

... *Unleashing human potential*

...and so...

...and so it is that time of year again!! Time for sharing good and fun times with those that matter most in your life! We are at the end of yet another year – one that brought great happiness and success to some and great tragedy and hard ache to others – all of which grows and highlights our character.

May I be bold and ask each of you to draw up 5 statements starting with: ...'I am so happy and grateful that...' of things / learnings / experiences that happened to you this past year, things that you learned from good or bad experiences, things that you are truly grateful for. You will then realize that no matter how bad we think the year was, there were plenty of learnings and growing of the 'me' that happened this past year that must be recognized. Our challenge in the New Year is then to use what we have learnt to enrich our own lives and those around us.

...and so 2010 will be here before we know it!! May I wish each of you a wonderful and Blessed Christmas. May you experience the love and comfort that you deserve on the day! May the New Year bring all the joy and success that you can dream of and that you want.

Remember to tell the people close to you that you love them often; tell those that are special that you care about them; tell yourself how great you are and what you will achieve in 2010! What you become is far more important than what you get. What you get will be influenced by what you become.

With gratitude to each special lady who is part of this forum, see you all in 2010!!

With love,

Lydia