

## **This February 2011 Good News letter gifts you the following goodies...**

- **Into the Limelight event and expo – Here's the line up and prizes, ideas and opportunities for you to take away.**
- **Wisdom unearthed – Progress vs Perfection - Tortoise or the hare? The same race but doing it differently.**
- **Tips for dealing with the rose thorns – Feeling fantastic, rather than frustrated.**
- **Soul Heart Crystal essences – Progress vs Perfection blend.**
- **Retreat in the Waitakeres – March 17<sup>th</sup>-20<sup>th</sup>, 2011**

## **Into the Limelight – Here's the line up and prizes, ideas and opportunities for you to take away.**

You are invited to the **"Into the Limelight"– Step into your brilliance** event and expo on March 6<sup>th</sup> in Auckland.

- CELEBRATE 100 years of International Women's Day
- BE INSPIRED, MOTIVATED and CONFIDENTLY IN ACTION in 2011
- PRIZES, IDEAS and OPPORTUNITIES for you to take away
- VALUE yourself as a woman - The world needs women like you NOW

### **Featuring speakers:**

**Kati Kasza** – founder of evolu botanical skincare and an inspirational speaker who radiates confidence, courage and commitment.

**"The benefits of balance – in life and skin."**

Gifts from evolu skincare: Two prize draws of \$150 of evolu products.

**Kerry-Ann Stanton** - Celebrant, Coach, Dancer – Director Inspirita Ltd

**"Into the limelight - the dance of being and becoming."**

Take away tools and tips to dance your way with confidence, courage and commitment into your own limelight.

Gifts from Inspirita: Two prizes of 2 x private dancing sessions. Each prize valued at \$150.

**Janelle Fletcher** – Speaker, Writer, Life Coach, Events, Online resources

**"The spotlight on self acceptance and stepping up."** A call to action to believe in yourself, be yourself and be your best self.

Gifts from Janelle : Two prizes of 2 X coaching sessions. Each prize valued at \$200.

**Tracey Collins** – Presenter, Musician

Gift from Tracey: Her latest CD to a lucky winner.

**Prizes...Ideas...Opportunities...from our expo promoters:** BodyMind balance retreats and services, Contours Womens' Gym, Venus Clubs business networking, YWCA Future Leaders mentoring, Intimo Lingerie, Janet Dougherty and Anti-aging, Jenny Walker Ybe Fashion, Pranamaya Natural Therapy Clinic, Ti-Tonics, Divine Food ... and more.

[Click here](#) for details.

Tickets are selling now for this event at <http://www.iticket.co.nz/events/2011/mar/into-the-limelight/>

## **Wisdom Unearthed - Tortoise or the hare? The same race but doing it differently...**

Do you take one slow step at a time like the tortoise or race ahead like the hare with a “head down, butt up” attitude to get yourself over the finish line?

Too often we mark our success on the perfection or completion of a goal or destination, rather than on the progress and gains along the way and what it takes to keep walking that sometimes frustrating journey of progress through its up-and-down terrain.

The problem is if you focus purely on the goal or destination point, once you arrive at it, you start looking for another place to head. The feeling of success is often short-lived and transient and may in fact indicate your feeling of still not being good enough or not having enough...money, status, recognition, accolade, letters after your name... all of which typically come from a feeling of “inadequacy”.

If you **view progress as perfection in itself and growth of yourself**, couldn't that take away that feeling of frustration - knowing that all is well?

Don't give up on your goals. Just consider the benefits of running the race differently.

## **Tips for dealing with the rose thorns – feeling fantastic rather than frustrated**

I don't know about you, but lately I have gone through what could be viewed as a number of incredibly frustrating times and situations which have driven me crazy and left me somewhat sleep deprived. Some frustrations were to do with technology, family, business, other people and daily responsibilities... Yes I am human and I know that many of you have also been feeling that doors have been closing, rather than opening, that progress seems slower than you would like, or that things are quite simply in the “too hard” basket.

Here are some strategies for all of us to feel fantastic, rather than frustrated when what we want or desire is not quite on our doorstep!

- **Focus on the personal qualities that are needed to complete your goal.** eg. willingness to keep going, courage, confidence, receptivity to receive help from others, desire to help others.....Use those as your markers of success. For example, ask yourself, “How did I step up today in my confidence / courage? What helped me keep going when I wanted to give up? How open was I today in receiving the help and support I needed? Who did I help today in some way?”
- **Embody feeling fantastic, rather than frustrated.** Notice what you do with your body, your face, your gestures, your stance and your walk when you feel fantastic. Emulate that in your physiology.
- **Change something about your familiar patterns that keep you in frustration.** eg. Ask for help, if you typically try and do it all on your own. Create a priorities list in the morning, rather than spending hours clearing the not so important emails or reading the latest facebook gossip...
- **Acknowledge success in each and every step you take**, rather than focussing on what hasn't been done or achieved yet. Isn't a seed or growing bud just as fantastic as the mature tree?

## **Soul Heart Essence – Progress vs Perfection Blend**

Speaking to my lovely friend Debbie Gillespie this morning (she also happens to be my daily sounding board!), she has specifically put together a blend of Soul Heart crystal essences to help you let go of a perfection focus and enjoy and acknowledge the progress you have made or are making. This blend includes:

# Good News



*Growing potential & possibilities*

Lemon Quartz – throws off the shackles of non-serving belief systems and gives you the courage and enthusiasm to ‘thine own self’ be true.

Serpentine – helps you set goals and put plans into action. Gives you the patience to do all the prep work and then allow it to unfold. Like setting your net and then waiting for the prey. Helps keep energy up and focused so continue with the mundane stuff and get ground work done to allow the harvest.

Blue Goldstone – Helps you find the perfection within to accept yourself as being whole just the way you are – perceived warts and all. The internal truth of Divinity within.

Plain Jasper – Helps you ‘be’ where you are and find the joy within this. When you are happy where you are – it allow things to move forward and change for the better.

Often an affirmation can help cement the changed energy – you could try the following affirmation:

***I easily enjoy and acknowledge what I have achieved, and look forward with anticipation to the unfolding journey.***

[Progress vs Perfection Blend](#) Click on this link for more information or to purchase this blend.

## **Soul Heart Retreat in the Waitakeres.**

Debbie is also running a fabulous on March from 17<sup>th</sup> – 20<sup>th</sup> March in the scenic Waitakeres. Why not get off the treadmill and rest, re-evaluate and rejuvenate in beautiful surroundings? Click here for [retreat](#) details.

## **Go well and grow well in the month of February.**

**Janelle**

I don't wish to invade your privacy, nor do I wish that you get emails that you do not wish to receive. If, for whatever reason, you do not wish to receive these monthly updates, just let me know that you wish to unsubscribe. Feel free to pass on the website details to others who you know might find the services and Janelle community of value.

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