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ImaniCoach™
News & Inspiration

Life...it's for Living



Original from the Caribbean

Check out the BRAND NEW WEBSITE!!!!

www.imanicoach.com

Do have a browse and feel free to comment. More will be added as time goes on, so add it to your favourites!

PS. If you're not at work (!) click on the jukebox @ Home page for some relaxing music.

Seasons Greetings

Hey, hope all is well with you and yours...

Do you remember when?

When we used to shop at Woolies?!!! Can you believe they are closing down? What a fast paced world we live in where one of only certain things in life is change. So...how has your life changed this year?

Changes

What kind of year has it been for you? Has it been fun, fantastic, incredible, good, fair, sad, bad, a time of growth, frustration, new choices, old habits, new friends, rekindled love or have you said goodbye to a love? Are you where you thought you'd be? Hopefully you're in a better place.

Or are you thinking, how did I end up here? Are you being truthful to yourself? Are you honouring yourself? Tough questions at this time of year but ones that we all go through, after we've ate the turkey or lamb, potatoes, christmas pud and mince pies (not forgetting the choccies!).

Wherever you are, whatever stage you're at, remember that you always have a choice and that whatever happens...

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Woman to Woman

So...did you decide whether you thought the grass was greener on the other side?

Well, if you thought 'yes', is it that we should sit there and start player-hating the ones who have got 'it' ie. the husband or the happy go lucky single life or the babies etc., pretending to be happy when they announce yet another thing in their 'perfect' world (come on, most of us have been there!). Or did you think 'no, I'm very happy where I am thank you and I know so n so is sooo not happy anyway'? Or just 'no, I'm fine where I am'?!

Listen, if you've got it altogether, ALL the time then let me know because I'd like to bottle it and sell it to all the women in the world! It doesn't matter what 'status' we carry, we are all women, so let's respect one another, wish each other well and concentrate on improving our own lives!

Is it true what they say, 'you attract the person you are ready for?' If that's the case what's your magnet? Desperate, not quite ready, in love with yourself, Ms Controlling 'can't find any one that fits', ready willing and able or none of the above? Mmm...whether you're with someone or not...is your intimate available for true love? More next time ☺!

...out of that, is a consequence of your inner choices.

My hope is that this year, you have had plenty of hugs, re-unions, hot dates, new friends, warm cosy nights in, PLUS plenty of laughter to release endorphins for that 'feel good factor' enhancing our immune system, helping us all to manage stress and depression a bit better. So come on, ditch the tablets and bring on the laughter!

New Year Resolutions

Do you do these every year and does it work? When you look back over 2008, are you fitter, richer, healthier, did you reach the business target you predicted? Know that, whatever time of year it is, you can decide to change something or learn something new. The important bit is not WHEN but the intention behind it. Do you feel that you will greatly benefit from it? Or is it safer and more comfortable where you are? Are you worried about what others may think or are you just procrastinating?

Those that tend to succeed, do at least one of the following:

Make a decision * Write it down * Put a deadline on it * Make it known to others or a coach * Knows the benefits * Replaces old habits with new ones *

All the best! Seasons Greetings and Happy New Year! *[Life! ...it's for Living]*



Picture by Rochelle White

De-clutter!!

Come on, we all know we've got way too much 'stuff' in the place.

Why not use this season to have a clear out. You know what they say, clear place, clear mind!

Need help with clearing, especially that wardrobe ladies! Call me on 07761 823 456.

Other services that may be of interest :

Accountancy & Business Management

Karen is a Qualified Accountant (ACMA, MAAT) available for you if you work for yourself or 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.

Website:

www.karenburkeservices.com

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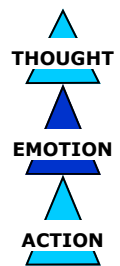
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