

Be Inspired!

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Happy New Year everyone!

After the Christmas break, the magazines, newspapers, tv and radio programmes are encouraging and filling our minds with what we should be eating, how much we should be earning, where we should be living, how to improve our relationships, how to get out of debt, how to live a greener lifestyle and how to get a better job. If nothing else, we can start to feel like we're coming from a place of lack or that something has to be given up before we've even begun.

What's important is not to think about what you should be doing, but to **decide what you want**.

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QUOTE OF THE MONTH

Thank you to Cheryl Richards who provided this month's quote:

"Change your thoughts and you change your world..."

Norman Vincent Peale, author

When we start to use words like should, must, have to - ask yourself this - Why should you? Why must you? Why do you have to? Not only are you adding extra pressure on yourself, you're starting from a place of necessity and not of will. If, for example, you tell yourself, 'I must go to the gym at least three times a week' - why must you? What's the real reason? Because you want to lose weight, tone up, keep fit, justify that membership that you're paying for every month? Do you even enjoy going? If not, and you're coming from a place of 'should', 'must' or 'have' then think about what else you could do that achieves the same results. There are always other options.

This applies to all areas of our lives. So, when you're thinking about what you want to achieve this year, remember the question is a simple one. **What do I really want** to do this year?

Until next time,

Marcia

Do you want to be wealthier, healthier and happier in 2008?

So, how exactly are you going to ensure that 2008 really is a Happy New Year?

This month I've been sent a number of opportunities and events that I thought may be of interest to some of you, especially as you start to think about what you want to achieve over the coming year. So, I hope you don't mind if I take the chance to share these with you. They all involve taking the chance to be inspired, learn, develop and grow and generally become a healthier, happier and wealthier you ... so what will you choose to do differently this year?

Want to be wealthier?

If you have a financial goal for 2008, be that clearing debt, additional income, property, living the dream or making shifts in your mindset and attitudes to wealth and money then this could be the answer.

Did you know that you CAN create real wealth in your life and that you can be shown EXACTLY how to do it - in a 6 step process created by billionaires?

So if 2008 is the year you want to make it happen for you, then this is a must-attend event. Don't miss out.

Register for the F-R-E-E events being held in London during January at
<http://wealth.infusionsoft.com/go/wwfs/marcav/>

I've attended myself and it was full of information and opened my eyes to a new world of opportunities.

Yoga Anyone?

If you're looking to kick-start the new year with less stress and a healthier, more flexible you, Patricia from Yoga Siromani, out guest contributor at the Discover A New You workshop, will be running her Spring term of yoga classes in Balham, week commencing 14th January.

Each course runs for 10 weeks from 7:15 - 8:45pm.
Beginners on Tuesdays and Intermediates on Wednesdays for just £90.



Places on all courses are limited so **booking is essential**. If you wish to book, or if you require additional information, please contact Patricia at Theyogapractice@aol.com or via her mobile on 07710 302611.

A Healthier Frame of Mind?

Please mark your calendars for the 26th & 27th of January for 2 days of action packed fun, laughs and inspiration on your mind, body and soul.

It's called the **Mental Game of Life** by Dr. Topher Morrison. This course will provide some tremendous insight as to what might be holding you back, how you can move beyond it and finally get into your winning zone.

Want to find out more? Then click on the link below:
<http://www.1shoppingcart.com/app/?Clk=2230748>

I'd highly recommend one of Topher's events- you'll certainly come away with lots of food for thought and a new attitude to life!

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About The Life Bureau

Marcia Cave helps clients to identify their goals and to take action to achieve results and more fulfilment in their personal and work lives. She is a qualified personal life and business coach and Director of The Life Bureau; a coaching and HR consultancy company.

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