



"Find the BEST YOU with Life Coaching!"

Anita Greenberg, Life Coach

Dear Friends,

The season of Love is fast upon us. Valentine's Day will bring promises of affection and gifts of chocolates.

To truly enjoy this day, it is not only important to happily receive the love and affection of others, but to be introspective and examine your innermost thoughts and feelings.

Be grateful for the positive feelings and be grateful for those relationships that give you all the positives in your life.

Be mindful of the negative feelings and don't try to eradicate them from your thoughts. Rather, deal with them and use the joy and gratitude that you've brought to the surface to work through the negatives and the relationships that cause them.

Gratitude will bring you joy and fulfillment and give you a better perspective to handle the more challenging aspects of your life.

So for Valentine's Day I hope you all receive much joy, gratitude and fulfillment and feel much joy, gratitude and fulfillment as you negotiate that sometimes rocky road called Life.

Warmly,

Anita

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