

# Don't Worry, Be Happy!

Speak with Power Speak with Passion book coverImagine living your life inspired, whether at work or play, and in touch with your passion, knowing that you are enough, that you don't need to improve or fix yourself, that there's no place to get to. How much more creative, productive and fun work would be!

These are the insights and experiences that Nancy Mills makes available through her speaking, workshops and Spirited Woman Blogger Team, an inspirational team of women covering the beat for spirited women and a growing number of spirited men everywhere!

Nancy compares The Spirited Woman to The Huffington Post because they both are news sources that bring together collections of fine, well-written, well-edited blogs. The Spirited Woman, however, is referred to as a daily dose of positive news. "I love spreading inspiration around the world," Nancy extols, "and speaking about what is positive in a negative world!" There is obviously a huge need for this because The Spirited Woman's readership is growing exponentially. Presently, based on Alexa.com statistics, The Spirited Woman is one of the fastest growing women's sites on the web.

How can you and I dip into our inner pool of "enoughness" and have it generously flow out into every facet of our lives? Nancy's tips for us are to -

- \* Keep our hearts open
- \* Believe that passion lives within us
- \* Express our inner voice

In her speaking and workshops, Nancy stays away from "How To" lists, which would imply that we're insufficient and have to be fixed by external techniques. Her focus is on having us discover, through creative and experiential activities, that we are already whole, passionate and empowered.

Nancy also has the monthly Spirited Woman Newsletter and The Spirited Woman Blogger Bulletin, which showcases a professional sponsor each week. When I first received this newsletter about a year ago, I opened it because I loved the name. Then I was immediately struck by how attractive it is. When Nancy asked me to sponsor the October 17 edition, I jumped at the chance!

By going to [www.thespiritedwoman.com](http://www.thespiritedwoman.com), you can see what's available, read inspirational articles, learn about the different sponsors and sign up for the newsletter. Or email me and I will forward it to you.

Our October Tip of the Month is from Nancy Mills and The Spirited Woman:  
**Know you're enough as you are and live life fully!**