

## News & Inspiration

### **Dreams, vision, reality**

Hi All,

Hope all is well with you and yours...

Do you remember my quote from the 'Anything is possible' newsletter?

**"WE DO NOT HAVE TO BE WHERE WE ARE TODAY, TOMORROW. TODAY IS THE OUTCOME OF YESTERDAY. TOMORROW WILL BE THE OUTCOME OF TODAY...You choose."**

After the historic moment in American history, in fact, world history, NOW do you believe that anything is possible? Who would have thought that we would live to see the wave of change engulfing America? Who were the doubters?

#### **I Have a Dream...**

Martin Luther King was one of many who had a dream and sacrificed themselves for the hope that all men & women would be treated equal. In his famous 'I have a dream' speech, he visualised 'the promised land' when his children would hold hands with other children of all colours and creed. This is not just one person's time, this is not just one race's time, this is not just one nation's time, this...is OUR time.

Time for us ALL, as human beings, to stand together and unite, for we are all the same even though we are different. We are all part of the community yet we are individuals. We need to put others before us but we must love & treat ourselves first so that we have enough to give out.

With the sea of change taking effect across the world, has anything really changed? Have we changed over the last year, two years, ten years? Have we learnt more, understood more, loved more? Are we happier? Are we still hopeful? Where did you want to be by now?

What are your secret dreams? Do you ever visualise where you would like to be? How does it feel when you do? Stop and think about that for a minute or two.

Does it fill you with fear and trepidation or are there butterflies of excitement in your stomach to think that you could ever reach there?

Are you already on your way but now feeling jaded, tired, wondering where to go from here? Or are you at a crossroads and need to make a decision on which path to take

now?

Even if you are well on your way, we all have those moments when we need to take stock, re-strategise and re-energise before we move on again. Sometimes we just need to re-align to stay connected to our true selves and core values so that we stay out of conflict with ourselves.

What has that little voice inside of your spirit been saying to you? Slow down...take action...eat less...change your path...leave...stay...sit still...get up...fight...let it go...it is all happening perfectly...think again.....don't give up...focus...no more excuses...you are on the right path...it's okay...call this person...it's you that needs to change?

Whatever it is, know that it's NEVER too late to keep those dreams alive, to remain hopeful, to take one step at a time towards our vision in order for it to become a reality.

We may never always have it together and it won't always be perfect; but go ahead. We may have to step without knowing or being in control of the outcome; but go ahead. Fear, false expectations appearing real, may try and cripple us but what is the worse that can happen? Counter balance that. Go ahead.

If it is pure, healthy and wholesome to you, yours and the world, tap into YOUR uniqueness, fill out YOUR own shoes for your dreams are there for a purpose that only you can fulfil in the way that only YOU can do.

It's simple...Just Be...and stay within YOUR flow.

**“TOMORROW WILL BE THE OUTCOME OF TODAY. You choose.”**

Take Care now,

**KAREN at  
ImaniCoach™  
Coaching \* Mentoring \* Workshops \* Book keeping**

*Karen is a Qualified Certified Personal Development Coach and has been a Stress Management worker, Mentor, Writer, Woman's Group organiser/facilitator and Princes Trust volunteer. She is also a qualified Chartered Management Accountant coming from a corporate background. As she says 'I am Every Woman and Every Woman is me, whatever you're 'it' is, wherever you're 'at' in life, I encourage you all to say with me 'I CAN DO IT!''*

**Tel: 07761 823 456**

**Centre: 020 3417 6108**

**Email: [mail@therapy4life.net](mailto:mail@therapy4life.net)**

**Website: [www.therapy4life.net](http://www.therapy4life.net)**