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Confidence Coach

DECEMBER 2021 NEWSLETTER

LATEST NEWS

Happy New Year 2022

Happy New Year! How was your Christmas? I realise that so many people missed special days with their family and friends, due to Covid, I am very sorry if that was you. I have also loved listening to all of the ways that Christmas was adapted to accommodate for all the changes. Love that determination to still feel connected even if you couldn't be there in person.

We were lucky enough to see all our family, as planned, even though it was a close call. My brother came out of isolation and was negative on Christmas eve, meaning we could see him on Boxing day, which was a relief.

Christmas can be such a tricky time of year, where you can feel really lonely, missing those you love who can't be here anymore. I do try and be kind to myself and take a break. I hope you did too.

Have you made a new years resolution? They can be great to have a focus, but don't put on so much pressure that you start the year in fear!! I like doing 3 month goals, which I feel are manageable and don't get lost in the madness of life. One of my goals is to be grateful for those who love me. I find I can take them for granted or not to really believe quite how much they love me. I want to show I understand, believe and reciprocate that love just as much.



5 TOP TIPS

How to feel grateful:

#1. Stop and take a moment

#2. Reflect on all you have achieved

#3. Say thank you

#4. Celebrate your wins

#5. Tell those around you what you love about them



CELEBRATE YOU!

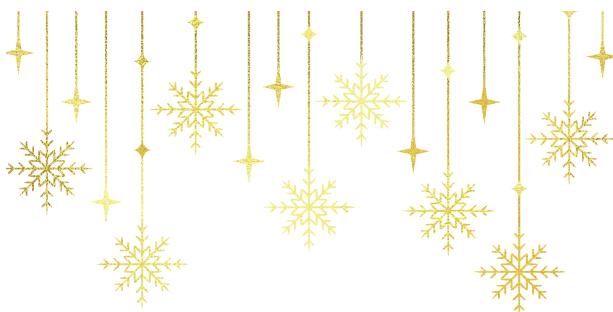
As we are starting a new year I want to celebrate you. I know you might be thinking, she doesn't even know me, but without you my business wouldn't be moving the way it is. At some point you have showed an interest in what I have had to offer, and for that I am so grateful. Thank you for taking the time to support me.

My second celebration is for you to celebrate yourself. I would like you to stop, think and name 3 things you are proud of. I then want you to write those down and remember when you are having a bad day that you are amazing. There is only one of you, so lets be the best you there is.

Where are you now? Where do you want to be in 3 months time? What are all the different ways you could get there? Which one are you going to choose? Now get out there and do it!!



thank you



If anything in this newsletter resonates with you, and you want to chat, drop me a reply to this email.

Thank you,
Helen

Coming up, Case Study opportunity:

In the next month I am looking for 5 people who are ready for insane change...in just 90 days...to feel more confident and content in your life. Living during a pandemic has certainly heightened our anxiety but imagine if you could go out and feel more positive about yourself and the world around you. Imagine if those negative thoughts could be turned around. This could be a reality if you are one of the 5 successful people. You would get 1-2-1 coaching, at a special offer price, over the next 3 months to help you kick anxieties butt!

Message me if you are interested in feeling more confident.

