



Unlocking Your Vision

Take some time to quiet your mind and enjoy the day!!

“I think we all have a little voice inside us that will guide us... if we shut out all the noise and clutter from our lives and listen to that voice, it will tell us the right thing to do.” --Christopher Reeve

Taking the time to quiet our mind can benefit us in many ways:

- 1. It supports good health and well being.**
- 2. We experience the present moment more fully.**
- 3. We experience better focus and clarity.**
- 4. We're able to have better communication.**
- 5. We remember what we are grateful for.**

You may find that learning how to slow down and take time to focus and quiet the chatter in our mind is a wonderful gift you can give yourself, your loved ones, and your career. Life is all about choices – choose YOU!!

As your coach I will support you in learning how to make quality time for yourself. I will help you learn what will support you in quieting your mind and getting in touch with your intuitive voice.

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