



Breakthrough Coaching Newsletter

What's On Your Wish List?
August 2005

Dear Lisa,

Welcome to the launch issue of the Breakthrough Coaching Newsletter!

Breakthrough was set up earlier this year to literally help people find the breakthrough they need. It's fair to say that most of us have a certain level of happiness, satisfaction and achievement from the way we live and what we do. Yet we can often feel that we've reached a glass ceiling. We're sure there is more out there for us, perhaps we can even see exactly what 'more' is, but we can't work out how to get there. I call it reaching your next level and that is what Breakthrough is here to help you do.

Through this newsletter and the one to one coaching sessions that I offer, I aim to help more people to do more, to push further. To reach their next level.

In each issue I'll be helping you to explore what you want and where you want to be, I'll help you challenge that little gremlin that says 'but I can't', I'll give you some tools to try, books to read and inspirational quotes to, well, inspire you! What's more, I'll listen... so if you want to talk to me about personal coaching or have a particular topic that you'd like to see covered in this newsletter, drop me an email. I'd love to hear from you!

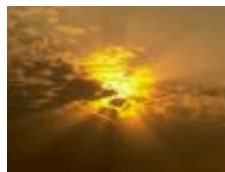
Best wishes,

Lisa Ravenscroft - Life Coach

in this issue

- Launch Special Offer - 6 for 4!
- What's On Your Wish List?
- Try this.... Create YOUR wish list!
- Wish I'd said that!

What's On Your Wish List?



So what do you want? If you're looking up through that glass ceiling, what's up there that's drawing your gaze? It may seem obvious, but we can't get to where we want to be, have what we want to have and do what we want to do if we don't first know what those things are. We can't aim for something if we don't know where or what the target is. We'd be stumbling around in the dark and even if we did by chance trip over something, how would we be able to tell whether it was the thing we were looking for when we didn't know what it was

in the first place? How will we ever get to be, do and have all the things we want if we're not clear about what's on our wish list?

When I start coaching a new client I ask them to create their wish list as a first step. To get really clear about what they want, when they want it and how they want it. What my clients find is, having created their wish list, they have set tangible 'wants' to aim for. They have a focus and a direction in their mind that they feel compelled to pursue.

Try this.... Create YOUR wish list!

Treat yourself to some peace and quiet to think about and create your very own wish list. Turn your phone off, put the do not disturb sign up, grab a glass of something lovely, a pen and notebook and focus on you.

Choose a timescale that feels right. A year, five years, ten, twenty, thirty? Think about you that length of time in the future and ask yourself.... 'What do I want to be do and have by then?'

Write down everything that comes to mind without dwelling too much on each or censoring them before they reach the paper. Aim for at least ten things. (Tip! Watch out for 'don't wants' this list is your 'wants' only!).

Now, continuing with the same list, ask yourself... 'If I'd lived my best life during that time, if anything was possible, what would I be, do and have by then?'. Add at least ten more things. Then repeat the question to yourself a few more times, think big and add as many more as you can.

You're now holding your wish list! What you decide to do with this is up to you. Perhaps you want to keep your it in your diary or somewhere prominent as a daily reminder of what you're aiming for. Perhaps you want to focus on a few of your wishes straight away and think what you could do to get them!

If you want to talk to me about achieving the things on your wish list and breaking through your glass ceiling, call for a free, no obligation consultation on 01303 891671. And don't forget the 6 for 4 offer if you decide to book!

[Click here to learn more about 1 to 1 coaching sessions with Breakthrough....](#)

Launch Special Offer - 6 for 4!



To celebrate Breakthrough's newsletter launch we're offering the first ten people to book 1 to 1 coaching sessions an amazing 6 sessions for the package price of 4!

A saving of £134!

Quote offer code '6for4' and book before 10th Sept 05

[Click here to talk to me about 1 to 1 coaching....](#)

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Wish I'd said that!

*"You are never given a wish without also being given the power to make it come true.
You may have to work for it, however." Richard Bach*

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