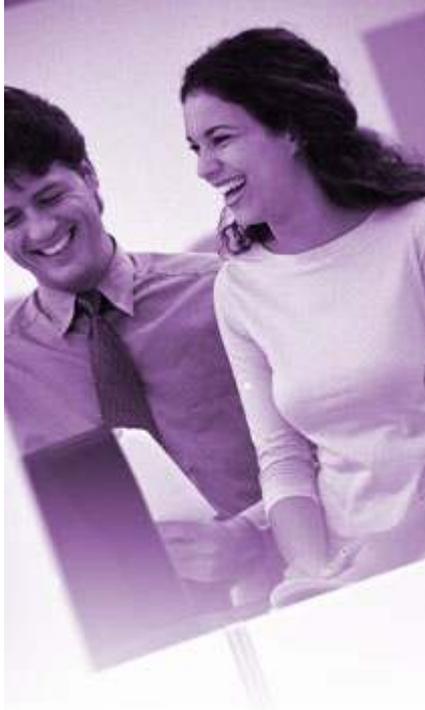




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December 2006 - Christmas Greetings

Hi Everyone

Another year has passed and it's true what they say, years rush by the older you get!...

Having just visited a relative who is 101 years old...it got me wondering about the other great saying '**you're as young as you feel**' ...so here goes some hints and tips for keeping you feeling young at heart over the coming weeks....

- Be enthusiastic about everything you do and I do mean EVERYTHING!
- Think and behave like a five year old for 5 minutes every day
- Take a walk in the park, kicking the leaves as you go
- Tickle someone you love, make them giggle
- Pamper yourself, an early night, a good book, a massage
- Think about the best of 2006, the best holiday, social evening, a time you were successful against all the odds
- Think of 2007 as a blank canvas, step out of your comfort zone and paint your best year to date
- Look for tiny miracles – the first snow flake, a smile on a child's face, a tiny robin, the stars at night
- Tell yourself what a magical work of design you really are
- Remind yourself that your life is a precious gift – live it fully and well

What works for me is to keep reminding myself that if I think 'young at heart' eventually I'll start to feel young at heart!!!

Go on give it a try...see if you can do all ten everyday between now and January 1st 2007 – notice it make a difference...not only to you, but also to those young and old you inspire and share your life with

Thank you to everyone I have worked with over 2006

Happy Christmas and a prosperous New Year to you all, have fun and take care

Caroline



I will be making a donation to the MacMillian Nurses in place of cards this year.

Mobile: + 44 07879654119

email:

caroline@acceleratingchange.co.uk

www.Acceleratingchange.co.uk

VAT Reg.No: 8338558 00

