

*Independent Entrepreneurial
Business Owner
creating Passive Income
and Active Income*

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PDA - Personal Development Assessment

Online, 10-15 minutes, Report, Feedback session
with option for Coaching

<https://www.youtube.com/watch?v=R2hP3uzLdEY&feature=youtu.be>

Gratitude and Anticipation

As you say goodbye to 2014 and hello to 2015, may I suggest you take a moment for both gratitude and anticipation?

So often we go into a new year feeling almost overwhelmed: so much to do and so many more expectations, responsibilities and duties to be covered in the year ahead.

I would like to share a different perspective on the way you see the recent past and the forthcoming future using the lens of now. In the now, in the depth of you, there is a place where all is in fact safe, sacred and sustainable. In this very moment, all is well. Consciously move into the rest of the day and come to realise that all is in fact well, moment by moment. This perspective is one to take into your future and in turn, that future will impact on your now - for you do in fact create your future in the now moments of consciousness.

2014 was a mixed bag of success, learnings, joys and disappointments. It was also a year of forming foundations, relationships and structures that will in the new year prove valuable as you springboard from them. It is in the springboard up and forward that the mystery still lies - for actually you have yet to experience the direction, the impact or the learnings - it is this that is the joy of life; the unknown, to witness the unfolding and manifestation.

One thing I do know for sure is that it is all based on attitude. When you take on an attitude of gratitude and anticipation it all works out in your favour. When you take on an attitude of despair and doubt it all seems to work out against you and life is then a bad experience.

So here is again an opportunity to choose for yourself whether the forthcoming year is going to work well for you or not - based on your choice of attitude, your endurance and your focus towards life joy, learnings and successes. The choice and responsibility, the meaning, purpose and fulfillment of life that manifests in your happiness, health and wealth falls squarely on your own shoulders.

I would like to encourage you to use gratitude and anticipation as the springboard from which you come into 2015 - Happy, Joyful, Successful 2015! Barbara

To assist your 2015 journey I recommend reading and working through:

Yes, Yes YOU! 10 Stepping Stones to GET ON with YOUR LIFE

http://www.amazon.com/Yes-YOU-Stepping-Stones-YOUR/dp/1928155375/ref=sr_1_1?ie=UTF8&qid=1416657032&sr=8-1&keywords=yes+yes+you+barbara+johnson

- Joint Ventures please email:
bj@leadershipdimensions.co.za
- Personal Development Assessment tool with EQ and Energy fit:
barbarajohnson@pda.africa.com
- Global Travel
www.leadershipdimensions.dreamtrips.com
- Business Mentor, please go to:
<http://australiasbusinessmentor.com/leadershipdimensions>
- Business Referrals, go to:

<http://DrBarbara.goyobsn.com>

I would love to chat as to how YOU too may have an extraordinary life.

Here is a book I highly recommend to assist you on your life travels:

http://www.amazon.com/Yes-YOU-Stepping-Stones-YOUR/dp/1928155375/ref=sr_1_1?ie=UTF8&qid=1416657032&sr=8-1&keywords=yes+yes+you+barbara+johnson

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