

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do.

So throw off the bowlines.

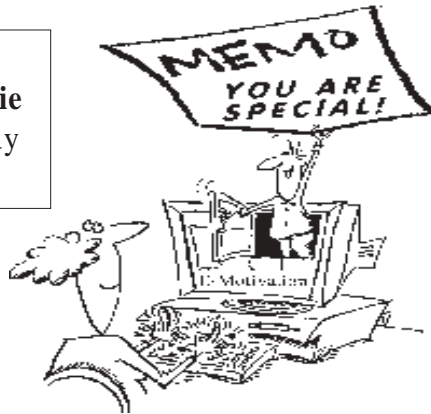
Sail away from the safe harbor.

Catch the trade winds in your sails.

Explore. Dream. Discover.

Mark Twain

For a **free** monthly motivational newsletter, email **Danny and Marie** at peptalk@ameritech.net and say *"Please put me on the list."*



Please address all requests to Danny and Marie Lena at:

PERSONAL EMPOWERMENT PROGRAMS®

859 N. Wood Street Chicago, Illinois 60622

Phone 1-800-UR-SPCL-2 FAX 1 312421.7789

E-Mail: peptalk@ameritech.net

WEB address: <http://www.empowerme.com>

safer. stronger



students!

Making the HOME SCHOOL connection.



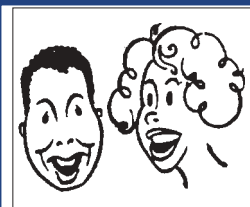
a Parent Program
Presented by Danny and Marie Lena

You cannot change your current conditions with the same thinking that created those conditions.

Albert Einstein



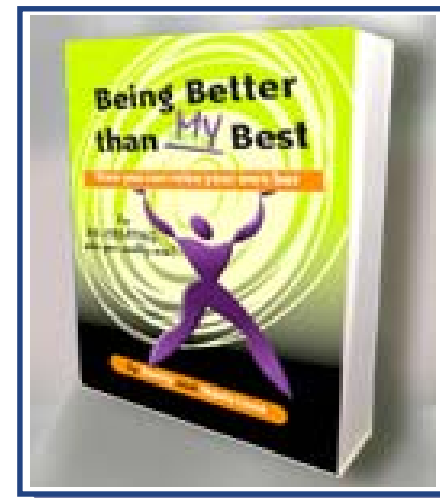
Re-Create Yourself



Danny and Marie Lena have been speaking in corporations, associations, schools, universities and churches for over twenty years. As authors and inspirational speakers, the Lenas shoot from the hip and aim straight to the heart with their powerful messages and animated delivery. Acclaimed nationwide, the Lenas empowerment programs are a life-changing experience. Their enthusiasm and zest for life is contagious.

Danny and Marie Lena have been seen on, *the NBC Today Show, Sally Jesse Rafael, US News and World Report, US Magazine the USA Today*, and dozens of talk shows and publications across the country. They are an energetic couple whose message is inspiring to all.

They live in Chicago, IL with their five-pound Maltese puppy-dog, Tina.



Why wait? Start now!



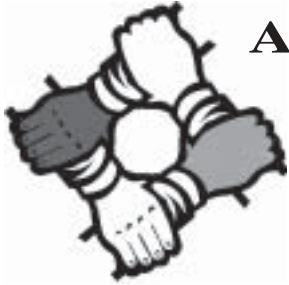
Start working together as a TEAM

Together

Everyone

Achieves

More



*You are working together
for the greater good.*

Stop the Vicious Cycle



Create the CHANGE you desire

*Use the
Three R's
to Change*

*Recognition
Responsibility
Right Action*

Get more rest, you will need it!



STOP... or at least reduce your stress



Four Keys to Happiness

◆ Serve

Sacrifice your ego, but remember who you are.
Be of service to others, but don't be a doormat or servant.

◆ Empower

Empower everyone you meet.
Lift others up, help them excel, show them how special they are.

◆ Experience

Live in the experience.
Raise the bar on your level of present moment awareness.

◆ Love

Love unconditionally.
Love without conditions. Live it up and lighten up!

C O S N O P



C _____
O _____
S _____
N _____
O _____
P _____

Lead your family!

Upgrade Yourself

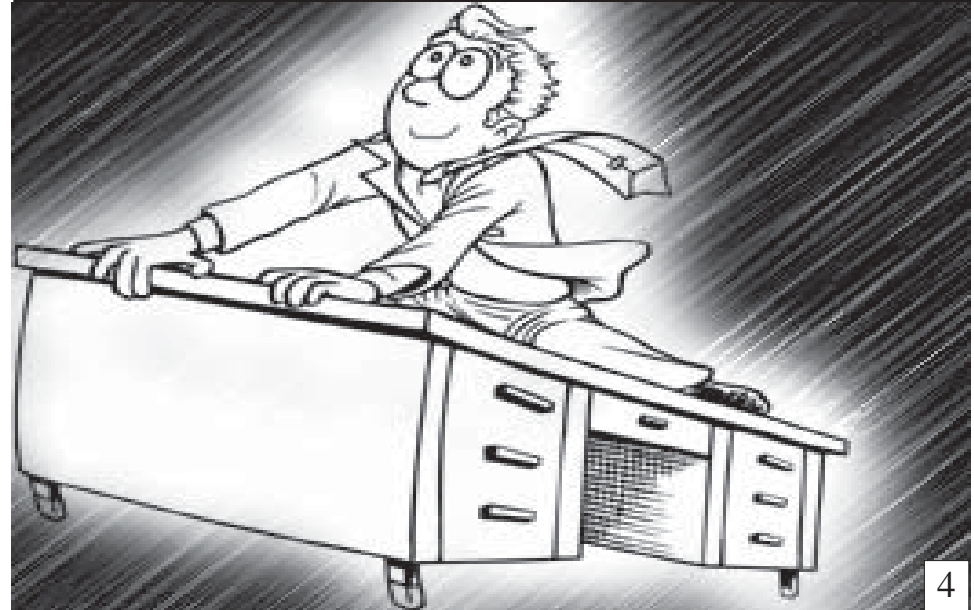
Three things I need to start!

Re-Invent yourself



Three things I need to stop!

Ride the Wave of Ups and Downs



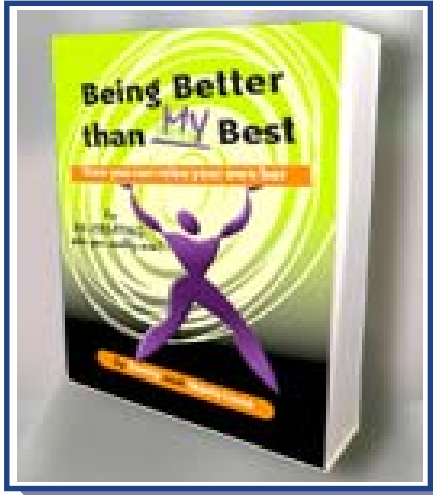


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Courtesy, Respect
Responsibility, Fairness
Accountability, Honesty
Caring, Empathy

Making



Better

choices!

a PEP Program

Presented by Danny and Marie Lena

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Albert Einstein



Courtesy...

Create a new habit of being more courteous to others.

Respect...

Know that people are different, all are special!

Responsibility...

Be accountable and responsible for your own actions.



Fairness...

Be just and fair to everyone in all situations.

Accountability..

Own up to your actions.

Honesty...

Display integrity and virtue in all situations--even in small ways.

Caring...

Feeling and exhibiting concern and empathy for others.

Empathy...

Identifying and understanding others feelings.