



LIFEWOR^K Coaching

NEWSLETTER

March 2006

Denise Hedges
denise@lifeworkcoaching.com
[Forward this newsletter to a friend](#)

This Issue:

A Daily Blessing

Table of Contents:

A Daily Blessing

It's a girl!

For busy professional women and small business owners wanting more success and fulfillment in their careers and more time, balance, and joy in their personal lives.

A Daily Blessing

A dear friend sent me this prayer, written by Debbie Ford. It's become such a wonderful way to start and end my day that I wanted to share the magic with you. I hope that it brings you strength, joy, and a deeply centered peacefulness in knowing who you are at your very core.

Dear God, Spirit, Universe...

On this day I ask you to grant this request –

May I know who I am and what I am, every moment of the day.

May I be a catalyst for light and love
and bring inspiration to those whose eyes I meet

May I have the strength to stand tall in the face of conflict
and the courage to speak my voice, even when I'm scared.

May I have the humility to follow my heart. And the passion to
live my soul's desires.

May I seek to know the highest truth and dismiss the
gravitational pull of my lower self.

May I embrace and love the totality of myself – my darkness as
well as my Light.

And may I be brave enough to hear my heart –
To let it soften so that I may gracefully choose faith over fear.

Today is my day to surrender anything that stands in between
the sacredness of my humanity and divinity.

May I be drenched in my holiness.
And engulfed by God.

May all else melt away.

And so it is.

It's a girl!

The [LifeWork Coaching website](http://lifeworkcoaching.com) is online!

Insert squeal of delight here, because the birthing process is behind us... and the "baby" is beautiful. We think you're gonna love it. This may be our website in the sense that it has our name on it, but it's really your website, designed with you in mind, to be a resource for you... to serve you.

Please take a few moments to look things over at lifeworkcoaching.com. Learn more about our upcoming teleclasses, our audio programs, and the personal and business coaching services we provide. Everything we offer is there, but there's lots of free stuff on the site as well. Really helpful assessment tools, an archive of past newsletters, recommended readings and resources, and more. You can also find out how to arrange for me to speak to your group.

What has us doubly happy is that we've also just released our audio CD programs, *decide~believe~dream* and *The Power Of Attraction*. Check 'em out on the website at lifeworkcoaching.com. Ha, I love saying that.

The Power of Attraction is a two CD program that focuses on the ultimate *how to...* how to create a healthier, happier, more abundant life by learning how to ask very intentionally for what you want, focusing on what you want rather than what you don't want... to open up a place where wonderful things can happen. This is powerful stuff that goes far beyond what I've spoken to groups about before... and far deeper.

decide~believe~dream looks in detail at 3 simple steps for producing life altering results... 3 simple steps that make the difference between actually having whatever you want in life... personal fulfillment, rewarding work, new and better relationships, financial success, excellent health... and finding yourself forever wishing for and hoping for and longing for breakthroughs that never seem to come. If there's something you've wanted and haven't yet gotten, you owe it to yourself to take a closer look at *decide~believe~dream*.

We also have two teleclasses starting on April 20th and 24th. *Consciously Create a Fabulous Life* has you take a critical look at the quality of your life, create a compelling vision of the future, and develop an action plan designed to bring you more peace, fulfillment, and greater effectiveness in your personal and professional life.

Many of you have been asking us when we we're going to offer another business-building teleclass. Well, here it is.

Positioning Your Practice... The Definitive Sales and Marketing Program for Women Building Service-Based Businesses... is a step-by-step proven program for growing your business that'll help you move past your fear of sales and marketing, secure more clients or patients, earn more income, and enjoy your life more.

Our website... lifeworkcoaching.com has all the details on dates, costs, and how easy it is to participate in a teleclass. It's easy to register online too.

The last couple of months have been an exciting, if nerve- wracking, time for us. We're pleased to announce the birth of the website first to you, our LifeWork family, and hope you'll enjoy the fruits of our labor.

Much love,
Denise

Subscription Information

This free publication is produced monthly and features inspiration and strategies for building your career or business while creating more time, balance, and joy in your personal life. Your feedback is always welcome.

If you know others who would like to receive this newsletter, please pass on this issue so they can sign up.

To subscribe to the LifeWork Newsletter, please send a blank e-mail to denise@lifeworkcoaching.com

LifeWork Coaching Newsletter
© 2003, Denise Hedges
All Rights Reserved

You've received this newsletter because you subscribed to it. Please pass this issue on to your family, friends, and colleagues. You may copy or distribute this newsletter as long as it's kept in its entirety.

Quick Links

[Please Subscribe Me!](#)

To contact Denise:
denise@lifeworkcoaching.com

828-693-9573

[Forward email](#)

SafeUnsubscribe™

This email was sent to denise@lifeworkcoaching.com, by denise@lifeworkcoaching.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Powered by



LifeWork Coaching | 156 Willow Bend Rd. | Hendersonville | NC | 28792