

# CREATING YOUR FUTURE

## Review Your Goals Workshop



**It's the second quarter of the New Year, and it is time to review your goals.**

Most of us want a life filled with purpose, passion, inspiring visions, and uplifting goals, and most of us are very familiar with creating to-do-lists, daily lists showing up everywhere, on post-it notes, on scrap paper, in a planner, on the fridge door.

**BUT**, are you creating monthly and yearly goals, and if so, how often are you reviewing them? Or, did you start off the year with enthusiasm and gusto, only to find that your goals are now a thing of the past, on a piece of paper buried in the 'busyness' we call life?

**WELL, NOW IS THE TIME TO GET INTO ACTION!**

If you are an inspired being who wants to get clear on your desired future and Review your goals to make them a reality, then please join us for an energetic group workshop to:

- Evaluate your 2014 Goals
- Assess your current life situation
- Formulate 1 key Goal per month, starting with where you are NOW
  - Design mind maps for each goal
  - Create an overall year plan
- Further your actions by working with a colleague or coach after the workshop.

*A goal is a dream with a plan and a deadline!*

**Cost:** \$55 (inc.hst)

(Free 45-minute coaching session after the workshop with certified Life Coach, Nidhi, for new clients. Value is \$85).

**Bring a friend, and you each pay \$50 (inc.hst)**

**Extras:** Snacks and juices will be available for hydration and energy.

**Date:** Sunday, April 6, 2014

**Time:** 10.00 am - 2.30 pm

**Where:** Life Tree Chiropractic,  
248 Steeles Ave W #6,

Vaughan (Thornhill), ON L4J 1A1  
(in the McDonalds and Toys R Us Plaza)  
Intersection: Hilda & Steeles

To register, please sign up at <http://www.globalvisionscoaching.com/calendar.html>  
or call Nidhi at 416.830.5285

### About the facilitator:

Nidhi Gupta is a certified Life Coach, registered Psychotherapist and a Couples and Family Therapist. Her approach to her work is purely holistic, embodying mind, spirit, soul and body. She radiates a fierce love and creative joy when working with her clients, so they gain insight and wisdom in order to manifest real-life change.

