

Show up, never give up

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www.mariewellnessclinic.com

Obstacles

When we feel well and centered our environment seems easier to manage and life flows along effortlessly. The right people show up in our lives and we have the energy and enthusiasm to pursue our goals.

Creating an environment where we can flourish is crucial to our happiness and wellbeing. We all have dreams and desires and we

Close your eyes and visualize yourself overcoming the obstacle and achieving your goal. Do you feel more energized?

We all have the ability to realize our potential so don't give up. Instead, show up and keep going. The only people who ever reach their goals are those who don't give up.

Manage Stress Positively

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

long for the opportunity to realize them. When obstacles appear and we start feeling overwhelmed, it is not always possible to see the gifts that are inherent in them. During a difficult time it is hard to believe we are growing and becoming more resilient, but we are. Like the seeds beneath the snow we can find a way to overcome the obstacles and blossom again.

Here are 3 strategies you might find helpful:

Focus on things you can change, ignore the external obstacles that are outside your control.

Don't overthink things – take action.

Look at the obstacle and ask yourself how someone you admire might overcome it?

Marie Wellness Clinic

This month the theme is all about not giving up.

"Every adversity has the seed of an equivalent or greater benefit." Napoleon Hill 1960

In reality there are always obstacles to overcome, some type of barrier usually exists between us and what we most want. It seems that life is testing our ability to persist! Ask yourself why you want to achieve this goal and what you need to change in order to achieve it? Discovering how we are creating the barriers within can help us resolve it. When subconscious resistance to the desired change appears we often need help to overcome it.

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