

## News & Inspiration

Hi All,

Hope all is well with you and yours...and that you are still in some shape or form still Being, Doing, Becoming all of who you intrinsically are...living and loving within Your Truth.

When you hear the phrase 'anything is possible', do you believe it? Does it make you cringe inside? Does the cynic come out 'hmm...it's possible for other people, not for me'? Where does all that inner talk come from? What is the fear that holds us back sometimes when we believe that what we desire is always just beyond our reach? Or is it that we are just never satisfied?

### Is anything possible?

Stop just a minute or two and look at your life from all angles...360 degrees. What does it look like?

- Spiritually
- Emotionally
- Mentally
- Physically

What's happening in these areas?

- Family
- Friends / Social life
- Health & Fitness/ Vitality
- Lifestyle / Career
- Finances
- Giving back

Giving a rating of 10 = satisfied to 1 = totally not where I want to be, how does it look?

Is it time to give thanks yet? Now, let's look back five years ago and do the same thing? Go on...what did it look like then? Whether you may think it's worse or better, in some or all areas of your life or whether you feel you are just not quite 'there' yet, isn't one thing clear? We are all not quite exactly where we thought we would be, with whom we thought we would be with and also, how we thought we would be doing it. Also, it certainly didn't all happen the way we thought it would!

If you feel you're in a better position v five years ago (hopefully comparing yourself to yourself and not 'the Joneses'), what happened? Did the 'anything' then suddenly become possible?

If you feel you're in a worst position, did you think you'd be here? Didn't then the 'anything' also become possible? Stop and think on that one a minute. After all, if you didn't think you'd be here, anything IS possible! Is it time to give thanks yet...regardless?

Looking forward, visualising five years ahead, where would you like to be? Look at all the areas again and re-jig them as necessary (writing them out if you like). What does it look like now? Is there a smile on your face? Did you allow yourself to dream just a little?

Is there now a part of you that even more strongly believes that 'anything IS possible'?

### **How did we get here?**

We are here because of a combination of events, actions, words...coincidences? However, whether we like it or not, we are right where we are because we asked for it, thought it, wished it, longed for it. (Of course no one is suggesting that worlds of thought don't collide and produce traumatic experiences out of our control). Harsh? Crazy? Presumptuous?

Can we dig a little further to become aware of our subconscious mind and all the constant thoughts, inner talk and inner choices that we've made? What have we secretly wished for? Have we really? When 'it' was coming, did we sabotage it, because fear said 'anything is not possible for me'?

Now, look back five years again and become aware of some of the inner choices you made at the time. Or look back a year ago and see how your life went off into yet another pathway because of the thoughts/inner choices you had/made at the time.

Now, being reminded of the power of thought, re-apply yourself to look a year ahead, five years ahead...does it change anything? Can we now see how important it is to believe that 'ANYTHING IS POSSIBLE'? Does it not open our eyes to the realm of possibilities available for our lives? Yes...even for us!!!

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

Take Care now,

**KAREN at**  
**ImaniCoach™**