

Sam Zughbaba

From: barry mavros [barryhermes@hotmail.com]
Sent: Sunday, November 11, 2007 11:54 PM
To: Sam Zughbaba
Subject: good news and celebration
Attachments: new ac.xls

Hi Sam,

i have been having a great time lately and i want to share some of my wins with you.

One month ago I decided to make a real solid change within me, something that could be measured, something supposedly difficult, i decided to quit nicotine, sugarine and caffeine all in one go.

No more cigarettes, soft drinks and coffees. I did it. I realise now that that is only the tip of the iceberg. There are more even harder things to give up. All those years I was fixated on giving up smoking like it was the biggest inhibitor of my success, it was only a scape goat. You see that is a trap. I made nicotine addiction such a big thing in my mind that it took my attention of other things too.

I am now on the top of a hill and i can see a new hill that i want to climb. This concept is so clear in my mind now that i have a warm feeling in my heart when i think about the future. I have increased havingness in myself and allot more energy that i had before too.

Three months ago I decided that i was not going to work in the Hermes bondi junction fish shop anymore. It took about sixty days but for the last four weeks I havent worked at all. Funny how they have been the most profitable weeks that we have ever had in this store. I really enjoy not physically working in the store and i know that mentally applying myself in my work like this, i can own and operate multiple stores. I am really excited. You see i had to let go of my old self. I did really enjoy working with my team, cleaning fish, serving customers fixing window display, but i was the system, and i cant do that forever. So i have let go of the old me and i am creating a new and improved version.

Please have a look at our last four weeks of profit. i have wiped off a substantial amount of debt too, this makes me very happy and satisfied.

By focusing on want I want and being clear about it I am attracting enjoyment in life and total abundance to me.

I quit smoking four weeks ago, wiped off 20,000 dollars worth of debt and attracted an amazing deal for our first home, and stopped physically working in the store and made future concrete plans in my life in my heart all in one month. Just imagine the raw impact i will have in my world over the next ten years! I honestly do not know where i will be but i am enjoying the journey.

Thank you Sam for being an important part of that journey. Your patience, drive, focus and friendship have superseded my expectations. I have met allot of truly wonderful people in my life and you are right up there.

It is really important to acknowledge these things and to celebrate. This week i want to celebrate with you and also celebrate with the team. I need some ideas here.

Look forward to seeing you on Wednesday

barry mavros.

11/28/2007