

Growing Happiness with Lori Brown

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Happy New Year!

January is upon us and it's time for a new start. Many of us have made resolutions for the New Year and we are hoping to stick with them this time. What are you doing to ensure that you follow through with your goals this year? If you haven't made any goals what is stopping you? Have you given up or given in?

I want you to stop and ask yourself these two questions:

IF NOT ME, WHO?

IF NOT NOW, WHEN?

This month, on my blog, www.growinghappiness.yolasite.com, I will be sharing my thoughts on really looking at yourself and asking, "If I am not worthy enough for change, then who is and if I am not worthy now, when will be the perfect time?" I will be providing tips on helping you to reach your goals by making small changes.

I will also discuss how to create non-negotiables in your life to increase your sense of worthiness. Lastly, I will share my insights on how adding things to your life rather than denying yourself, is a fabulous way to begin 2012.

So, remember, you are worthy and there is never a perfect time so get ready for some change!

Are you ready to make a change but aren't sure where to begin? Maybe you know what needs to be done, but you are unable to stick to your plan. Perhaps you just need to talk it

through with someone in order to hear a different perspective. If you have answered “yes”, to any of these questions maybe you are ready for some life coaching. Call me at 719-210-1437 or email me at lori.growinghappiness@gmail.com. I look forward to hearing from you. Subscribe to my monthly newsletter and weekly blog at www.growinghappiness.yolasite.com or follow me on Facebook and twitter @Grow_Happiness.

Peace & Gratitude,
Lori Brown

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“Life is change. Growth is optional. Choose Wisely.” Karen Kaiser Clark