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GLOBAL VISIONS COACHING

inspiring courage to define your destiny... at work and play

Global Perspectives Card - What's *your* point of view?

What's on your Fridge Door?

*Do you ever wonder what messages
are staring at us every day, all
around us, in our home, at work,
on our desks, even on our
fridge doors?!*

*In fact, every object, colour, picture,
piece of furniture, even our plants,
carry a meaning or message
that tell us who we are and
where we want to go.*



So, what's your Fridge Door trying to tell **you**?

Subliminal messages can be disempowering and can have an influence
(positive or negative) on your life.

Take a look at your fridge door right now, and take an inventory of what's on it.

Are their pictures, notices, lists, magnets, and if so, what do they say?

Are they empowering you towards the life of your dreams, or are they
contradicting what you want?

Now, take a look at other spaces in your life, such as your home and your workplace, and
see if there are any 'messages' - literal or symbolic, that are limiting you or contradicting
your highest vision for yourself.

The place to start is to remove all negative or contradictory messages, objects, furniture,
artwork, books, photos, things that make you feel constricted or bring painful memories,
and to surround yourself with positive images & symbols - representations of where you
envision yourself heading towards.

Put up a picture of your dream house or dream vacation instead.

What we surround ourselves with really can have a positive impact!

Stay tuned for information on our upcoming workshop -

"Purpose and Passions"

coming in April 2011

Contact me, Nidhi, for more information:

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GLOBAL VISIONS COACHING



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Global Visions Coaching is a holistic Coaching and Training Company, working with individuals, couples and teams in organizations. We specialize in areas of psychotherapy, inner child work, guided imagery and highly experiential workshop & training sessions.

For a complimentary 30 minute transformational coaching session, please contact me, Nidhi Gupta, at nidhi@globalvisionscoaching.com

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