

Today I Choose...

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"I am able to learn from every situation and experience. With every new thing I learn, with every new day I experience, my wisdom and effectiveness grow stronger.

I know that energy and enthusiasm can give wings to my dreams, so I am attracted to things about which I can get truly enthusiastic.

Once I've started to reach for a meaningful goal, I persist until I'm all the way there. In this way I'm able to make every effort count.

My enthusiasm is contagious. It is inspiring. It pushes me, and those around me, quickly ahead.

I willingly and gladly take responsibility for my own circumstances, no matter how those circumstances came to be."

~Namaste

Amy Laidlaw

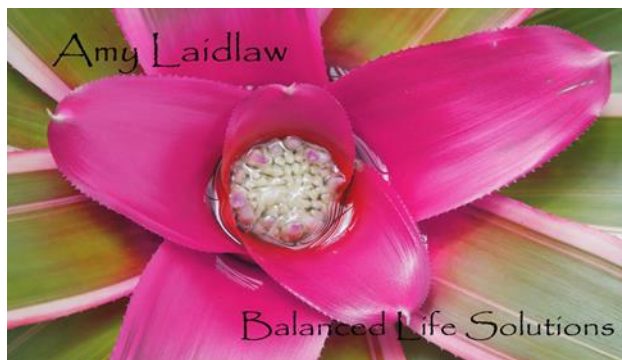
Balanced Life Solutions

~Certified Reiki Master Practitioner

~Certified Life Coach

480-331-9613

BalancedLifeSolutions.net



Amy Laidlaw
Certified Life Coach
Certified Reiki Master Practitioner
Certified LaHoChi Master Practitioner

BalancedLifeSolutions.net
Amy@BLShelving.net
480-331-9613

Life solutions for your Heart and Soul

