

# Create Your Life Newsletter



**"Never Too Old!"**

[www.turnyourlifearound.com.au](http://www.turnyourlifearound.com.au)

"I'm too old to begin doing that! Who says? "Is this your mantra? Is this what you tell yourself? Is this the reason you haven't begun doing what you dearly desire when you get really honest with yourself?"

I'm too old to get into a new relationship  
I'm too old to start a new business  
I'm too old to be taking a holiday like that  
I'm too old to play sport;  
Or I'm just too old to try something new

Do you really believe "I'm too old" or do you have other reasons, excuses not to do what you would ideally love to do. That is just you limiting belief!

What are you creating for you in your life? So you aren't bothering to find your ideal partner 'cos you're too old? And does that mean you're feeling sorry for yourself and eating alone?

So you're too old to change jobs or have your own business. Instead you're working in a job that has no passion, no excitement.

Couldn't you be **THRIVING**, not merely **SURVIVING**?

Once you get past the roadblocks of excuses and reasons, you can really open up your life to **be true to you**.

You can be **30 years old** and think you're too old to start something new. You can be **60 years young** and believe you can start something **new**.

**Movement** creates energy – **energy** creates well-being - **wellbeing** creates a feeling of youthfulness. Telling yourself you're getting old, is a sure way to looking and feeling old. Telling yourself you're **vibrant and youthful** creates a thought in you which can lead to a feeling of being vibrant and youthful. So decide to create ways to **feel young** – jump on a **swing**, go for a walk, take your shoes off down at the **beach**, dance or play sport.

Choose to feel **ENERGISED & YOUTHFUL!**

### **AFFIRMATION:**

***I am youthful and enjoy new ways of thinking!***

**FREE  
ENTRY**



**INFORMATION  
& MOVIE NIGHT**

**14th October 2009  
Hampton  
7:30-9:00pm**

**FIND OUT HOW** you can change the way you see yourself to honestly feeling great about who you really are.



**Places  
Limited**

### **A course to assist you in confident speech**

**Do you get stuck in situations  
when you need to speak?**

Lee Cummins—Presenter and Seminar extraordinaire will take you through the steps and strategies to overcome your fears

Next **Public Speaking** Course:  
6th October—4th November

For more info contact  
**Lee Cummins**  
on 03 9588 2062 or email  
[claritycoaching@bigpond.com](mailto:claritycoaching@bigpond.com)

### **LAST STUDY COURSE FOR 2009**



**Don't Miss Out!**

**Next 6 week Study Group  
Begins 20th October**

**9:30am—12:00pm  
East Bentleigh  
Every Tuesday morning  
for 6 weeks  
(Concludes 1st December)**

To Book the movie night or workshop/study group or have any questions or comments?  
Email me at [turnyourlifearound@bigpond.com](mailto:turnyourlifearound@bigpond.com) or phone **0425 786 510**