

## Get balanced...

“On Saturday evening, set goals for the coming week that cover all areas of your life and put them in your diary – arrange a girls’ night out, organise a family activity, plan which days you’ll go to the gym, relax or work late. If at the end of the week you’ve missed one of the goals, ask yourself why.”



“Only you know your true dreams, so always listen to yourself.”



## Five goals...

“Make a list of all the times in your life when you have felt really happy or when you have felt you were living life to the fullest. Add to the list everything you want to do, be or have. Trim this down into five life goals and make sure that every day you are doing something to pursue them.”

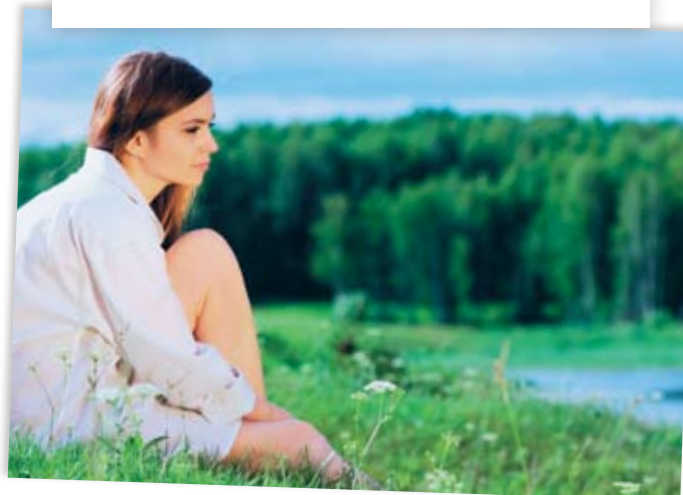
## Career advice...

“People passionate about their careers love helping others achieve. Talk to senior people in your chosen career to get ideas and advice – you could even ask one of them to be an informal mentor.”



# pro Tips

*Lucy Mackintosh, life coach and founder of the UAE’s Law of Attraction group, believes that the lives we want are there for the taking. She shares her tips.*



## Look forward...

“Think about how your life will be in five years if you carry on as you are. Then think about how it will look if you take risks – you’ll either achieve your dreams or have no regrets.”

## Happy to be me...

“True contentment comes from within. Follow these steps to feeling content with your life: have gratitude for your blessings – your friends, family, education, opportunities, sight and hearing to name but a few... Don’t worry about the small stuff, for example if you are running late or a food order gets muddled up. Love yourself for who you are and the unique life you have chosen, and celebrate your personal achievements, no matter how small.”



## Choose a path...

“When faced with a decision, visualise each choice and how it makes you feel. Making a choice is a step forward – if you don’t make a choice you stay still.”

“Tiredness is often a state of mind – push yourself to get out of your comfort zone.”

## Do it now...

“People often procrastinate by using the word ‘when’. I’ll set up my own business *when* I have more confidence. I’ll go travelling *when* I have more money. I’ll give up smoking *when* I’m less unhappy. Don’t wait for when, do it today.”



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