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Here are a few pieces of “gold” I have gleaned from my involvement in business coaching:

1. The reason I get out of bed in the morning is to make a difference. Because I can. It’s my life and I choose to.
2. What it means to create possibilities daily and to then live into them.
3. That I can accomplish what I choose with freedom and ease.
4. How what I say impacts what I do and what I have. That my words are powerful and shape who I am being.
5. That out of who I am being creates what I have.
6. What it means to have integrity, to do what I say I will do
7. The importance of forgiveness and of accepting who I am and who I am being.
8. How once you accept, love and approve of yourself, everything in life works.
9. How through the technology of transformation, my business has quadrupled over the past 5 years working 4 days a week.

