

the VALUE OF SELF ESTEEM

“NO ONE CAN INSULT YOU WITHOUT YOUR CONSENT” E. ROOSEVELT.

Extra Income In A Tight Economy?

Have you ever considered having your own little home-based business to give you a great sense of satisfaction and also a nice boost to your budget?

I have been presenting a comprehensive Coaches Training Course for the last few years and I must say it's been very successful.

There is only one qualification you need and that is: common sense. (Remember Oscar Wilde said 'it's not very common!')

I've prepared some interesting information to give you the details on this training course.

So if you'd like to see more please drop me a line or give me a call for a chat!

Thank you.

- Clive

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I've launched my new Coachonline website!

Congratulations to our first members who have taken up my

✧ Ten Excellent Ideas To Nourish Your Self Esteem ✧

For all those times when you need to feel good about yourself, these ten simple ideas will help you take control of the way you feel about yourself. Your greatest victory comes in knowing that it's not the way others perceive you, but rather it's the way that you perceive yourself which makes all the difference.

Idea #1: Remember that without risk, there is no progress. If you never try anything new, you will never know anything different about yourself. Learn to be a **small-risk-taker** with some aspects of your life.

Idea #2: Imagine your goals are already achieved. If you want to own a home, start a business, have children, or travel, whatever your goal may be, when you **visualize the result**, this seriously helps the dream to become reality.

Idea #3: Start a 'Victory Wall' of accomplishments. We all have moments in our lives that we cherish and want to remember.

Maybe a photograph of a special time or place, a memento or an award that we received, we can always use a boost from **showcasing our achievements.**



That's all we have space for. If you would like a complimentary list of the full ten Self-esteem ideas please **flick me an email.**

I suggest you focus on just one idea for a month before moving on to the next one. This helps the idea to settle and embed into your routine.

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www.clivelittin.com/membership

The site is growing by the week with the Q & A Blog pages being the heart of the matter. There's lots of other treasures too. Take a look!

inaugural offer of a lifetime membership for the price of a one-year subscription. This is a great, short-term offer. May I invite you to have a look?