

## **News & Inspiration - Thankfulness ~ Hope**

Hi, how have you been?

Has it been a long year for you or a short one? Has it been full of laughter or a year for tears? As we all ponder upon the year and look to the new one, may it be full of a world of possibilities for you and yours....read more below.

For those who like to analyse the year, here are a few questions about the year – name at least 3 things:

- Which went particularly well?
- That you can learn from things that didn't go so well?
- That you have achieved this year?

Things to do as we go into the start of a NEW YEAR:

- Who do we need to say sorry to?
- Who do we need to hug?
- Who do we need to forgive?
- Who do we need to show more love?
- Who do we need to let go off?
- Who do we need to talk to?

Now look ahead to the whole NEW year:

- Who would we like to be? Name it! Mr\_\_\_\_ Mrs\_\_\_\_ Ms\_\_\_\_ Miss\_\_\_\_
- What would we like less of?
- What would we like more of? How would we like to feel?
- Who would we like more around us?
- What are people saying about us?
- More importantly, what are we saying about ourselves?
- What income do you have?
- What would you like to do on a daily/weekly/monthly basis?

As you go through these questions, plus any of your own...whether you write it down or not, look at the world of possibilities and know that really anything CAN happen, if we choose to do or be something different than we've done/been before. It all starts from one thought. You Choose.

## World of possibilities

Some people say how do I make goals and what if I don't meet them? What's the point? Goals are one thing but there is no point in setting goals unless they are aligned with things you're passionate about. What are your passions? What makes you happy? What do you just love doing? Why not build more of that into your daily life this year?

We're never too old. Wear you're 'purple hat' now, meaning who cares if anyone is watching...if you want to dance, dance! Sing? Then sing! Wear bright colours? Do! (Although no one is saying to try and wear your clothes from 10/20/30 years ago because some fashions will never, ever look good!).

Be clear about You first, know your own passions, continue to do what you love doing (within peace, love and respect for others), set your goals, be happy within the simple things in life and stay aligned within your flow. We all know when we feel uncomfortable or something is not quite right and something is nudging us to change direction or let go or sit still. Whatever 'it' is, listen more this year, pay attention...life only wants what is best for you, so be kind to yourself and stay whole and well. It isn't always easy if we need to move into the unknown but one step at a time ensures we build courage, muscle and the capability to make the painful or painless 'out of comfort zone' transformation from caterpillar to butterfly sometimes in a shorter time than we imagined if we but choose to trust.

May every day of your New Year be filled with HOPE and COURAGE as you enjoy creating precious memories...

**"TOMORROW WILL BE THE OUTCOME OF TODAY. You choose."**

Take Care now,

**KAREN at**

**ImaniCoach™**

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*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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