



2014 may have brought unusual and unexpected tribulations that threw off your game and made you question (perhaps for the first time) whether you might ever achieve your

dreams for your career, family and legacy.

The hard truth is, no matter how many pearls of wisdom we ponder to the effect of "fall down seven times; get up eight," most of us struggle to identify and correct our patterns.

It's much easier to figure out what to do about other people's problems, isn't it? But getting clear about what's going on with ourselves is tougher, thanks to our blind spots and cognitive biases.

So what are the issues stopping you from achieving whatever it is you yearn for in 2015? And what can you do about them? The latest research science suggests that active, intensive mentorships -- or so-called "mastermind groups" -- can help people create and sustain positive habits much better than working in a vacuum. Here's the basic idea: you work with a trusted coach and intimate group to meet challenges, adopt new habits, and make the good changes stick.

Five years ago, I had left the big law firm after my second child was born, and was enjoying the opportunity to be at home with my children. But then, my husband suffered a heart attack, and our lives changed. I needed to contribute to our financial situation and my husband needed to change his

Achieving Your Dreams in 2015

by Heather B. Quick, Esq.

work habits.

In order to provide for my family and retain some flexibility as a woman with three children, I made the decision to open my own business. Despite the naysayers (and my own doubts), I'm very proud to say that I now own and run a law firm that brings in over \$1 million a year in revenue.

I can tell you that the road from "being a stay-at-home mom" to "owning and running a million-plus dollar-a-year business" was not easy -- not by a long shot. I encountered more than my fair share of obstacles along the way. Some made me want to throw in the towel. But I persisted. I made my dreams come true, not only to enrich our family but also to bring value to our employees and to support the women I have the privilege to represent.

I'm not sharing this success story with you to brag about my life. I'm sharing because I want to encourage you. It is indeed possible to turn unbearable situations into opportunities for growth, achievement and chances for bettering the lives of other people and improving the world.

My success was not an accident. It came about as the result of a calculated, intentional, careful process.

The insightful writings of people like Napoleon Hill, Don Miguel Ruiz, and Joel Osteen helped me recalibrate how I looked at the world and how I viewed life's setbacks and opportunities. Other mentors (Ren Robins and David Neagle) helped me see it is possible to strive for greatness while taking care of your own basic needs. I am living proof.

My law practice is dedicated to helping divorcing women achieve fantastic results in their cases while receiving

compassionate treatment during the process. But not long ago, I realized women needed help that went beyond simple assistance with their legal cases.

Divorce shatters dreams. It creates layers of uncertainty in diverse areas of life.

The same feelings are present in women beginning a business. Maybe a change in your life circumstances propelled you into business. Or maybe you've long had a secret passion to follow an entrepreneurial dream, and you're finally ready to act on it. The problem is finding the resources and education you need to build the business into a success.

Without a basic foundation, your business can struggle, and you may find entrepreneurship to be more like a noose around your neck than something liberating.

To that end, I am offering a workshop designed for Women Business owners. The first seminar will focus on foundational skills necessary to succeed in business including finances, marketing, sales and goal setting.

The workshop will be presented by both myself and Brooke Lively, a successful entrepreneur who runs Cathedral Capital, a company which outsources CFO services. Mark your calendars for the first Business Workshop taking place Friday, March 27. To find out more about the workshop, visit www.FindingYourPower.com.

You CAN achieve your business and life goals, and we want to help. Make 2015 a year to remember by Finding Your Power™



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