

## Discover Your Individual Journey to Your Goals

Happy Mind Body and Spirit workshops will empower you to reach your personal goals as you are encouraged to take a close look at what could be holding you back.

You will discover your unique and individual path.

You will be encouraged by your support team and facilitator to have a positive attitude towards the challenges involved.

- Motivation
- Support
- Ideas
- Encouragement
- Experience
- Action Plans

*Our attitudes towards reaching our goals may be our real challenge*

*Shape up our thoughts and our bodies and spirit will follow*

***“The rewards for us who persevere are so much greater than the discomfort we may endure along the way.”***

## Opening Doors to Success

[www.openingdoorstosuccessinc.ca](http://www.openingdoorstosuccessinc.ca)



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## Happy Mind Body and Spirit Workshops

***Believing and making our goals reality!***

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**Nancy McNaughton**  
Personal Development Coach

## Challenges...

### *No longer our enemy!*

Life coaches are becoming very popular in helping people reach their personal health and wellness goals.

Ever thought about hiring a personal life coach but it just doesn't meet your budget? These weekly workshops are a fun and affordable way to get the benefits of an expensive life coach.

Nancy McNaughton has over 8 years of success in coaching clients to overcome challenges to reaching their goals.

It all starts with us. We will look at the thoughts and attitudes which keep us "stuck".

The workshop structure also provides a great way to meet others facing similar challenges. We move forward together while sharing and celebrating our successes.



The cost is 10.00 per workshop. This cost includes inspirational and informational material.

The workshops are fun and interactive!

If we do the work we will reap the benefits of living life to the fullest in the area of our mental, physical and emotional well-being.

Set aside an hour and a half per week to focus on you, your life and your personal goals alone or with a friend or spouse.

Nancy's workshops will help you keep focused and working towards your personal best.

We live in a very busy and complicated world. We need to slow it down and take the time to focus on what gives us peace and joy.

*"Could our dreams be God Given?  
If so they deserve to be  
Considered"*

*With God Everything is Possible!*

Seating is limited so register now to participate in these workshops beginning Tuesday October 2nd from 7:00 until 8:30 pm.

We live in a world where the focus is on what is wrong. The news is negative. Attitudes are mostly negative.

We are constantly given reasons why not and reasons of impossibility.

Let's get together once a week and teach ourselves possibility thinking and turning our dreams into goals and making them our reality.

Let's examine those thoughts which are blocking us and see our barriers as strengths to move forward.

**Nancy McNaughton**

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