force in your life. We all have and live by values, the question is: *“Are you consciously living core values “you” have chosen to help you live your best life now?* Many people are not consciously aware that they are living values inherited from their parents and/or have adopted values based on societal influences, that are NOT serving them. It’s time to live your life on purpose.

Please join me and my co-host Sandra Haynes Sawyer as we discuss the importance of identifying and consciously living your core values, on Saturday, May 18 from 10:00 AM -10:30 AM EST.

We look forward to you tuning in, **“For Such A Time As This!”**

Have a FANSPIRING day!

<http://www.blogtalkradio.com/ladies-for-such-a-time-as-this/2013/05/18/are-you-living-your-core-values>

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“The Power of Affirmations and Visualization – Pt. 2”

What an empowering show!!!

Sandra Haynes Sawyer, Esq and I would like to thank those who tuned into the “**Ladies For Such A Time As This**” Blog Talk Radio Show on Saturday, March 16. We truly hope that you walked away equipped with some knowledge and strategies on how to effectively use affirmations and visualization to create the life you want and deserve.

Remember, what you do has everything to do with your belief system. Therefore, it is imperative that you reprogram your subconscious mind for success and change your limited and negative belief systems. **YOU ARE WHAT YOU THINK**. Today you must **AFFIRM** and **VISUALIZE** the life you want and deserve.

To purchase a copy of Dr. Lucille Farrell-Scott and Dr. Sunne-Ryse S. Smith book, “**I AM THAT**” please click on the link. This book is sure to help you develop the affirmations you need to attract the things you want in your life.

If you were unable to tune into the show, please click **here** to listen to the replay.

We look forward to you tuning in with us on Saturday, April 6.

Have a FANSPIRING day!

Always Aspiring,
Rosalynd
Your Sister and Friend