

## Thursday 2 February 2012 is Groundhog Day!

If you've ever seen the film you will know that Bill Murray's day just repeats itself over and over again. Do you feel that's what happens to you? Every year you make the same resolutions, have the same ambitions and dreams but they never seem to come to fruition!!!! Frustrating?



'If you always do what you've always done, you'll always get what you've always got'

So celebrate this year's Groundhog Day by doing **something different**.

Whatever you want out of life you can have, so why not come along to this rescheduled event (How to kick start your dreams, goals & New Year resolutions) to find out how you can make 2012 your best year yet and stop repeating the same old mistakes

# I wish ..... I can.....



During this short workshop you will:

- Learn how to set your sights high,
- understand how to use the power of your mind
- learn to focus on what you want
- create your own personal dream board
- develop your own rules for success
- write an action plan to get you what you want

**Take control - Get motivated - Have fun - Make new friends - Be a success**

Thursday 2 February 2012, 6 - 9 pm  
**Rivers MEET Cafe**  
**102 Leeds Road, Methley, Leeds LS26 9EP**  
Only £20 per person including tea/coffee & cake

To book: see staff at Rivers MEET or contact Mary direct on 07944 801696 or email [mary@believeandyoucan.co.uk](mailto:mary@believeandyoucan.co.uk)

