

Newsletter

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*AbstrACT
Coaching*

August 2010



&
**DreamBoard
Expert**

Upcoming Intuitive DreamBoard Workshops

- 10th September—
Gallery i—Inverurie
 - Only £45.00
 - 22nd September
The Local Hub—
Kintore
 - Only £45.00
- All materials provided

**Booking essential
see our website for
more details**



Let's Light you up!
In happiness
Theresa

What can you answer to this?

What is your life's desire? What drives you? What is your picture for your future? Can't quite find the words.....well you are not alone.

Without a purpose how can we set a course to reach our destination? Purpose can relate to many aspects of your life, your job, your relationships with others, your creative free time, your health (physical, mental or emotional)

How can you create a purpose that takes you to a place of fulfillment, peace and satisfaction?

1. Begin by writing down the times when you were feeling your happiest, excited, enthusiastic and most alive.
2. Next to get clarity write down 20 things you want to do, 20 things you want to have, and 20 things you want to be before you die?
3. Create an Intuitive DreamBoard that will remind you of what your special qualities are!
4. We all have a inner voice, call it your gut reaction that tells us if we are on track or not, but sometimes listening to our own instincts can be difficult to do if we have lost touch with who we are.
5. If you have a moment right now ask yourself this:
 - If I knew that I would not fail, what would I be doing right now?
 - If money was no issue, what would I like to achieve?
 - What's really important to me?
 - What is my true passion?
 - What do I like talking about, or reading about?
 - What is my greatest desire?
 - What makes me the happiest?
 - What activities and hobbies really excite me?
 - What does success mean to me?
 - What did I love doing as a child?
6. A purpose might just be peeking out at you right now, instead of sweeping it under the carpet, see how you could begin to organize your life around it. As you become focused, you won't let anything stop you, write you purpose down and read it every day.
7. If you need guidance or feedback look for a mentor or coach who can give you some objective feedback.
8. To join the "successful" TAKE ACTION NOW!
9. Do what you love, love what you do and you will have a fulfilling wonderful life.....

And then I met an amazing woman...

This lady who would prefer it not to be about her has a big passion for horses and children, her organization, Big Heart Horses welcomes youngsters of all abilities and 100% of their profits fund programmes for disadvantaged local children. If you would like to know more go to:

www.bighearthorses.com