

DoFL MONTHLY

1st August 2008

Upcoming Events

1/2 Day Values Workshop
Fri 15th Aug- St Albans

Transform Wshop
Sat 9th Aug- Hatfield

Financial Wshop
Sat 13th Sep - Hatfield

Demartini
Relationships
Dublin - 16th Sept
Breakthrough Exp
London - 22-23 Sept

Words Of Power

My potential is
growing day by day

My mission gets
clearer with each new
sunrise

I love envisioning my
future



August Hints and Tips As you Grow, so does your Plan

Do you have a plan for your life, even for the next couple of months? A plan is great to ensure you succeed, but only if it is done in the right way for you.

If you are artistic in nature, then draw it. Creating a 500 page plan like Dr Demartini will tire you out and drain all the potential enthusiasm out of you. If you are just starting out or still have a lack of clarity, then just have a go at identifying your current values (knowing that they will shift), and what you would love to achieve in a couple of months or by the end of the year.

My first plan was very complex and all written up in word. But it took ages to keep up to date, and was more of a bind than anything else. I didn't feel inspired when I read it, some parts were written just for the sake of it. Some people have affirmations like this. Ask yourself, does what you have written

really mean something to you and make you zing, or is it actually a bit boring?

My second plan was in powerpoint - all pretty and very high level. Initially it had a picture of my values, a table of how they looked in different areas of life, 3 pages for Be/Do/Have and 1 page of Words of Power. Over the last year this plan has grown, as has a financial plan/spreadsheet and a pile of scribbled notes/ideas.

In the last couple of weeks I was inspired to write all this up, and it is now very beautifully in a program called NoteBook (still very pretty!). It does feel kind of magic to have it all in one document. I can certainly see why this has given me clarity of direction.

BUT, it would not have been right to do this any earlier than I did. So if you do not have a detailed financial and

general mission plan, do not start to judge yourself. It will grow and the potential will hatch when you are ready.

The point to detailing what you would love is to help to inspire you and then keep you on track for that visualisation. So do something that works for you and entuses you when you read it. If you have only got as far as knowing what you would love to do for the weekend; that's great! Have a fab weekend, and then appreciate it afterwards. Soon you will be planning much further ahead, just give it some time.

August FAQ Decision Making

A really frequent and sensible question I get asked is 'If there are no mistakes, how do I make a decision?'

Step 1 - List the Pro's and Con's of option (a) and then option (b). The

pro's that are easiest to write is the one that you are most likely to be a bit infatuated with.

Step 2 - Make sure that you now have as many Pro's as Con's for each option, and the total No. for each option is the same.

Step 3 - Although you will know be more centered about each option. One will more clearly 'sparkle' or feel more inspiring or you will see how it works for your current main priority or goal.

Meet Emma

Redbox Virtual Assistant

You will now find my phone and emails answered a great deal more quickly and reliably, by my new assistant Emma. I am so chuffed to have found someone to help my business run a great deal smoother. Please give her a good welcome, if you get put through to her. If you are interested in getting a virtual assistant yourself, check out her site: www.redboxvirtualoffice.com/

Website Updates

Loads of Changes

I have tried to make my website much easier and more obvious to navigate around and changed some of the page names. I am slightly limited as I have an extremely reliable product, but it doesn't allow anything very smart with menus - you will see that I have 'created' menus under the coaching menu, in order to try and make navigation clearer and the website easier to use. Any feedback or ideas, would be very gratefully received.

Schedule Updates

Dates Changes

All my dates have changed, so please recheck my Schedule if you were interested in one of my events. I have also reformatted the page, so hopefully it is easier to understand.

Monthly Values Seminar

3.5hrs on a Friday once per month

I am changing my schedule to concentrate purely on what was my Values lunchtime seminar. But I have extended it by an 1.5hrs to make it a more total package (now therefore 1/2 day).

There is **ONE** Saturday slot available this year as well on 4th Oct.

These are great if you are about to:

- Look at learning more about yourself
- Start receiving coaching from me
- Attend My Financial Workshops
- Attend my Transformation Workshop
- Attend the Breakthrough Experience
- Or you wish to repeat due to a shift in your values

The Seminar covers:

- Identify Your Values
- Find out what really makes you tick, rather than what you think should.
- Learn how to identify other peoples values
- Learn how to move your values up and down the hierarchy of importance to you
- Inspire yourself into action by linking your values to tasks and goals.

Price Changes

You have until **August 6th** to make the most of the old prices - so a weeks warning. The changes will be:

- Hourly Sessions going up to £95. 6 pack discount going down to 20%.
- Transformation Workshop fee for NON-Breakthrough Attendees up to £325 (B.E. attendees still £250, Retaker still 50% off so £160).
- Financial workshop up to £175.
- Please also read the info about the Referral immediate cash back offer, the early bird discounts of 15% and the offer of a free 20 min Q&A for a success story.

August's Offerings

- Values Seminar - Fri 15th 12-2.30pm
- Transformation Workshop - Sat 9th

Copper Strings Source of Info

Copperstrings is a budding online community for conscious living, with connected radio, events, and wiki sites.

For regular Journals, hints and tips etc:

<http://www.Copperstrings.com>

Groups

To ask me questions see 'The Dance of Life' & 'Fun to be a Mum'.

There is also a group for those who have or are planning on attending the Certification course (Demartini Teachers) and Prophecy and

Empyreance. There is also a group called 'Concourse of the Earth' which is a global Demartini group for general Q&A.

Meetup.com

Check this site out to meet other Demartini peeps in London and Ireland

Early Bird Discount

I am going to be offering an early bird discount of around 15% on my workshops for all bookings over 1 month before the workshop.

I will also be closing the bookings door from 3 days prior to an event. All seminars and workshops are now subject to cancellation if there are no more than 3 people booked on them 7 days prior to their date.

Referral CASH BACK

I realised the other day that it giving a referral discount means that to make the most of it, you need to book something else with me, which does not seem fair. So from now on you will get £30 cash for referring anything apart from a Play Group!

Success Stories

Do you have a success story from attending one of my workshops or coaching with me? If so, I would love to here it, and will happily offer a 20min Free Q&A session in return for your time.

And Finally!

Thank you to you guys for reading this!



Lisa Pearson

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Online Community - Copper Strings

Group - The Dance of Life
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