



April



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*"Let your life lightly dance on the edges
of time like dew on the tip of a leaf."*

Rabindranath Tagore

*"To accomplish great things we must
not only plan but also believe."*

Anatole France

*"The golden opportunity you are
seeking is in yourself."*

Mary Engelbreit

*"Ideals are like the stars...following
them, you will reach your destiny."*

Carl Schurz

"I believe in everything"

Shirley Maclaine

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A few words from your Successful Life Coach.



Smell a flower.

Take a walk.

Call a friend in need.

Give yourself a hug.

Appreciate yourself.

Write someone a thank you letter.

Take a cat nap.

Give your pet(s) a treat.

Take a warm bubble bath to relax.

Read a good book.

Plant a garden or window box

Living Up to Your Potential and Making the Most of Each Day

Many people during the course of their everyday lives, go through their day just trying to get by. Days, weeks and even years seem to drift past. Before they know it, they wake up one day and wonder what happened.

Do they look back and say; I'm living my dream life, I'm living up to my potential, I'm happy with the way things are, or is it more like this: I need to change my situation, it's not going the way I want, I'm disappointed most of the time and don't see how to change things.

If you're living your dream life, congratulations, that's excellent if your not, and you really want to do something about it, you can it's not too late.

So what can we do to turn things around for ourselves? Here are a few things to think about to get back on track.

Let's start dreaming again, make a dream list, what is it you really want from your life? How do you want it to be for yourself. Get is down on paper.

Let's get into action, get on the court...Do something productive each day toward achieving your dreams and keep envisioning yourself attaining your desires. Build on your successes.

Be patient with yourself, and don't beat yourself up if it's not happening quickly enough, remember, Rome wasn't built in a day.

Believe in yourself, create a positive attitude, build your self-discipline.

Get organized and don't procrastinate.

And of course use your coach to support you in keeping you on track.

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“Twenty years from now you will be more disappointed by the things you didn't do than by the things you did do. So throw all the bowlines, sail away from the safe harbor. Catch the trade winds in your sail. Explore, Dream Discover.”

Mark Twain



