



# A FRESH START FOR 2011!

JANUARY  
2011

It's not too late! It's never too late! The new year just started and there is a year full of potential right in front of you. There are always ideas, plans, hopes and dreams that sit below the surface waiting to be put into action. Now is the time. List your goals, create a plan and give yourself a time frame in which to make them happen.

*That is how to make this year different and better than any other.*

Looking back on last year, sometimes the plans we had did not seem to materialize. Perhaps that's because we gave up, lost interest or became overwhelmed. Not so unusual. However, there is a way to prevent that from happening this year. We need to hold ourselves accountable to achieving our goals step by step until the end result is in view. If we are not the best person for the job, we need to get help. No one has to go through this process alone. Seek the help you may need. You will reap the rewards, if you do.



- New Job...**
- New Career...**
- Get In Shape...**
- Get Organized...**
- Self Love...**
- Better Health...**
- Loose Weight...**
- Socialize...**
- Meet Someone...**
- Relax...**
- Family Time...**
- Go To School...**
- Manage Money...**
- New Skills...**
- Self Confidence...**

*Whatever it is this can be your year to make it happen!*



**Successful Life Coaching**  
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“ 44lbs lighter in a few months improved my posture running the London Marathon was a dream come true completed the Great North Run training has changed my shape and my life found my self confidence I can achieve so much more during the day after training I'm stronger than ever on the rugby field I've got my hips back My energy levels are amazing Doing Bootcamp gives me a great start to my weekend I can now run and enjoy it never thought people would say I look great again I'm enjoying life again I love my new shape ”