



Hello and welcome to June's Newsletter!

This month's Confidence Clinic focused on Goal Setting and was absolutely brilliant!! A massively useful Clinic to help anyone set any goal about anything!

Thanks to everyone who came and thanks for the great feedback, thanks also to Jane Hafren from Potential Works for presenting such a great workshop!

Here are the reminders of the evening, if want to know more please get in touch:

- The Law of Attraction
- Whatever you keep in your mind you attract into your world
- Set goals for what you want, not what you don't want
- We all set goals throughout the day without realising it
- Achievement:
  1. Thought
  2. Motivation
  3. Decision
  4. Action
  5. Achieve
- We delete lots of information we receive every minute of every day. If it's not important to us we don't register it
- Remember your map of reality!
- Your mind is a massive warehouse full of possibilities
- What you focus on you get more of
- Imagine it has already happened
- Imagination is more important than knowledge

- People who never set goals never get obstacles
- Take responsibility of everything that takes place in your life
- Keep your three goals somewhere you won't forget, write them on your calendar or in a diary
- Make a collage

Blimey – we learned so much!!

### ***Other News***

The next Clinic's are going to focus on specific areas, one to Stop Smoking and one to Loose Weight, the dates are not confirmed yet however if you would like to come please register your interest!

As well as my CD "SWYCHI YOUR THOUGHTS", I have now created "Confidence Cards", these are a pack of 30 cards each with a positive affirmation on to keep you positive! You can put them up around your house or wherever you need them, they are great to pull you out of a negative situation! The cards come in 4 different colours - blue, green, yellow or pink and are in a handy little case to keep them safe! The cost is £3.49, which includes p&p. If you would like a pack please get in touch or order through my website on the same page as the CD.

Thank-you for reading!

Caroline x