

Goals and Aspirations

June 2020 Newsletter

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www.mariewellnessclinic.com

What matters to You?

What goal are you pursuing and why are you pursuing it?

By now you have probably heard that we will be returning to our workplaces in a few weeks. We are back to getting up early and getting out of our house on time. Imagine!!!! On a positive note COVID 19 has given us the rest we needed. No longer exhausted, we may have started to review

or approval. Often we continue to seek recognition from others through our choice of extrinsic goals but they rarely bring us the satisfaction and fulfilment we seek.

Make a list of your goals and aspirations. Put them in two categories: **Intrinsic** and **Extrinsic**. Beside each goal write your reason for wanting

Manage Stress Positively

- *One to one confidential counselling sessions to deal with anxiety and feelings of panic*
- *Learn positive techniques to dissolve confusion and regain mental clarity.*
- *Free Consultation and introductory session*

our goals and aspirations. Life is a valuable gift and we are getting a second chance to make a new start.

What really matters to you?

Intrinsic goals are the ones we pursue because we find them personally rewarding. These might include your career path or your choice of hobby.

Extrinsic goals are pursued because we are seeking reward

to achieve it. The result may surprise you!!!!

If you are unclear about what you really want but feel discontented with yourself, why not contact me for a **free goals and aspirations interview**, you may find a buried goal or aspiration that you are still drawn to and want to rekindle. You've got nothing to lose

Marie Wellness clinic

As you can see the theme this month is all about goals.

Sometimes our self-belief prevents us from pursuing our real desires. Don't let your negative feelings about your own self-worth hold you back. Find real happiness by living the life you dream about.

The Personal Orientation Inventory is a Self - Assessment which shows you how you see yourself and the kind of person you believe yourself to be.

If you would like to take the test and receive a free feedback session and your results on a personalized graph please contact me:

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