

Hi there

Thanks for listening on Friday 20th at the Arkaba. What you do in life is amazing and well done for taking a few hours out of your day for you. I'm sure many of you saw my passion for getting my message through to as many people as possible about self care.

I left teaching, I burned out, I broke down. I wish I had someone like me back then to open the door to the fact that I have to take responsibility for myself, for my thoughts and emotions, for my purpose in life.

If I challenged or inspired you in any way, then please read on. Perhaps take some time to read this email over the weekend as this is about YOU, AS A WELL BEING:

1. Do this free survey to find out your top character strengths. Takes about 15mins to complete.

<http://www.viacharacter.org/www/Character-Strengths-Survey>

Now shout those strengths from the rooftops. Write them on your wall at home. My top 5 are Curiosity, Fun, Leadership, Social Intelligence and Love of Learning. What are yours? Are you really using your strengths in life, if not, why not?

2. Start to bring more positive emotions into your life.

World renowned researcher Dr. Barbara Fredrickson gives you the lab-tested tools necessary to create a healthier, more vibrant, and flourishing life. She discovered that experiencing positive emotions broadens people's minds and builds their resourcefulness in ways that help them become more resilient to adversity and effortlessly achieve what they once could only imagine. What's your ratio? 80% of Americans fall short of the 3-

to-1 positivity ratio that predicts flourishing. CLICK THIS LINK <http://www.positivityratio.com/single.php> to take her 2-minute on-line quiz and see how you score.

3. *Find out more about Mindfulness by:*

a. Reading one of the following books

- Search Inside Yourself by ChadeMong Tan
- 10% Happier by Dan Harris

more suggestions on my website www.magpiecoaching.com.au

b. Downloading one of the following apps

<https://www.headspace.com/>

<https://www.calm.com/>

c. Keep inspired and get ideas by following me on www.facebook.com/magpiecoach

d. Come to one of my 4 week courses in Glenelg <http://mindfulnessworksaustralia.com.au/an-introduction-to-mindfulness-and-meditation-adelaide/#1489485499682-12a55290-df01>

and finally, let me know your **honest** thoughts about that 45mins with me. What did you like? What didn't you like? What made you stop and think? What action are you going to take this weekend to move forward? Let me know at annie@magpiecoaching.com.au

THANK YOU and Be the Change you want to See in the World!