

Back on Track

Get More of What You Really Want From Life

For Women Only!!!!

- Are you living your dreams?
- Or, are you just moving through life trying to keep up with your to-do list?
- Our lives are so full, who has time to think about what they really want much less take deliberate steps to get it?

If you feel the least bit dissatisfied with the life you are living, this workshop is for you!

It's an opportunity to:

- stop for a day, reflect on what you really want,
- identify current barriers to getting what you want (disorganization, over- commitment, guilt, faulty thinking, etc.),
- learn new ways to address those barriers,
- and create a doable plan to move in the direction of your dreams.

Consider the day a quiet moment in the midst of your hectic life, one that will help you live your life with more clarity and intention.

What: A day long seminar to help you get more of what you really want

When: September 25, 2010

Time: 9 a.m. to 3 p.m. -- lunch included

Where: Best Western, Brook Road

Who: Debbie Bowie & Shirley T. Burke

Cost: \$127, discounted \$30 if registered by September 3*

Registration Deadline: September 17, no exceptions!

Debbie Bowie, Certified Professional Organizer[®], professional speaker and feng shui practitioner, owner of the Rock Scissors Paper Institute, and author of *Rock Scissors Paper: Understanding How Environment Affects Your Performance on a Daily Basis*

Shirley T. Burke, self-esteem enhancer, professional speaker, movement specialist, and owner of The Esteem Institute

To Register: <http://events.constantcontact.com/register/event?oeidk=a07e2zax84j57e1657c>