

If you can dream it you can do it

September 2021 Newsletter

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Stay Tuned to Your Dreams

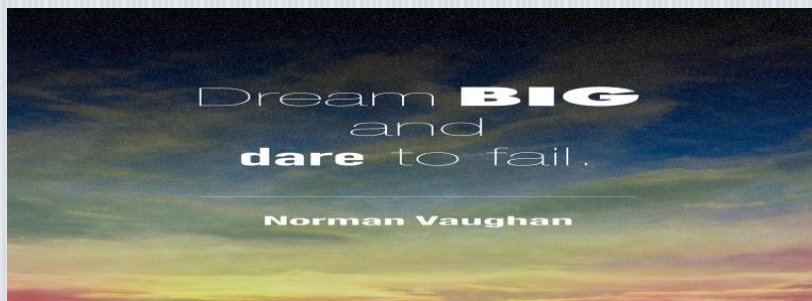
When we feel focused and motivated our environment seems easier to manage and life flows along effortlessly. The right people show up in our lives and we have the energy and enthusiasm to pursue our dreams.

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

Close your eyes and visualize yourself overcoming the obstacles and achieving your dream. **Do you feel more energized?**

Here are 3 strategies you might find helpful:

Find a song that helps you visualize yourself achieving your dream and play it every day.



have dreams and desires and we long for the opportunity to realize them. When obstacles appear and we start feeling overwhelmed, it is not always possible to stay focused. During a difficult time it is important to have a plan in place to remind yourself of where you are going and to help you stay positive. Dare to believe that what you most want is possible.

Create a vision board with images of yourself achieving your dream.

Convert your dream into a belief and keep motivated.

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 achieve their dreams are those who don't give up.

Marie Wellness Clinic

This month the theme is all about connecting with yourself and your dreams.

"Every time you don't follow your inner guidance, you feel a loss of energy, loss of power, a sense of spiritual deadness."

Shakti Gawain

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 dream and what you need to change in order to achieve it?

Discovering how we are creating the barrier within can help us resolve it. If you are feeling stuck call me on

050 1087592 for a free consultation

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