

## Living your Inspired Life!



Newsletter

July 2009

### Welcome!

Welcome to Inspired Life's very first newsletter. I hope you will discover some nugget in here that will encourage you to take a step in the direction of your inspired life.

The purpose of this newsletter is to keep in touch, whilst offering you articles and updates from our world of coaching and training.

I would love to hear your thoughts, suggestions and opinions as this will help me deliver a newsletter that is worth your time and effort.

Should you not wish to be on this mailing list, please accept my apologies and unsubscribe using the link below.

Please feel free to pass onto anyone who may benefit from receiving this newsletter.

Thanks & enjoy!

**Anne**

### Feature Article...

#### The Secret to your Success

What does success mean to you? Each of us has a definition of success that we measure ourselves by. The question to ask is what your definition of success is and whether this definition resonates from within you or is one you feel is expected of you.

Have you ever felt that despite your achievements you are still not happy? This feeling of disappointment may be because your ladder was set up against the wrong wall – not your wall but someone else's. Or success in one area of life may mean an imbalance in another – the long hours put into a successful career could mean neglecting your health or relationships and vice versa.

A successful life is a balanced life, a personal journey to be enjoyed. We learn a valuable lesson from Nelson Mandela who taught us that once you reach the top of the hill there is

### Inspired Life - Purpose

**Our purpose is to be a catalyst for positive change, empowering others to live an inspired life of their choosing.**

At Inspired Life we assist you to build your own definition of success, guide you to find a balance between your work and personal life, help you feel more confident and show you how to make more time for yourself. We also help you set personal and career goals, get into action and follow through on creating your inspired life.



always another behind it and another behind that. Aim to reach the top of your chosen hill, knowing that after this challenge another of your choice will be waiting. Look forward to the next hill, knowing each step takes you closer to living your purpose but at the same time enjoy the view along the way. Look back from where you have come with pride but leave the past behind. Love what you have now but feel the joy of stretching yourself to achieve your heart's desire.

### First steps towards Success...

Start each day by setting an intention of what you want from the day, focusing on possibilities not on problems.

Ask yourself:

- What would be the best possible outcome?
- Why is this important to me?
- What is the first step I could take today that will move me forward?

Doing this everyday means you are growing your self awareness and choosing to live your inspired life.

### Spotlight on... Life Coaching Workshops

This 6 week small group programme is designed to help you reflect on your life; past, present and future. You will answer 4 important questions, and in the process make decisions that bring you closer to the life of your choosing.

Included in the Life Coaching Workshop programme:

- 6 x weekly group workshop sessions of 2 hours each
- 1 x individual follow-up coaching session of 1 hour
- Life Coaching Workbook

**Next workshop starts on 1 August - book now and pay just R850 for the programme!**

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### Success Quotes

*"A successful person is someone who has a satisfactory present, a fully resolved past and a compelling, exciting and purpose-driven future."*

Adam Walker

*"Success is the sum of small efforts, repeated day in and day out."*

Robert Collier

*"The path to success is to take massive, determined action."*

Anthony Robbins

*"The glory of success is not in never falling, but in rising every time we fall."*

Anonymous



**Unlocking infinite potential through coaching & training**

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