



Every Minute Counts


By Alli Mang



4 time best-selling author, speaker and host, *Alli Mang* is the Founder of NADA, (Non-alcoholic Wines and Spirits.) She is also a proud representative of the natural skincare line, *Dermaniche*. For a decade, Alli launched and represented one of the most successful home lifestyle brands with *TSC*, setting the highest network category sales records for four consecutive years. Her talent management company of musicians, speakers and actors earned her a seat at the 89th *Academy Awards*.



I lost my mom to cancer in July of 1999. Seven years later (almost to the day), I lost my only sister to suicide. While I was training for my seventh marathon, I found myself recovering from a four hour surgery to remove an orange-sized tumour from my stomach.



If you are completely happy, living everyday to its fullest, your way, on your terms, celebrating the best of you and honouring your life journey - there is no need to read any further. However, if you're not feeling as happy or fulfilled as you'd like to be, I invite you to join me on the continued quest of creating your best life.

In order to gain more understanding, and get more from the life that has been gifted to you, start with the awareness that you have an infinite amount of choices - available at all times. Perhaps this makes you feel a little nervous? If so, congratulations - you are exactly where you need to be. Fear can play a very positive role, directing you towards making different choices.

The surgery was invasive, the scars real, but I survived. These huge life experiences, although excruciating to have gone through, have become my personal guides towards deeper happiness. The fact that I'm still here means I have a lot more to learn and celebrate - which I welcome!

No matter how pivotal, extreme or unexpected certain life events may be, they can be seen as opportunities to wake us up to learning opportunities. Choice becomes your best ally. The responsibility of being a beautiful, imperfect human, is that - everyday, we have the chance to make different choices.

Like a sailboat navigating a storm vs a calm day on the water, both circumstances require the captain to make choices on how best to keep the boat upright, moving soundly toward its ultimate destination. How we respond to what is happening in our lives, is our ticket to write and right our course, as we walk towards our best life.

Be Open to Change & Renewed Thought:

Every cell in our body is completely renewed every seven years. This is a scientific fact – even if we don't think we are changing or feel ready to change, we are - just by being alive. Have you considered that right now you are being prepared for something way beyond the most incredible circumstance of which you've ever dreamt? The journey of life is a process. Sometimes, it seems impossible to see past any of it when we feel held down with immeasurable challenges. That is ok. Take the time you need to regroup and renew your thinking, but stay accountable to your goals. Remember, we humans are resilient by nature. No matter how hard and far we fall, we rise anew.

Surrender & Let it Go with Love:

Denial of what is happening around you allows you to suppress thoughts and feelings, blocking you from being able to mature your thinking. If your mindset about a circumstance is too negative and you find yourself locked in so tightly that you feel you have no choices, consider letting it go. Yes, let go of the rope because it is no longer serving you well. The act of surrendering is much like the rising tide that lifts all ships. It breaks the pattern of what seems to be happening. Think about when you break the pattern of hiccups by drinking upside down or holding your breath and then all of sudden your hiccups are gone. The act of doing something differently in order to get a different result is sometimes all we need to break the pattern of our thoughts to be able to see the horizon more clearly. Yes, sometimes it is that simple.

Breath of Fresh Air

When my grand-niece was only a few days old, she reached out to me to be held. Her mom was right there and yet, she wanted to be held by me. This sweet, innocent bundle of unconditional love melted my heart with that gesture. She saw me for who I was - right in that moment, I was enough for her. Feeling unseen for who we really are is the essence of why I believe so many people feel such pain in their hearts. Past stories of our lives sometimes have us believing that we are not lovable or good enough. How unfair it is to keep hanging onto a narrative from the past that continues to cause us pain in the present. Part of loving yourself is to quietly get out of your own way. And getting out of your own way actually allows you to see yourself as others who love you, see you. All of your quirks, past traumas and your glorious triumphs have made you who you are. They have brought you to this moment. The average human takes 16 breaths per minute. Every breath is a factual reminder that you are alive, and what you bring to this world matters every single minute of the day. There are only 1440 minutes in a day, 10,080 minutes in a week and 525,600 minutes in a year. It seems like an eternity when you break it down this way, but we all know how fast a day can fly by. No matter what the outside pressures may be for you, find to claim your space in this world - today. The legacy you are building from everything you are learning about yourself, matters. Make it your life's mission to make every minute matter too!

4 time best-selling author, speaker and host, *Alli Mang* is the Founder of NADA, (Non-alcoholic Wines and Spirits.) She is also a proud representative of the natural skincare line, *Dermaniche*. For a decade, Alli launched and represented one of the most successful home lifestyle brands with *TSC*, setting the highest network category sales records for four consecutive years. Her talent management company of musicians, speakers and actors earned her a seat at the 89th *Academy Awards*.

