

Growing Happiness with Lori Brown

Life Coach

719-210-1437

Lori.growinghappiness@gmail.com

www.growinghappiness.yolasite.com

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For most of us, we have already had a glimpse of the warm weather and we are dreaming of summer vacations, no school and the hope that the warmer months will bring more happiness.

If you are taking a vacation, you are most assuredly planning all of the specifics from how you will travel, where you will stay, what you will do, sights to see and the best places to eat.

What is your plan for happiness? Most of us think if we work hard, make enough money, volunteer at our kid's school, are kind to others and live an overall "good" life that our dreams will come to fruition and happiness will follow. Sometimes, that is the result, but working hard doesn't always equate to happiness. What we really need is a map to help us get there. We all have goals floating around in our head, but how many of us actually write it down and look at it each day? What would happen if you actually made a map of where you would like your life to lead you in 1 year or 5 years, visualized that life and created goals to help you get there?

This month I will be sharing ideas about creating a map of your life or a vision board on my weekly blog at, www.growinghappiness.yolasite.com. I will discuss different ways to make them, how to use it and the length of time to focus on. I look forward to creating a vision with you over the next month.

I will be posting my vision board on my blog and on my Facebook page once it is finished. I hope you will share yours as well.

If you would like to get clear about your goals and create a plan for reaching them, please email me at lori.growingshappiness@gmail.com for a free consultation.

Peace & Gratitude,

Lori Brown

[Lori.growingshappiness@gmail.com](mailto:lori.growingshappiness@gmail.com)

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"Life is change. Growth is Optional. Choose Wisely."

Karen Kaiser Clark