



March



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"Nothing great was ever achieved without enthusiasm."

-Emerson

"The future belongs to those who believe in the beauty of their dreams."

-Eleanor Roosevelt

"You must be the change you wish to see in the world"

-Gandhi

Successful Life Coaching

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A few words from your Successful Life Coach.

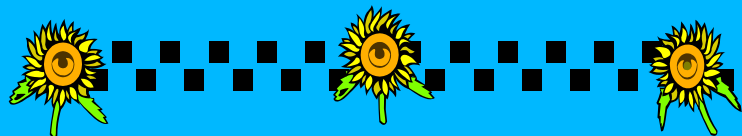


As spring approaches we see new beginnings.

Don't be afraid to expand your horizon.

Go for a walk, inhale that crisp air.

Set yourself more goals and let's achieve them.



"Nothing in life is to be feared. It is only to be understood."

-Marie Curie

"The future is hope."

-John Fiske

"Being bored is an insult to oneself."

-Jules Renard

"A good garden may have some weeds."

-Thomas Fuller

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ARE YOU KEEPING YOUR NEW YEARS RESOLUTIONS?

If you answered no to the above question, then you might want to think back and ask yourself why you choose that resolution and is it one you still want to achieve. If so start with some small steps towards that goal.

As we prepare over the next few weeks for the beginning of Spring, you may feel some anxiety. Here are a few things you can do to ease this feeling.

- Make a "To Do" list
- Start to plan that summer vacation
- Get out and exercise
- Spend 10 minutes a day with relaxing thoughts
- Smile.

It's the little things in our lives that keep us energetic in pursuing our goals.



Be strong and follow your dreams

