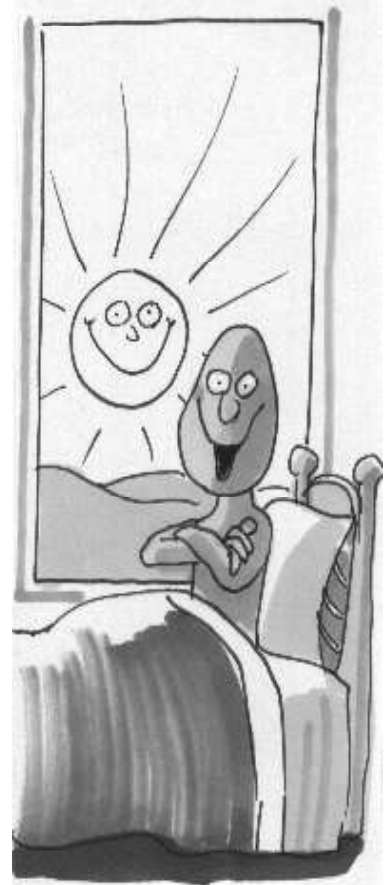


Life Coaching Encouragement for Your Advancement

THE ULTIMATE OPPORTUNITY..... It takes a lot of hard work to mine diamonds and other precious stones. The same could be said for uncovering hidden opportunities - you may have to move a lot of 'dirt' to get to a small opportunity. You won't strike it rich with every shovel full of dirt you move, but if you are consistent in your efforts, you will eventually get your pay-off. Just look around you - opportunities are everywhere, all the time. It's just a matter of 'digging' for them and finding ways to do that. Take the people around you - can you help your employer to be more effective by assisting and supporting him more? Can you learn to support his ideas and suggestions, even though you don't always agree with him? That goes for everyone in your life - even and especially your family; Are you going the extra mile each day to give a little bit more to help them do better? The ultimate opportunity comes in serving others, beginning by creating the habit of treating everyone you meet as someone special and not just trying to win them over with flattery when you think you can get something out of them.

START YOUR DAY FOR YOU Every moment of every day is precious, but taking time out for yourself is even more precious. The most important hour of your creative day is the first hour - your finest hour. Use it to spiral on - to send you spinning - for the rest of your day. Make this hour yours and yours alone. No-one can demand of you, no-one can intrude on your privacy, your devotion to yourself. Make each moment of every day count by using your finest hour construct-lively and creatively, setting goals for the day, programming positively and making affirmations that will set you on the path for a wonderful day. On waking, give yourself some good advice. Tell yourself today will be the best day you ever had. Today you will love yourself and forgive and forget yesterday's mistakes. Tell yourself it's o.k. to make mistakes - it is a human trait; Do you know anyone who is perfect ??? Acknowledge that to be accepted and successful with others you need to accept yourself as successful. Affirm that success is not the ultimate, it is a process of lifting above and beyond failure. Progress to the shower and continue your pep talk. While you luxuriate in the purifying water cleansing and refreshing your being, send nourishment to your heart and soul. Visualise in your mind some of your good moments in your life. Wash away your negative thoughts and feelings, bringing forward the side of yourself that pleases you. Enforce those pleasant images of yourself, reminding yourself you were brought into this world perfect and beautiful in every way. When cleaning your teeth, look in the mirror and dwell on that sense of wellbeing. Appreciate your image, your beauty - inner and outer, imperfections and all - it's all a part of you! Discard worries and doubts that attack you and reaffirm reality of who you are. A unique expression of life ever growing in wisdom and love. Don't waste your thoughts on aimless fantasising or drifting. While dressing tell yourself you have the right to be happy - you are worthy of succeeding in whatever you attempt. You are a unique and precious human being - no-one else in this entire world is exactly like you. You are somebody!!! In this, your finest hour, decide that today you will launch a day of creative living. Sure - external events may possibly mar your chance of achieving some of your goals today, but even so - you will have tried - you will feel satisfaction in the knowledge that today, you have done your best. Once more, when you return to the mirror - perhaps to shave, or to apply your makeup, comb your hair - take the time to look at yourself deeply; go within, past the exterior and superficial flaws. What you see is a collective reflection of you, your thoughts, feelings and what you've done with your life. It has all been good for it has brought you to where you are today, and as you know better you do better. You will always do the best you know with what you've got and the circumstances present. So give yourself credit for your goodness. Learn to love yourself for yourself. Now, plan your goals. What do you want to accomplish today? How will you go about it? Make a list of your goals. Do they enthuse you - do they have real meaning for you? Planning your goals builds enthusiasm for real living today, firing you with energy to go out into the world and create positively, **FOR THIS DAY IS THE FIRST DAY OF THE REST OF YOUR LIFE !!**



I do hope that you will experiment to see if there is something here that you can use for your own advancement. When you have finished with me I want you to please pass me onto someone else anywhere on the planet.....because we Seeds want to keep on circulating to promote and foster the advancement of people in every nation. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for those times when you are challenged ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to feel good, go to www.goodwillpeople.net

