

## ... *Unleashing human potential*

**Welcome to 2010!** Can you believe we are already at the end of the first month of the new decade? ...and with the new decade comes new beginnings too! I hope all the goals you have set for yourself for this year, will come to fruition. Pursue your dreams vigorously with the action to meet that!

Attitude will remain an important part of your dress code. I have received an e-mail from a very good friend of mine this morning and I would like to share it with you. This is just to remind you and me that, whilst we work at achieving our goals, things might not always work out the way we want it to, however, it is how we view those challenges that will make the difference between success and giving up. Enjoy!

### **Be Thankful**

"Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for your mistakes. They will teach you valuable lessons. Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things.

A life of rich fulfilment comes to those who are also thankful for the setbacks.

Find a way to be thankful for your troubles, and they can become your blessings."

- Author Unknown -

With love,

Lydia