

This November 2010 Good News letter is packed with the following goodies...

- **Wisdom unearthed – Making a living and making a life**
- **Get your 2011 diaries out and pencil in Sunday March 6th, 2011 –International Women’s Day event**
- **New York marathon successes and how you can help in 2011 from the comfort of your armchair**
- **Tips for dealing with the rose thorns – Straight from the horse’s mouth**
- **Cross pollination - Sarah Macombe and the Absolute Truth – great musical talent ...Titirangi 19th & 20th November**
- **Recommended reading for your growth – “Losing my Virginity” by Richard Branson**

Wisdom Unearthed Your CV is your curriculum vitae – translated as the curriculum or story of your life. Life purpose is not about the jobs or career accolades that appear on your CV and make you a living. Life purpose is about expanding your life story so you can grow into your greatness, develop your talents, skills and special interests, embody the lessons you are learning along the way and live out the unique reason for YOU being on this earth – which may or may not be an aspect of your job choice.

Get your 2011 Diaries out! International Women’s Day 100th anniversary event March 6, 2011

Write March 6th, 2011 in your diaries now and I will keep you posted. In fact pencil the whole day out! Go out with your friends for lunch, spend the afternoon at this great event and then join me for a wine afterwards. Sound like fun?

I am organising and speaking at the event – an afternoon of creative, talented women coming together and shining. The line-up of creative, musical and artistic talent, not to mention great speakers is coming together. If you have talent, ideas, suggestions, sponsorship or want to also promote your product and services at an expo at this gathering, please contact me.

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Also check out the new International Women’s Day NZ group on [facebook](#). Let’s get the momentum happening!

New York Marathon successes

Here is a snippet of an article “From the saddle to the racing chair” written by Tanya Kattern and featured in *The Dominion Post* on 2/11/2010.

Life in a wheelchair has done nothing to stop former equestrian international Catriona Williams' sporting drive, as she prepares to take on New York. Williams and her support team fly out tomorrow night, capping two years of planning and training to compete in one of the world's greatest road races – the New York Marathon. Eight years ago, Williams was an Olympic hopeful when she fell from her horse, leaving her a tetraplegic with limited movement in her arms and none in her legs. However, instead of being swallowed by grief and loss, she moved from the saddle to a racing wheelchair, and set her sights on New York.

For the 38-year-old and the 25 able-bodied friends she's cajoled along the way to run the 42km gruelling race, the goal is to give others the chance to walk again. "I can't believe after two years of prep that we are finally about to do it ... and what an amazing team we have to wave the Kiwi flag on Sunday in New York." Even before her group hits the Big Apple along with 44,000 other competitors, they will have already raised more than \$200,000 for the CatWalk Trust that Williams founded, aiding research into spinal cord injuries.

For Williams, it is not only about boosting the trust's coffers, but also personal achievements. "When I started training, it took me one hour and 10 minutes to cycle the 1km down the driveway at home in Masterton, but now I can do it in eight minutes flat.

For Williams, the motivating factor – aside from personal goals and wanting to finish the marathon in three hours 50 minutes – is to ultimately walk again. "There is some amazing research going on out there and if we can help fund it, the more it progresses. It

is not a question of if I walk again, it is when. "I want to dance with my husband again. Dancing on my feet, holding Sam again, will be the ultimate prize."

Post script: Catriona Williams completed the marathon in 4 hours, 5 mins and 57 secs. She came in 68th place and was the 1st New Zealander to cross the finish line in the hand-cycle division. You rock Catriona! To help me with my fundraising efforts for my own New York marathon next year and to support Catriona's Catwalk charity go to www.fundraiseonline.co.nz/janellefletcher

Tips for dealing with the rose thorns – Straight from the horse's mouth

Here's a little of what I take from this article about success and overcoming obstacles.

- Change your "vehicle" of success. Your vehicle might be your job or career. It could be finding different friends who will support you better. It might mean exploring a passion you have put off for awhile. It may be leading a simpler lifestyle.
- Find people to "cajole" and complete some of your successes with you or least be a key supporter.
- Change and transition can often be the turn-key to great successes and living out your life purpose in greater depth.
- Success in completing a goal often takes time, which can dampen enthusiasm and is binary – you have either achieved it or not. Success can also be monitored moment by moment in terms of the determination, willingness, mindset, attitude, improvement....and process that's needed to complete the goal.
- Success is not about money. It is also about personal achievement, fulfilment and contentment. You can choose these feelings.
- Success can be about helping others. It can also be about helping yourself.
- It is not a question of "if" but more of "when". Have the strong intention, belief and conviction that everything is possible and find a way. Don't settle for less for fulfilling your potential.

Cross pollination - Sarah Macombée and the Absolute Truth – Great musical talent

Want a great night out? Want a reason to get fancied up? This week I sent you some details about this fabulous band, who are playing at Lopdell House in Titirangi, Auckland on 19th and 20th Nov. [Click here](#) for details or contact Sarah on ph: 0211 804 811 / (09) 950 4140 . You can also check her out on www.myspace.com/slmacombée

Recommended reading for your growth - "Losing my Virginity" by Richard Branson

Richard Branson is a man with humble beginnings, a success mindset, a load of risk-taking and adventure genes and is someone who embraces life. He has not only created a long list of CV successes, but is also passionately living his life purpose. Read what he has to say about living life with purpose. I've certainly learnt a thing or three!

Go well and grow well in the month of November.

Janelle X

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Fundraising for New York marathon – Catwalk charity www.fundraiseonline.co.nz/janellefletcher

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Good News

Janelle 
the essence of being yourself...

Growing potential & possibilities

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All advice or information in this email and on www.janellefletcher.com is intended in the best possible way, but no responsibility for it is accepted at all. Use your own personal discernment and good judgement, and seeking advice from your own professional advisors is also recommended.

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