

Chase Your Dreams

April 2021 Newsletter

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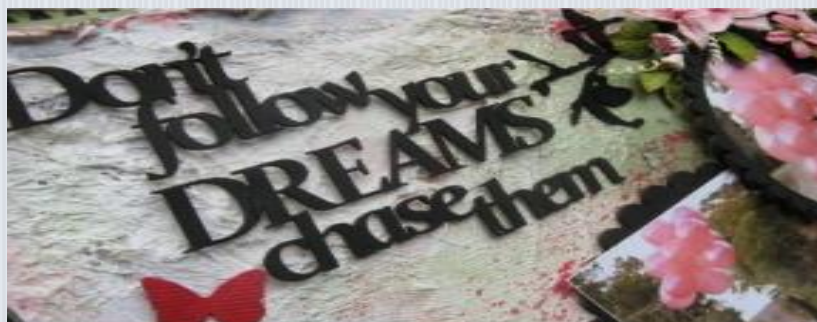
You can find a Way!

Obstacles and problems can cause us to feel despondent and weary, but overcoming them breathes new life into our projects and dreams and allows us to move forward again with renewed energy.

The difference between achieving your dreams and giving up has a lot to do with how you respond to setbacks and disappointments.

It is really believing that you can find a way that is the most important point. Try it and see. Think of something you have been wanting to do or to have and spend thirty minutes focusing on believing that you can find a way. You will be amazed at the positive ideas that will flow into your mind.

Practise looking for a way and



It is inevitable to feel discouraged when things go wrong and longed for opportunities are taken away or given to someone else. Surrendering to defeat and giving up is understandable, especially when negative thoughts and feelings take over.

However if we hold on to our **Dreams** and look for another way to move forward we will find it.

you will see opportunities and find a solution. Achieve your dreams one step at a time. Expect to encounter a few obstacles. Don't give up!

If you are having difficulty identifying what you really want to do why not contact me for a free consultation and introductory session.

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“He who has a **Why** to live for can bear almost any **How**” Nietzsche

I like to interpret Nietzsche's quote to mean if you have a dream you will find a way to overcome all the obstacles you encounter in order to achieve it.

Sometimes, though we need help to discover why we are getting stuck in the same patterns and behaviours.

Becoming more aware of how you see yourself can help you pinpoint the blocks that beset you. The **Personal Orientation Inventory** is a self-assessment to help you discover more about you.

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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