

# Sparkle like a Diamond

January 2021 Newsletter

1/1/2021

[www.mariewellnessclinic.com](http://www.mariewellnessclinic.com)

## New Year Greetings

2021 is finally here. New beginnings create opportunity for hope and optimism to flood our minds and hearts, allowing us to visualize a more desirable future and helping us in our resolve to make some longed for changes.

Waving goodbye to 2020 as the clock strikes midnight, will certainly mark the end of an extraordinary year.

fear and stress can all wear away our vision and make the way ahead seem impossible.

At times like this remember that diamonds were pieces of charcoal that learned how to manage pressure and stress and found their sparkle despite the adversity. We are all diamonds seeking the perfect setting where we can shine with happiness, bringing joy to



Above is a picture of a **Hope Diamond** in a beautiful setting and here in the words of **Roy T. Bennett** is my New Year's wish for you:

**“Don't be pushed around by the fears in your mind. Be led by the dreams in your heart”.**

We all know that we have the potential to achieve our dreams but external obstacles, anxiety,

those around us.

Learning to deal with negative emotions positively is essential because they are among the strongest influences that weaken our immunity. Managing stress positively will help you stay healthy and well and allow you to sparkle your way through the year ahead.

## Book your exciting Wellness Week Holiday Now!

- Discover your passion
- Gain peace of mind
  - Inner clarity
  - Freedom from worry and anxiety
- Recover from past disappointments and losses
- Increase physical fitness
- Build the future you are dreaming of

Call Marie on 050 1087592

[marie@mariewellnessclinic.com](mailto:marie@mariewellnessclinic.com)

