

INFINITE POSSIBILITIES INC.

EMPOWERED!

For The Uncompromising Christian

www.infinitepossibilitiesvi.com

January 14, 2019

Inside this Issue

New Beginnings

The Best Me in 2019

God's Best Your Process

Your Health GPS

Money with Mardenborough

Michelle Mardenborough

Nishon Geary

Ethlyn O Farrell

Dr. Janet Lewis

John Mardenborough

2019 NEW BEGINNINGS

Michelle Mardenborough

A NEW BEGINNING.

Your Journey Has Just Begun



Believe it or not, the life cycle of the butterfly can be related to our spiritual lives.

Like the baby egg, we are born into the Kingdom of God. For, Jesus states in John 3:3 "that no one can see the kingdom of God unless he is born again."

Like the Larva stage of the butterfly life cycle, we let go of carnality and spend our time nourishing and feeding our Spirit, with the Word of God, prayer and building a personal relationship with the Father. In order to become mature Christians, we must learn to die to self and our carnal desires. During this stage the caterpillar also has to learn to shed its layers. In Mark 8:34, Jesus told the disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me." In order to become the people that God has called us to be, it is absolutely necessary to get rid of the sinful nature that prevents our spiritual maturity. **Like the Pupa**, God reforms and changes the parts of us that aren't pleasing to Him. This is the most important process of our spiritual lives. Visually, we appear to be resting however, on the inside God is shaping us to emerge anew. This is a pivotal period that prepares us for our **New Beginning as a beautiful butterfly**.

During this stage the caterpillar turns into a pupa, or a chrysalis. It looks like the caterpillar is resting inside of the chrysalis, but its actually experiencing major changes. These changes are a transformation called metamorphosis. If we examine the process of transformation from one state to another its not an easy process. It takes time and can be extremely challenging, the caterpillar may even die before becoming a chrysalis or before changing into the beautiful butterfly, but when it transforms into the butterfly, it is amazing and beautiful for everyone to see. Sometimes we have to be alone with God in a place unfamiliar to us but in that place of the unknown, He will come to us and wrap His arms around us. It's in this secret place, surrounded in spiritual light where we are changed. It is the place where we can be saturated in God's presence. It is where God molds and shapes us into the butterfly that He destined us to become. The Bible states, "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come." 2 Corinthians 5:17 We are completely transformed into a new creature, a new person in Christ. After the butterfly breaks forth it pumps blood to expand its wings to fly. As Christians, we must never forget that there is wonder working power in the blood of Christ.

There is one major difference between us and the butterfly. Unfortunately, when we face these stages and changes in our lives, we're weighed down with anxiety and fear, but the butterfly welcomes and embraces change and transforms into an amazing beautiful creature. Genesis 1:27 states, "God created man in his own image." God, intended us to be like Him, but if we don't embrace life's changes we can never spread our wings and soar to the heights and go to the places God has destined for us. Many of us are in the **Pupa stage**, it's a place of uncertainty. We are going through complete renovation and renewal under the supervision of the Spirit. It is a process of inner healing and spiritual transformation. At times its frightening and painful, but this is when we dig in and hold on to God's unchanging hand. This is where we exercise trust and unwavering faith in God. We have to believe with our whole heart, soul and mind that God will never leave us nor forsake us. We must believe that God has our best interest at heart. We must believe that He is closing doors that no man can open and opening doors that no man can shut. We must believe that He is making every crooked path straight and that He is positioning us for a **New Journey and a beautiful New Beginning**.

THE BEST ME IN 2019

Nishon Geary

We all know that regular physical exercise is necessary for fitness and good health. It reduces the risk of heart disease, cancer, high blood pressure, diabetes and other diseases. Exercising can improve your appearance and delay the aging process; but what about emotional, mental, spiritual and financial wellness? Do they serve a purpose in your life? Emotional wellness is the ability to be aware of and accept our feelings, rather than denying them; having an optimistic approach to life, and enjoying life despite its occasional disappointments and frustrations. Spiritual well-being requires a different type of exercise an internal, soul-searching one. This is living each day in a way that is consistent with your values and beliefs. This may include meditation, prayer, affirmations, or specific spiritual practices that support your connection to Jesus. Your mental health is equally important. You must take care of your mind. Good mental health helps you enjoy life and cope with problems. Just because you're not suffering with a mental illness, does not mean you're mentally healthy. You have to work to keep your mind healthy. You can sharpen your mind and even boost your intelligence through exercising and training your brain. A few simple habits include reading books, sudoku, crossword puzzles and mindful meditation.

2019

will be
MY BEST
YEAR
YET!

SPIRITUAL
PHYSICAL
EMOTIONAL | FINANCIAL

Financial health describes the overall state of a person's finances. The term "personal finance" refers to how you manage your money and how you plan for your future. All of your financial decisions and activities have an affect on your financial health now and in the future. We are often guided by specific rules of thumb such as "don't buy a house that costs more than 2.5 years' worth of income" or "you should always save at least 10% of your income towards retirement." While many of these adages are time tested and helpful, it's important to partner with a financial advisor to improve your financial habits and health. All aspects of your health are needed to be truly healthy, it is all about taking the time to carefully tend to ourselves. Being totally healthy is when we're strengthening our spirituality by studying the Word, consistently praying, keeping a positive attitude, being a good steward of our finances, physically exercising, training our brain, getting adequate sleep and eating healthy to maintain our physical health. Make sure you are tapping into all aspects of health, so you can truly be the best possible you in 2019.

God's Best, Your Process

Ethlyn O Farrell

The best you is a process that may vary depending on where you are in life. It looks different in your 20's, 30's, 40's and beyond. It begins with accepting yourself and where you are when making the commitment to achieving your goals. The apostle Paul stated in **2 Corinthians 10:12** "but they measuring themselves by themselves and comparing themselves among themselves, are not wise." So, on your mark, get ready, get set, go! Set your own pace. With that being said, when you are born again the process for being all you can be begins. **Joshua 1:8**; states, "Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." Also **2 Corinthians 5:17** reminds us, "Therefore, if anyone is in Christ, the new creation has come." The old has gone, the new is here! God empowers you with His Spirit within your spirit, to be all that He has predestined you to be. Now even though you are equipped, there are some things you have to do. One is the process of renewing your mind, **Romans 12:2** states, "And be not conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect." In His wisdom, God has chosen to continue to transform you inside out. Through His word, you will become totally different in your way of thinking. Some of the things that were difficult to handle will become easier to handle and you will have unending access to the wisdom of God. As you begin to grow in the Word and the grace of God, the areas of finances and your physical being will be viewed in a different way. The desire to involve God in every area of your life becomes normal. If you are challenged to become financially or physically fit, God will strategically set you up with people and opportunities to cause these things to be reset in your life. God wants the best for you and His plan is to bless you. So be bold, courageous and enjoy the process as you are transformed into God's best.

REnew
Your mind

...do not be conformed to this world,
but be transformed by the renewing of your mind...
Romans 12:2



God wants and expects us to be healthy, whole and fit. For most people the idea of optimal health and fitness is a quaint idea that few are willing to commit to. We must change our desire for health from a "nice-to-have" idea, to a "must-have" idea. In 2019, I challenge everyone to stop just going with the flow, and actually approach their health in an intention-driven manner. Set specific measurable goals and work towards becoming totally fit. When traveling, we do not just drive or fly around aimlessly we have an origin and a destination. Let's apply this same idea to our health and body. We have to know our origin. How much of our physique is comprised of useful muscle? How much is useless fat? How much do we weigh? What is our waist, hip, arm, and thigh circumference? The answers to these questions present our point of origin and help design an effective strategy. Statistics show that ninety percent of well formulated strategies fail due to poor execution. We have great intentions and most of us start strong but unfortunately never fulfill the mission. To succeed it's extremely important that you execute a well thought out plan. So lets get serious and lets get ready to start!

A. Take your circumference measurements in the 4 mentioned locations (waist, hips, mid-biceps, and mid-thigh) and add all numbers together for your total inches.

B. Estimate your body fat either with the eyeball method (there are charts that will guide you) or use calipers to measure.

C. Take pictures of yourself from the front, back and both sides in bathing suit or undergarments. Do NOT tuck it away.

D. Keep a "food photo diary." It feels less damaging to write down that you ate cookies then to take a picture of the 20 cookies that you plan to consume. Photograph the food before it's eaten.

E. Find at least one person to engage in friendly competition for total inches or body fat percentage lost.

F. Have a complete physical assessment by a physician. Have lab work done to establish your fasting insulin and glucose levels, Vitamin D level, cholesterol, HDL ratios, Uric acid level and blood pressure.



Now that we have completely defined our origin, we have to define our goals. Ask yourself...

Am I Working Toward The Following Health Goals?

A. 15% Body Fat

B. 10 inches off our Waist and Hips

C. 120 /70 Stable Blood Pressure

D. Total Cholesterol level 120

Our goals need to be both measurable and clear. It will not suffice to just say, "I want to be healthier or I want to change my diet and lose weight." You will never get to that elusive realm called "health", if you are only armed with weak, undefined statements. These are not SMART Goals. They are not time bounded therefore they cannot be measured! In the words of Health Guru Timothy Ferriss "Measurement Equals Motivation". Stay tune for Health GPS PT-II to learn about the tools involved in arriving at our destination. **March 14 EMPOWERED for the uncompromising Christian.**

You are
THE AUTHOR
of your OWN
LIFE Story.

Join us January 29th 6:30 pm EST

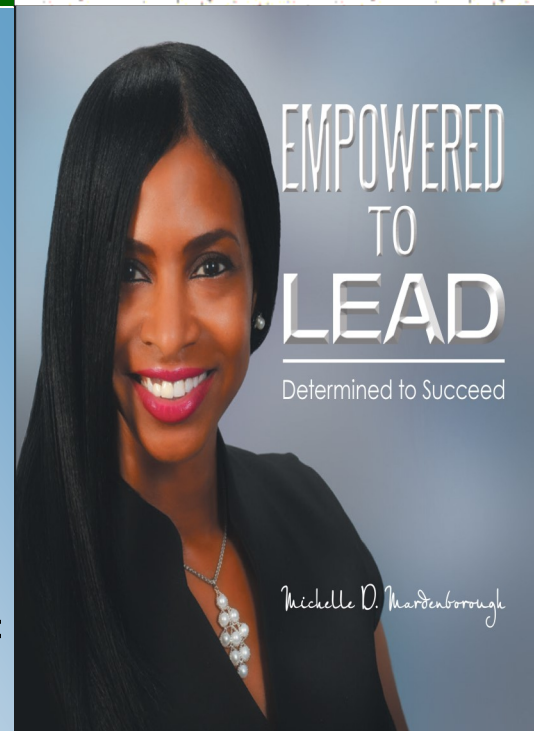
By calling 712-432-3900 pin 460532#

and rewrite your story

Set your 2019 goals.

Hosted by author of
EMPOWERED TO LEAD
Determined to Succeed

Michelle Mardenborough
Purchase your workbook at
Amazon, CBD.com or
Barnes and Noble



Infinite Possibilities Inc. Publication

EDITOR-IN-CHIEF

Michelle Mardenborough

EDITORIAL

DIRECTOR

Nishon Geary

PRODUCTION & GRAPHICS

Michelle Mardenborough

STAFF WRITERS

Ethlyn O Farrell

Lita Aleese

Michelle Smith Roberts

COLUMNIST

Dr. Janet Lewis

John Mardenborough

For More Information

infinitepossibilitiesvi.com

COMMENTS

1600 Kongens Gade

1-B

St. Thomas, USVI 00802

717-712-9525

Like us on Facebook



Happy New Year! Now that we have welcomed in the New Year 2019, most of you already began making resolutions and setting goals. Often, what I typically find is people begin to set goals and targets for the year in a variety of areas. These goals may fall into one or a combination of the following categories that include, but not limited to: financial, personal, educational, health, fitness, and career goals. Unfortunately, I commonly find the goals that are set as targets are forgotten about or missed within the first few weeks and months of the target year. In this article, I would like to discuss important prerequisites that you should consider first before embarking upon setting and establishing goals. First, it is important that you consider your personal viewpoint and perspective of yourself, your life, and your overall situation, circumstances (relating to the categories to which I referred earlier) in comparison to and contrast with your desired improved circumstances and outcomes. Specifically, I challenge you to honestly and introspectively ask yourself the following questions and write your responses as detailed and descriptive as possible. For example, if you desire to make more money, what would making/having more money look like and do for you? Too often most of us desire to achieve goals without first acknowledging and declaring that our current state or situation is no longer where we desire to be. Absent of making a life-changing and a cognitive decision and taking the required steps to change the course of where we contrast with, and where we desire to be. We will probably never realize our desired change and set out on a new path of self reinvention and renewal. For example if you are tired of living paycheck to paycheck, you first must get to a place where you are no longer content with going to work every day, going through your normal routines of your life, etc. and accepting your current state as your comfortable normal.

MONEY with

MARDENBOROUGH



The questions you should ask yourself are:

- ***How** do you view and feel about your current state or situation?
- ***What** life events choices, decisions and or circumstances may have contributed to your current state or situation?
- ***What** would you like to see changed and/or enhanced about your current state or situation?
- ***What** steps do you believe are necessary in order to achieve your desired state or situation?
- ***What** does your desired state or situation look like and how do you think you would feel once that state or situation is achieved?
- ***Are** you willing to do the work necessary and take responsibility and action to achieve and reach your desired state or situation?

Therefore, you must get to the place where you are tired, fed up and disgusted with your present state and your drive and determination become fueled by where and how you see yourself in your desired state. With that motivation and desire, you are driven to take the necessary steps and do the work required to change the trajectory of your life. Those changes may include, but are not limited to: exploring a career change, enhancing and expanding your skillset and expertise through education, training, creating and innovating new streams and rivers of income through entrepreneurial ventures, opportunities, investments, etc. Second, create a vision board that includes the charting of your specific goals and targets required to achieve those goals. A vision board (or dream board) is a collage of images, pictures and affirmations of one's dreams and desires; designed to serve as a source of inspiration and motivation and to use the law of attraction to attain goals. Celebrities such as Oprah Winfrey and Steve Harvey have endorsed the usefulness of vision boards. The vision board should be comprised of visual images of your desired outcome. You should be able to clearly see yourself in that place/state and emotionally connect with the emotions that are evoked with being at that place. Those emotions are the adrenaline that drives you to keep working and pursuing your goals. Be creative in obtaining images from magazines, publications, the internet, etc. The objective of this article is to transform your traditional mindset of simply writing goals to challenge you to **illuminate your goals by seeing yourself in your desired state**. Habakkuk 2:2-3 reads: "And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that read it. For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry." **Write your vision, make it plain so that when you see it, you will do the work to seize it!**