



## Dare To Leave Your Mark

Imagine if you were told you had only one month to live. Would you have wished you had

more fun? Wished that if only you took more risks? Wished that if only you didn't worry what others thought all the time? Or wished you made more of a difference? If so, make a change now before it's too late.

If you want to gain a burning desire for life – have a purpose. A purpose will light you up like a Christmas tree. It will motivate you, enthuse you and drive you to get out of bed in the morning and do something remarkable. By doing that, you not only fill yourself up with joy, but you automatically spread joy to others. That makes life more interesting – it makes it worth living.

How can I live with purpose?

1. Find a need – Winston Churchill once said, "You make a living by what you get but you make a life by what you give." If you have enough time to complain about something, then you have enough time to do something about it. Notice what is missing or lacking around you and find a way to fulfill it, using your talents, skills and heart.
2. Discover your passion – when you do what you love, you instantly have purpose. Make room in your life to connect with yourself and clarify how you really want to live your life. Focus on having fun.
3. Take action – purpose doesn't get delivered to your front door. You need to go out and make it happen. When you move forward in life, your purpose will become clear.
4. Care – if you want to love life then love people. Feel for them, understand them and be there for them. When your heart is in the right place, you will be led to your purpose. Remember people don't care how much you know, they want to know how much you care.

The Dalai Lama said, "If you seek enlightenment for yourself, simply to enhance yourself and your position, you miss the purpose. If you seek enlightenment for yourself in order to serve others, you are with purpose."

Deborah Storer :: Motivational Speaker, Coach & Author  
:: [www.deborahstorer.com.au](http://www.deborahstorer.com.au)

# Winter Skin



Winter is at our doorstep, and the raw cold winds and warmth of indoors create a special challenge for our skin. During this time of the year you should be using the most suitable products to combat the effects of winter weather, offering intensive protection from cold while treating and protecting at all times.

Winter in all its beauty means added stress for our skin as the changing temperatures from the cold outdoors to indoor warmth can leave your skin looking less than its best all over. This is a better time than ever to start working with your skin rather than breaking it down.

The next generation of skincare is biocosmetics. The term describes the next logical step in skin formulations – a biological emulsion system made from natural or nature-identical ingredients that mimic the conditions found in healthy skin, meaning you can stop using harmful products and instead try working with it to supply it with the nutrients it needs to return to its original, perfect state.

It's important to exfoliate your skin all over at least once a week to remove excess dead skin cells and boost circulation. Also, treat both

face and body to a richer moisturising cream than the one you use in summer months.

Some other quick tips include:

1. Pigmentation – winter is the perfect month for those with irregular pigmentation, caused by hormonal changes, to take action. Try a herbal peel treatment as an alternative to the usual glycolic and other acid peels. Herbal treatments conform to the 'working with your skin not against it' strategy.
2. Soothe your lips – the raw winds of winter are notorious for leaving you with dry, cracked and sore lips. Invest in a quality lip balm, with ingredients such as aloe vera to soothe, hydrate and increase cell turnover.
3. Dull skin – all that time avoiding the winter cold in the safety and comfort of your heater may leave your skin pale and dull-looking. Boost radiance with a suitable moisturiser that gives your skin long lasting hydration. Avoid water-based creams, as our skin is water-proof, they only evaporate leaving your skin dry and dehydrated.

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