

## News & Inspiration

### Keep on moving...hoping...even dreaming

How often does it feel like we are putting one step forward and taking two steps back? How do we react when things do not seem to go the way we planned? When there are obstacles in our way, isn't it easy to say 'Why me?' because after all it IS happening to us yet 'AGAIN!'.

It could be the daily frustrations of the leaky tap, the car in the repairs, the partner/child/manager/colleague p'ing you off or just missing the bus or train. Or it could be the larger/deeper frustrations such as losing someone in your life whether through death or otherwise (never easy), moving home, having a baby, changing jobs, starting a business....yes we will need to go through different levels of grief and emotion, however, at some stage, the rest of our lives (and health) will be affected by how we choose to deal with it all.

We could deal with obstacles in a defeatist attitude remaining bitter, closed, cynical thus anything else that comes along is seen as too large a mountain to climb, therefore giving up is the quickest route (we've all been there and that's okay but...will we stay there?). We could also see obstacles for what they are and squash them, go around them or even use them as stepping stones and start climbing the mountain the best way we know how 'one step at a time', using all the choices that lay ahead of us to make more informed decisions because of what's been learnt in the past.

What if Nelson Mandela had given up at the first hurdle? Or Martin Luther King, Madonna or Richard Branson, who was almost imprisoned via Customs and Excise through the dealings of his first Oxford Street Virgin record store in 1971? All very different people on different paths choosing different ways to reach their goals but one thing in common...they kept on moving...hoping and dreaming.

Maybe you can use some of these 'Imani' sayings as an encouragement or even inspiration in whatever path you're on:

- New day, new possibilities
- If it's not working one way, try something else
- It's never too late...if you're still breathing
- We are never stuck, we have choices so if you choose one thing, accept it and work with it
- Be bold, mistakes can be learned from, just move on again with renewed wisdom and knowledge
- Use the resources around you (don't be afraid to ask for help)

- Sometimes we may not even know how we are going to get there but you know, it's okay, enjoy the journey
- Two certainties in life... death and change...(or is it death and taxes!)...resist or move with the flow?
- House, car, kids, holidays....money will always be needed, be wise but hey, we always manage somehow don't we?
- Appreciate all you DO have
- Open your arms and welcome all the opportunities coming your way
- Think (new way/solution), believe (use the resources inside/outside), achieve (take action)
- So you spilt the milk...don't just stand there...CLEAR IT UP!! (aka Don't just sit there....do SOMETHING!)
- Sometimes when you've done absolutely all that you can do...let go and...let Life/God take over...
- It isn't THAT bad is it?
- If it is that bad, be in that space, acknowledge your feelings and 'move on' when time heals/allows
- Time is a healer...we always have the memories
- Simply.....relax that frown and Smile...

Whatever it is that you are feeling, doing, not doing, whatever you do...don't give up...maybe there is more that life or/and people need from you....view your choices...make decisions...take reasonable risks and step BOLDLY into life once more. There will always be trying times and other times when only chocolate or ?????...can help! However, through those times, how will we deal with the obstacles and frustrations? Maybe the measure is not the blows being dealt by life but how it is WE are dealing with them...How are you treating Life?

Carpe Diem

**“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!'*

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