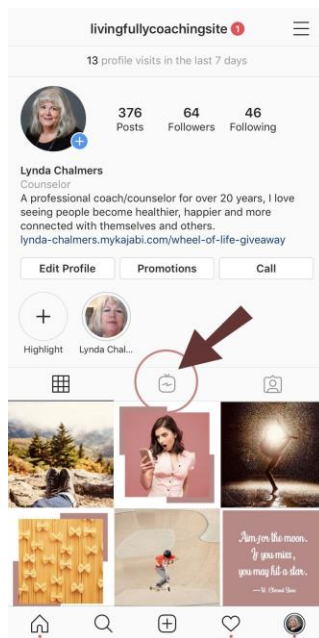




Newsworthy Notes for November



Hello Everyone!

Just another catch up letter to let you know what is new. Starting tomorrow for 3 weeks I will be on IGTV (Instagram TV - accessed via the IGTV icon on my Instagram profile) talking about clarity, goals, habits and productivity. I will be on for 5 to 10 minutes at 9 am on Monday, Wednesday and Friday. I have a tool for each topic I am giving away if that would be helpful to you.

Other news: I have launched 3 new coaching groups which are going wonderfully and I am enjoying being with these growing women twice a month and for the next 6 months. How fun is that? I will be starting another group in January. I am collecting names so if you are interested, please text me at 604-341-4149 and I will respond.



Monthly Coaching Subscription

Today I am also letting you know of a subscription group that I will be running once a month, giving you inspiration to live your life at its best. Like Netflix, you will pay monthly and unlike Netflix, I hope to pass along what I and others have learned from research how to become unstuck and keep moving towards your dreams.

I know that I need boosts (and I seek them out) every month and that is what I hope to provide for you. Let's find the unsung song in you that needs to come through, providing you with a life of continuing meaning.

Our time together will be maximum one hour long and includes education and a question & answer time. We will use the simple internet platform of Zoom.us (free to you). The monthly subscription is \$29.99 (of course you can withdraw at any time). I hope to see you there on the second Tuesday of the month beginning in November!

[Sign Me Up](#)



Coming Soon

Wow it is almost Christmas and I hope to have something fun for you to do to increase your happiness in your relationships. More news to follow.



Inspiration for Today

What is a connecting ritual that you used to do that you could do once again? Community and rituals enrich our lives, improve our health and increase our longevity.

I like the suggestion that as well as having favourite rituals with those you know, of having a meal in your home once a month (spaghetti and meatballs) with those you hardly know - like your neighbours. Go for it! Let me know the outcome.

Go forth and be wonderful!

Until next time, Lynda

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