

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

- **Wisdom unearthed – Was she a swan or a duck all along?**
- **Love your Body (every) Day October 18th**
- **Calling all music buffs – Suggest some suitable songs**
- **Tips for dealing with the rose thorns – Procrastination – a lack of self love?**
- **Cross pollination - Women's Information Network – USA**
- **International Women's day (March 8th 2011) event plus another event later in 2011 – Your chance to “step up”**
- **Recommended reading (and movie) for your growth – Eat, Pray, Love by Elizabeth Gilbert**

Wisdom Unearthed - a question to 'pond'er on and some great “lake-side” reading

Was the ugly duckling really a swan, or was she actually a duck?

My take on this is she was a duck all along, but was looking in the chaos of her own churned up waters created from her manic busyness and frantic quest to be like and accepted by others on the lake. She was looking at a muted reflection of who she really was. When she got still however and looked at her true reflection, she saw the essence of who she really was and basked in the glow of her beauty and greatness.

Reflection question to “pond”er on: Who or what do you look towards to create your identity and validate your self worth?

“Lake-side” reading: Check out my latest article, “Identity – ID – IDifferentiated” in the free resources section of my website. www.janellefletcher.com

Love your Body (every) Day – October 18th - EmBODY your POTENTIAL

As you receive this letter, it will be Love your Body Day. I would like to rename this day Love your Body Every Day because I know many of you are challenged about consistently loving your body and loving yourself, but I also know that when you do this, life takes on a very different look and feel.

My own personal journey to date has been about health, body and life changes that have taken me from feeling I was the Ugly Duckling with no power, no beauty and always a sense of “not being good enough” to developing skills, changing my perspective and growing a trust and confidence in my body and in myself.

Do I feel like a beautiful, confident and successful “chick” everyday? No not 100 percent of the time, but I now have the skills, strategies and success principles that help me **embody my potential, feel successful and live and manifest powerfully.**

Are you part of a gym, weight loss centre, day spa, women's group, fertility clinic, counselling service, clinic or hospital, coffee group, antenatal group, grief and loss support group or business network...who would like a great speaker to show you, from a mind-body perspective, how to:

- embody your potential?
- feel confident and successful?
- live and manifest powerfully?

Give me a call on +64 9 416 0683 or +64 21 756 280 or email me at janelle@janellefletcher.com

Calling all music buffs

Many of you love your music and know it well. I want to get a great playlist together with songs that particularly relate to the themes:

- Body confidence / body love / self hatred...
- Self confidence / loving yourself / self esteem / low moments / depression...
- Reaching your potential / reaching for the stars / making a difference / going for gold / being great...
- Getting through the hard times in life

So what songs or artists immediately spring to mind? What songs have inspired you, moved you, challenged you...?

Email me your suggestions to janelle@janellefletcher.com

In addition to this, who would love to offer their expertise and passion for music and collate these songs for me?

Tips for dealing with the rose thorns Procrastination – a lack of self love???

I helped a woman a couple of weeks ago who is a great procrastinator. Yes she is getting on with some things, taking action and ticking most things off her “to do” list, but she consistently puts off a few things that would really make a difference – to herself and others. If she took action in that particular area of her life, her world would open up and offer her some fantastic opportunities, rather than more days of “in-completion” and the frustration, stress and money that such delays are costing her.

When I think about it, procrastination could be viewed as a sign or symptom of lack of self love. If we truly love ourselves, we will apply ourselves to activities that help us fulfil our greater purpose, we will get through any of the fear attached to that and we will do what it takes to put the steps in place to make our unique difference. (rather than lay down, hide-out and procrastinate!)

- TODAY, do something that you have previously put in the “too hard” basket.
- TODAY put two things at the top of your priority list that would make the biggest difference to you and others.
- TODAY get someone to hold you accountable for completing something that will make a difference.
- TODAY find reasons to take action, rather than continue to find reasons and excuses for not doing something.

Cross pollination – Want to step up, share and manifest more powerfully in 2011?

I have been approached by [The Women’s Information Network \(WIN\) in the USA](#) about becoming a show host on their site and becoming part of an expanding Global community of people empowering others. Do you want to be a show host on their site or perhaps become a member and gain huge value from information, wisdom and messages from some quality experts?

For some time now I have also been putting out the call for New Zealand “Men and Women of Mana” to work collectively with me to step up their game, “gestate” their services and products over the next 9-12 months and be ready and willing to stand up and step out even more powerfully in their field and support others do the same on a more expansive scale. This could be in the field of health and wellness, music, beauty, fashion, personal and spiritual development, medicine, creative arts.....

I also have ideas for an event on International Women’s Day here in Auckland (March 8th) which I hope will coincide and possible “kick-off” (via the power of technology) the WINS’ International Women’s Day event in the USA. Also later in the year (Aug-Oct) there is an event here in Auckland that will be a great vehicle for you to “step up” as an emerging leader.

Take a look at www.thewinonline.com and if you have even an inkling of interest to be a show host or a member, or want to be part of my events for next year – either as a participant, sponsor, financial supporter, speaker, helper.... be in touch with me NOW.

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Good News

Janelle 
the essence of being yourself...

Growing potential & possibilities

Recommended reading for your growth - “Eat, Pray, Love” by Elizabeth Gilbert

Many of you will have heard of, or even read. “Eat, Pray, Love” by Elizabeth. Gilbert.

The film has just come out this week in New Zealand and many of us are going to indulge in the movie, an ice-cream and hopefully a good laugh and some good friends to see it with. Some of you may not have noticed the full title. Eat, Pray, Love. One Woman’s Search for Everything.

What is the “everything” you are searching for? Like in the Ugly Duckling story, start looking at your own reflection in the “stillness” of the pond, not in the chaos of other people’s splashes.

Go well and grow well in the month of October.

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

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