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**ImaniCoach™**  
News & Inspiration

**Are you uncertain about your future? Need someone to talk to about your goals in confidence?**  
Tel : 07761 823 456



Original from the Caribbean

**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?

Cont'd...

**5 simple steps to goal setting:**

- 1 Sit down with a piece of paper and map out all the areas of your life that are important to you right now eg. Career, Homelife, Relationships, Spiritual, Business...
  - 2 Now pick out 1-3 areas where you would like to see change and think of the most important goal/vision in each area
  - 3 Then ask yourself why it's important. Write it down. Visualise it.
  - 4 Now write down up to 3 small steps in each area that will move you a step closer to where you want to be
  - 5 Do it!
- And remember, how do you climb a mountain? ONE STEP AT A TIME!

***MindBody Therapy***

Working in conjunction with MindBody Therapy, you can now read some of my newsletters under a fantastic new website!!!

[www.dbheatmassage.com](http://www.dbheatmassage.com)

Tap into the website above and see how MindBody Therapy can help you deal with those niggly back aches, headaches, migraines, any stress related illnesses. On the other hand if you need relaxation & pampering its there as well. Whether you want full body or fully clothed treatments there is something for everyone.

Read the testimonials, call for a booking and experience it for yourself. Mention 'ImaniNews' and get **£5 off** your first treatment!

**Tel: 07739 138 825**

**Your dreams, vision, reality**

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...its okay...call this person...its 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? 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.



Picture by Rochelle White

**Woman to Woman**

Are we the product of the 'baby boomer' generation women who had a choice about whether they worked and when they had sex? Do we now have too much choice bringing us to the age of the irresolute nomad?

Maybe we want the career, the man, the kids?, the fit body AND the fantastic wardrobe but when we get them do we want to run away, be single or go and 'find ourselves'? Yet another woman may envy what this woman has! Is the lesson to learn to be content in whatever situation we choose and enjoy the moments rather than always searching, reaching, striving?

Nothing wrong with ambition but can we really have it all? Do we have it all already? What is your ALL? Is the grass really greener on the other side?

Email me your comments for next time!

**Accountancy & Business Mgt  
Tel: 07761 823 456**

Karen is a Qualified Accountant (ACMA, MAAT) available for you if you work for yourself under T/A or Ltd and would prefer someone else to do all the accounting paperwork or any other work on Word, Excel, Access or Publisher, so you can concentrate on your core business.

Email me:

[needaccountshelp@sky.com](mailto:needaccountshelp@sky.com)

**Coaching /Mentoring/ Writing  
Tel: 07761 823 456**

Karen is a Qualified Coach, Mentor, Writer, Woman's Group organiser & facilitator and Princes Trust volunteer. She is available for coaching on a one to one or group basis and for workshops such as 'Work Life Balance' as well as writing assignments.

Email:

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

**You choose."**

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