



Happy
New Year



Hi there !

How did you go last week with saying NO when you want/have to say NO?

It also applies to saying NO to ourselves, when reaching out to that processed sugars or giving in to the power of negative thoughts or when you dont prioritise yourself or when you push yourself to do something that you are not passionate about.

People who cannot say NO to others fail to say NO to themselves too.

As we step into the new year leaving behind 2020, I am sure you took stock of what was done and what was not done in the last 12 months or last so many years.

And you may have a list of goals and resolutions ready by now atleast in your head if not on paper. However, I guarantee you that you will not fulfill all of them if they are not aligned to who you are and what you love to do.

Yes, we all make resolutions but only those that align with what you love to do and are passionate about will be accomplished. More to follow in the Insights & Clarity Zone below....

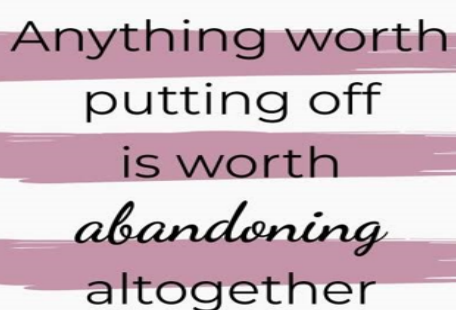
Wish you a great year ahead and also wish you courage to leave behind people, objects, goals and emotions that do not serve you towards your happiness.

Be true to yourself.

**Luv
Manna**

Insights & Clarity Zone

The Magic Pill for Procrastination



Anything worth
putting off
is worth
abandoning
altogether

Learning Manna

Epictetus

Continuing from what I said earlier, Procrastination - Many of you can associate with this term and I am sure you would like to get that magic pill that will stop you from procrastinating.

And here is the Magic Pill that you are after...

Brandon, a sales manager for 10 years is struggling to find a job and notorious for procrastination at work and in personal life.

Mary, an aspiring mindfulness coach is struggling with "I am not enough" syndrome and procrastination.

What is common between Brandon and Mary?

Feeling stuck and not motivated.

What do they really want?

Brandon : Aeronautical engineer or something to do with human consciousness reaching beyond planet earth.

Mary : Take care of old people in the nursing homes and fitness trainer for the elderly.

No wonder they do not achieve their goals inspite of SMART goals, vision boards, visualisation exercises, affirmations and journals.

And Yes, their feelings of I am not enough are valid and true.

And Yes, you procrastinate as a result.

I was once sailing in that boat too. You are not alone.

Let 2021 resolutions and goals be different. Goal setting is the last thing on your action list.

First, take time and effort to find out what do you really want and what do you love to do, ensure your values represent who you are and not based on your limiting beliefs, then move towards your goals and tasks.

Saying NO becomes easy.

Procrastination is no longer a challenge

You dont seek external motivation

You are not after seeking validation and

Fear of failure does not bother you

Its OK to be not enough. (I can never touch my nose with my tongue)

Take time to ask yourself " What do I want?"

Ask yourself if you are really passionate about what you are trying to achieve.

Best of luck and wish you a great year ahead.


Have courage to be true to yourself.

If you need help in finding out your values, what do you really want and what are your real strengths, Book your FREE 45 minutes growth potential/breakthrough session (valued at \$275) with me here. Know that you are with me in a trusted space. But please note spots are limited.

Book Now

Here is the challenge for you till we meet again..


Ask yourself what do I really want and what do I love to do?




Adelaide NLP

**NLP PRACTITIONER COURSE
2021**

10 day practitioner course
Meeting above and beyond global standards
Accredited by The NLP Association of Australia Inc




Peter Radcliffe



Manna Abraham

"My life changed with NLP and I overhauled all the aspects of my life - Personal, Health, Relationships and Professional" - Thomas



Block 1
18 JAN 2021 to 22 JAN 2021
Block 2
15 FEB 2021 to 19 FEB 2021

VENUE: Sebastian Centre, The Monastery, 15 Cross Rd, Urrbrae SA 5064
To know More Call @ 61 426 466 126, 61 434 462 252 Email: manna@adelaidenlp.com.au
www.adelaidenlp.com.au

If only we were taught about our own Minds early on as kids, we could have saved atleast 2-3 decades of agony and misery as a result of our own inability to understand ourselves and therefore others, healed traumas and become better individuals.

NLP the language of excellence - A structure that everyone should know for their own betterment as a foundation and a language every young man and woman should learn even before starting their careers or life.

The wisdom that you cannot share as a parent inspite of your life experiences, NLP can equip your children with that knowledge and awareness to be their own coach and navigate through life's adventure.

Neuro Linguistic Programming also called NLP - The best gift you can give to someone and yourself for your personal and professional success.

You could have made better decisions. The life you experienced could have been more meaningful and your learning could have been much much faster, you could have been wiser exploring the depths and experiencing success.

10 days of your life is worth spending learning NLP than experiencing 10 years of pain and frustration.

Empower yourself and empower someone you love, for life.

[Know More](#)

Your Free Resources @ The Art of Self Discovery For your personal growth and personal evolution

07.30 PM Adelaide time
which is
09.00 AM UK
2.30 PM India
04.00 AM Canada
08.00 PM
NSW/Melbourne/Tasmania
10.00 PM NZ
07.00 PM QLD

MONDAY
TUESDAY
TUESDAY
WEDNESDAY
FRIDAY

Experience Clarity with Peter Radcliffe
Meditation with Peter & Manna @9.30 AM ACDT
The Lamp Post - Mastermind group for coaches
The Goal Post - For Accountability
The Listening Post- Explore Mind, Thoughts and Emotions.

Join Virtual meeting here  <https://us02web.zoom.us/j/918433271>

Feel free to reach out to me with your questions, concerns, feedback and if you love to share your story –manna@artofselfdiscovery.com.au or join The Art of Self Discovery face book group by clicking [here](#). Also we can catch up every week on one or all of the platforms.

Just BE YOU and Live in the Moment!

Manna

<https://www.artofselfdiscovery.com.au/>