

NEWSLETTER APRIL 2016



We're capable of more than we think

I hope you've been able to enjoy some rest over the Easter break. Life always seems so busy and we achieve so much yet so often we underestimate our abilities and this stops us reaching our potential.



We feel we might just be too ordinary to achieve great things yet those who succeed begin as ordinary people, the difference is they realise their potential, the potential that is within all of us because nobody is really just ordinary.

I was stuck in a life I needed to change but frozen by fear; of the unknown, of failure. What if I'm just not good enough to realise these crazy dreams that live inside my head? But by taking small steps towards my goals and changing my life to revolve around my passions and authenticity, I discovered extra ordinary things I'd never thought I was capable of.

Never stop dreaming and don't put limits on what we can achieve. "Inside every ordinary person there is extraordinary potential"

Jess

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