

Welcome to **Discovering your True Potential** newsletter.

I have discovered that writing a regular newsletter is not an easy thing to do. With the intention of keeping it interesting, valuable and insightful, it is sometimes difficult finding enough topics that will provide you with value. So I invite you to email me at any time with suggestions of topics **you** would like to hear about.

But today, let's start with;

Creating Vision!

When we set ourselves goals, it is incredibly helpful to create a vision of what our end goal looks like to us. Creating an image of what we want helps us to connect to that goal and triggers the desire for achievement.

Coaching Questions:

In 3 months time (or pick a timeframe to suit),

- What does your goal look like?
- How are you feeling about this goal?
- What are you doing differently?
- What impact is this new goal having on your life?



Tips and techniques

- Create a 'vision board'
 - o cut out pictures from magazines/newspaper etc of what your vision looks like. Paste them onto a board to put in a prominent place.
- Draw/paint your vision. Display it in a prominent place, like your fridge or on your bathroom mirror.
- Make a collage of your vision

Create Strategies and Actions

Now, to be able to reach our goal/vision, we need to set a structured pathway that will lead to our goal. This will be like taking 'bite-sized' steps, one at a time, so we can be sure to achieve them, in a structured way that will lead to our goal/vision. If we set out some milestones along the path toward our goal, and then smaller actions to achieve each milestone, we will make small successes, which in turn will lead us to reaching the biggest success of all – OUR GOAL!



Workshop:

Workshop - CREATE YOUR VISION

What you will get from this workshop

- **Defined** areas of life you want to focus on
- Tools and techniques to **turn dreams into reality.**
- **Creative** techniques in **visualising** your dreams
- **Be in the draw to win a set of Champagne Flutes!**

What will it cost?

\$50pp – limited to a maximum of 10 participants. SO BOOK NOW!

Please place your interest in the workshop by contacting Nicki on:

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