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Dear Family and Friends,

I am so excited to present and launch the brand new Be At Your Best Coaching website and first ever newsletter! To subscribe to this quarterly newsletter sign up now under contact at www.beatyourbest.com.au.

As a full time Life, Business and Executive Coach, I am now even more committed than ever before to get you the results that you want from your life. Having just returned from a fabulous holiday in Broome I feel re-energised and excited at the thought of meeting and helping so many people through coaching.

To kick start the first edition, we have the article "What we really really want.." which I presented recently as a Toastmasters speech topic. In addition some tips and tricks to help you get motivated to achieve your goals and thoughts for the day and more!

Have fun and enjoy – your feedback is most welcome..

Best regards,

Janet

PS: Please forward this email to one person who you know would enjoy reading it, it may benefit them more than you think!

Ring now to book in your FREE 45 minute exploratory session

The best way to find out the true benefits of coaching is to experience a one-on-one session yourself +61 (0) 404 158 395.

Do you know what you want from life?

Many of us think we want money or material things or want to have as many experiences as possible in life, all of which is absolutely true, but the question I would like to ask is WHY we want those things in our life? Will these things make us truly happy if we don't make the most of it? Of course not.

What I recently discovered is that what we all want is ENERGY. Most people want energy without being aware of it. People think they want money, but what is money? What is love? What is having an exciting life? All these things are just another form of energy. Everyone wants energy.

Each and every one of us is made up of energy and how we vibrate can be detected by others! The higher the frequency, can mean the more positive the energy is. This means – the type of energy you are sending out - you will attract back. We all know people who are attractive and notice how others want to be around them, usually including ourselves... well it is because they are putting out positives vibes and attracting other positive energy too.. How cool is this?

So if it energy that we all want, how do we get more of it FOR FREE? This is the most amazing thing about this – we all have access to this amazing stuff whenever we want it. If we consistently raise our energy levels and maintain it – imagine how different our life could be? Imagine how great it would feel to attract other great people into your life just like you?

7 Things that drain energy:

- Bad diet
- Negative people
- Watching television
- Lack of exercise
- Stress
- Poor health
- Dysfunctional relationships

8 Things that raise energy levels:

- Smiling
- Knowledge & Learning
- Overcoming challenges
- Mentors & Uplifting people
- Sex
- Pets
- Having fun
- Recognition

So if you want more energy in your life, put these things into action, get energetic and watch how you attract more energy into your life.

Thought for the Day

“Obstacles are those frightful things you see when you take your eyes off the goals.”

Henry Ford

Influential Language Pattern

Communication is all about the language that we use – and as a special section in my newsletters, you can now also learn influential language patterns to incorporate into your daily conversations to build rapport and create less resistance with clients and

colleagues. Try them and see.

What's it like when you _____?

When I ask what it's like, you have to search through your experience to find the answer. In the meantime, you're doing the thing I've suggested. What's it like when you imagine having solved this problem for good? What's it like when you think about actually living in this house? What's it like when you imagine increasing your turnover by 20%?

Some more examples:

- What's it like when you imagine experimenting with this pattern in your conversations today?

- What's it like when you wonder just how great you'd feel when you're using language even more influentially?

- What's it like when you suddenly realise that you've begun to smile?

Did you start to smile after reading that last one? Energy flows where attention goes.

Time to Change, Learn and Grow – through commitments!

Turn off the TV for one hour a night –

What's one thing each day you can commit to learn more about for the next 30 days?

Could it be about -

A country?

A person?

A way to better communicate?

A way to save money?

How to let go?

A language?

How to empower yourself even more?

How to get organised?

Be At Your Best Always!

Your friend and coach,

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