

# NEWSLETTER MARCH 2016



## Work in progress

I talk a lot about creating a life we love and having to make changes, facing our fears and growing into the people we are capable of being. But I also talk about authenticity,

about being true to ourselves and not trying to change who we are to please others or fit in. I was recently asked how these things fit together? Change is necessary if we want something different and is a part of life as we learn and grow, this is part of becoming who we are, a work in progress. Yet throughout this there is our essence, our authenticity and this is something to be proud of, that makes us all a masterpiece.

I am happy to be back in New Zealand and for the next year will be based in the coolest little capital, Wellington.

Thanks for all the feedback about the book. It'd be great to get some reviews on amazon [click here](#)

Have an amazing March.

*Jess*

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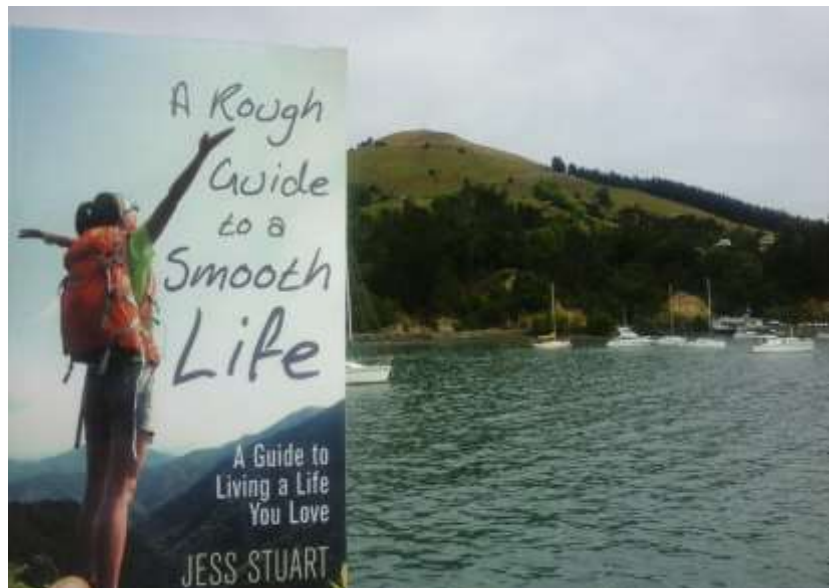
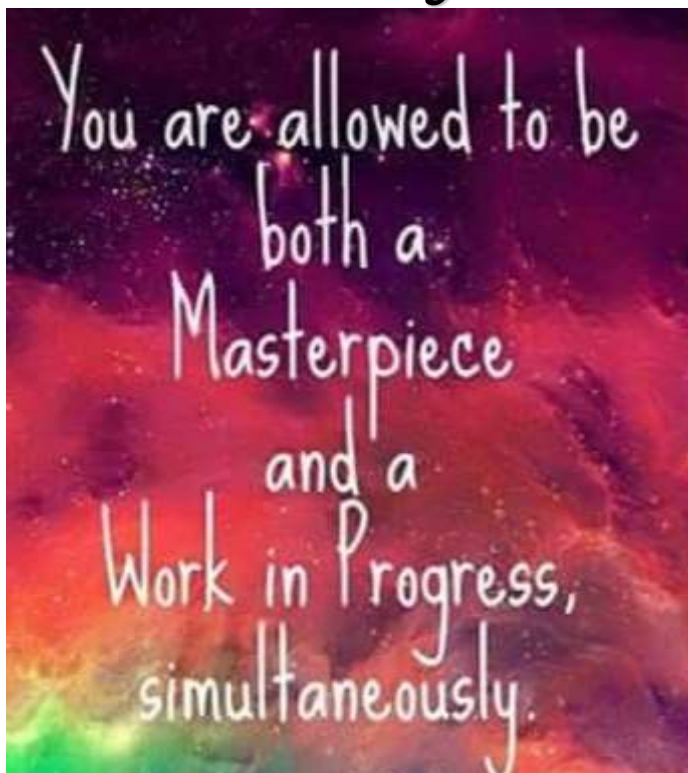
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Learn how to create a life you love with my first book: <http://amzn.com/1504343816>