

I'm So Excited...That I Just Can't Hide It!!!!

Julie Hryniewicz-Hache -- Friday, March 9, 2007, 5:04PM



I must tell you that I am so pumped up today!!!! Although crazy, busy with a ton of things on the go this week, I can barely contain my energy!!! Since I am a firm believer that energy is contagious, I am hoping to spread some inspiration and enthusiasm to you. I truly want everyone to feel as happy as I do!

Okay, first thing, is that I filmed the first two segments of my new television show idea this morning and that went awesome! Stay tuned to Channel 10 for a regular short feature called, "Your Life, Your Purpose", that will hopefully be aired on "Plugged In", starting some time in April.

On the show, I interview local individuals who are pursuing their greatest passions and sharing them with others, despite any adversity along the way. We have outstanding talent and creativity right in our own community and I am so excited for you to see these amazing stories!!!! I'll let you know when they start airing...

Also, I am involved in a new local wellness magazine project that is in the works, fulfilling one of my greatest passions to have a publication that will help to improve the overall health, energy, and wellness of people in our community. Our first quarterly issue is tentatively due out early summer so I will keep you posted. There will also be regular feature stories about amazing local people as well - you could be one of them!

Last, but not least, I have been invited as a guest speaker for a huge seminar that will be taking place at the end of March, that is open to the public! This is my first seminar open to the general public. For two and a

half years of speaking professionally, I have only ever worked with businesses or private organizations. I am so grateful for the opportunity to reach out to people who are interested in making positive change in their lives and we are expecting a crowd of 400!

I am so blessed in so many ways because of two things: because I have nothing to lose by going after the things that I want and also because I am too stubborn to ever give up! Things can be a curse and a blessing at the same time because my tenacity has resulted in some pretty stressful times in my life - divorce, illness, depression, resignation from my career as a cop, bankruptcy, and business failure for starters.

On the brighter side, I would not change anything about my journey so far because I am finally a published author, I am so in love with life, and I am spending my days doing what I love! All of my previous life crap has lead to the very place where I get to positively contribute to the lives of other people. Besides, what the heck would I speak and write about if I didn't have all of those traumatic experiences to draw from???

I get to inspire and ignite the flame of individuals who have been struggling or suffering in their lives. I get to encourage depressed individuals to feel hope. I get to share information that is helping people to discover their own unique value. Despite all of this, I still have the burden of bills, I still have friends and relatives die, and I still have disagreements with my husband...

We are all human, we all have "stuff" to deal with, but we have the ability to turn our sorrow, pain, confusion, boredom, and stress into fuel for a life of adventure and joy. You have a built in mechanism that can take you from where you are now to anywhere that your heart deeply desires. I believe in your worth and value to the world. I believe that you are great. I believe that you deserve to feel love, peace, enthusiasm, and excitement about life. Life is too short to have it any other way! Have a phenomenal weekend and have fun!

"The past cannot be changed. The future is yet in your power."
Mary Pickford