

...ATTITUDE...CHANGE YOUR LIFE

24 HOURS A DAY FOR WOMEN

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A FRESH START IN FALL

Are you ready for fall? You might be thinking, don't rush the summer! In the Northeast, it was a long winter and spring, and it's time to cherish the beautiful summer weather. My favorite summer activities are long walks on the beach, dining al fresco, long days with amazing sunsets, and the unexpected summer rain shower. What are your favorite summer activities? It's all good in summer.

August is my favorite month of the summer because it means that fall is around the corner and I LOVE FALL! The beauty of August is the dichotomy of the weather – hot, humid days then surprising cool, crisp summer nights. I love when the air starts to turn cool in the evening and you know fall is approaching. You can feel it. It's the time when you truly relish the last days of summer.

Fall is the time for the Harvest: reaping the fruits and vegetables of spring planting and summer care. Fall is also the time for a fresh start: new season, new school year and new beginnings.

I always loved going back to school: new subjects, new pencils, new notebooks, and new friends. I love the potential of the blank page in all aspects of my life.

Are you ready for the fresh start of fall? Find a notebook with a clean page and a favorite pen. Grab your favorite beverage and get comfortable. Take time to reflect on the year. Ready? Let's answer a few questions:

1. What were the goals or visions you created for yourself at the beginning of the year? Make a list.
2. Cross off the ones you have completed. Enjoy the feeling of accomplishment of your harvest!
3. Assess the remaining goals. Are these the most important things for you to nurture and focus on in the next few months? Visualize December 31. What do YOU want to harvest by the end of the year?
4. Cross off the goals that are no longer important and add new goals if they developed.

5. Review your list and check in to see how you feel. Are you encouraged or overwhelmed?

Relax, it's August and you have at least a month of carefree summer fun ahead of you. Use this time to think about the goals and set your intention to accomplish them by year end. You've just done the hard work by setting your intention. Now allow your intuition to work while you are playing. If your spirit moves you during August, take action. If not, you will be ready to take action when fall arrives with blank pages and fresh pencils and new friends to help you achieve your goals by year end. Keep this list handy and remember it's all about the journey. Enjoy the summer!
Peace, Love and Sparks!

Deb Wilber is a coach, author, speaker and owner of Real Life Spark™. She created Real Life Spark™ because she believes intuition sparks changes that are transformative. As a coach, Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams.

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