

Welcoming 2016: Set Your Intention to Be More YOU!



**At the center of your being
you have the answer;
you know who you are
and you know what you want.**

– Lao Tzu

What if you welcomed the New Year with a quest to deepen your relationship with yourself? Just imagine where you might be next year at this time. Over these final weeks of 2015 I'm going to offer up some thoughts on how you might begin a year of discovery that can only lead to self love and compassion.

Just imagine the incredible ripple effect that you would have on those you love and care for, those lives you touch through

your profession and those you interact with as you go about your daily life.

The truth is that this is really why we are all here. Our first work is the actual stripping away of all the layers of who we are not, right down to our very essence of who we are, so we can get on with the good stuff!

So let's do it! Discover this divinely created, perfectly lovable, inner self in 2016 by preparing your body, mind and soul to live the life you were born to live. Join me the next three weeks as I share suggested intentions to prepare your body, then your mind and finally your soul for the incredible journey ahead in the New Year.