

36 CHRISTMAS GIFT IDEAS



Thank

You Very Much!

I wish you a fun Christmas and a relaxing holiday season so that in the 2010 New Year you can return to your career refreshed and enthusiastic!

Thank you so much for your support and interest throughout 2009.

I have some exciting goals in place for 2010. Have you set your goals yet?

Also, may I suggest you could email this newsletter to someone special for Christmas.



THESE IDEAS WON'T COST YOU A BEAN BECAUSE THEY ARE GIFTS FOR YOU!

- 1) Make the choice to be happy. It's not about circumstances, it's about choice.
- 2) Count your blessings every day and your view of life will be one of gratitude, the gateway to happiness.
- 3) Let go of negative thoughts. Don't poison yourself with toxic thoughts. Your life reflects your dominant thought patterns, make yours positive!
- 4) Move away from negative people. We are all sensitive to the attitudes of those around you. If they are negative, let them go and don't look back.
- 5) Be considerate. Showing consideration is a way of honouring and endearing others.
- 6) Get regular exercise. We all need to move and breathe. Too much sitting robs you of the sense of being alive.
- 7) Keep learning new things. Learning keeps us excited about life. Your mind has an almost infinite ability to take in knowledge and refresh your brain cells.
- 8) Smile a lot. A smile can light up a single heart. It's a wonderful free



gift you can give to anyone who looks your way.

- 9) Be polite. Manners create an atmosphere of mutual respect and goodwill.
- 10) Practice good listening. If you are really listening you will hear more than words - you will hear their feelings too.
- 11) Build others up. Pepper people's lives with encouragement.
- 12) Laugh often. The Dalai Lama finds humour almost everywhere. Watch him! Laughter is the powerful medicine.

Sorry, I only have space here for the first twelve. For a complete list of the entire 36 Ideas just click on this email link.

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