

## Living your Inspired Life!



Newsletter

January – February  
2010

Greetings to you all!

The year is flying by, together with many of the New Years Resolutions we determinedly set for ourselves just a few short weeks ago. So often at the beginning of a new year we set ourselves up to fail if our hearts are not truly in our resolutions and goals. We are left with a sense of failure or guilt when we lapse - and at times, just a little relief!

If you have long since abandoned your “should-do” Resolutions then don’t panic! It is more important to know your “Big 5” - the 5 things that need to happen by the end of the year in order that you can look back at 2010 as your best year so far.

Over and above my “Big 5” is a list of many small things I need to remind myself of in order to keep on track. Sometimes it’s the smallest things that make the biggest difference to our happiness. I thought I would share these with you below.

Here’s to living your inspired life,  
**Anne**

### Tips to make 2010 the best year yet (With thanks to Robin Sharma and others)

- Surround yourself with positive, successful people who inspire you to be who you can be.
- Measure your success, not by your net worth but by your self worth and happiness.
- Be willing to fail.
- Consider that behind every fear is your next level of growth.
- Commit to doing great work - whether anyone notices or not.
- Be the most positive person in the room.
- Don't complain, gossip or be negative.
- Be open to new ideas but stay true to yourself.
- Be authentic at all times – not plastic.
- Look for the learning in all of life’s curveballs.
- Be courageous and step up when opportunity knocks.
- Be passionate about learning and self-development.
- Spend less and save more.
- Own beautiful things but don't let them own you.

### What Coaching Is & Isn't

Coaching aims to eliminate not only external but also the internal obstacles to achievement of a goal. We are often our own biggest stumbling block & coaching helps you get out of your own way.



### Words of Wisdom

*“Do not wish to be anything but what you are, and try to be that perfectly.”*

*St Francis De Sales*

*“Failure is the opportunity to begin again more intelligently.”*

*Henry Ford*

*“Destiny is not a matter of chance; it's a matter of choice.”*

*Anonymous*

- Smile more and laugh often.
- Have an “attitude of gratitude”.
- Say "please" and “thank you” more often.
- Be sure to set aside quality time for the people who are most important to you.
- Stop negative self-talk in its tracks.
- Believe in yourself.
- Be kind to yourself – you deserve it.

Remember that life wants you to win, so get out of your own way!

### Spotlight on...

It's never too late to focus on turning your dreams into your reality. The most successful people in both business and life have coaches, not because they need to be led or taught or told but so that they can be reminded of how much they can achieve. I work with a number of amazing coaches, one of whom may be the catalyst you need. The first session is free in order that you get a feel for the process, so contact us and see how your life can become truly inspired.

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**“When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bounds. Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be.”**

*Patanjali*



***Unlocking infinite potential through coaching & training***

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