

# Ultimate Well-Being Newsletter

Issue Seven

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## SET YOURSELF FREE .....WITH GEELONG'S EMOTIONAL FREEDOM SPECIALIST

### From My Heart To Yours A Message from Pam

Hi There,  
Well it's been another busy month and looking at my calendar it is only going to get busier. I have had further success with The Wright Slimming Solution Workshops, with the Gippsland workshop being sold out. Feedback has been so positive that I will also be extending the program to include 3 hour mini workshops for those committed to their weight control journey. I was also extremely excited when The Bellarine Times published my article on the success we are achieving with Weight Loss. I have also launched special Tapping Taster events in Geelong and have several more scheduled in the next few months. To keep you up to date and ensure you don't miss out, I will be sending regular emails advising you of upcoming events. And in addition to your bi-monthly Newsletter I will also be recommending my special Etips emails for all those on my email list. Together, we will make sure you get more out of Life!

With Love and Light  
**Pam**

**PS.** Remember it's nearly Spring-Your time for Renewal and Growth.

It is not what we do, but what also we do not do, for which we are accountable. Moliere

### Recognise....Appreciate....Congratulate and CELEBRATE!!

I have recently discovered an interesting phenomenon which I would like to share with you. I have discovered that due to the effective way EFT works, in releasing difficult emotions and unhelpful belief systems, many people aren't recognising the amazing changes and steps forwards they are making in their lives. Many are underrating what they have achieved, even if it is obvious to those around them. It can be enormously difficult to alter life-long habits. We are so used to thinking a certain way and behaving in a predictable fashion, but after using EFT we seem to think so differently about issues that we don't even recognise that we are doing things differently from previously. There are also some that think there have to be enormous changes, whereas sometimes the changes are small, but they still make a significant difference to our lives. So, it's time to recognise, appreciate, and congratulate yourself for the positive changes you are making. The other day I mentioned to a client that she was a different person now.

I could hear by the tone of her voice that she didn't believe me. So I started mentioning things I've noticed that she does now compared to how she used to react. I could hear the realisation dawning in her voice as she also began to recognise those changes. They had appeared so subtly and normal that she had failed to recognise the steps forward and how much more positive her attitude and her life had become. So please, recognise those positive changes you are making, no matter how small you think they are. Give yourself the same encouragement you would give to another, be your own cheer squad. Appreciate the positive changes you are making and how your life is improving and then congratulate yourself on your progress. You deserve hearty congratulations. Now Celebrate! It is so important to celebrate your wins. So remember....Recognise.... Appreciate....Congratulate and CELEBRATE!!!

### Stress Busting Tips

- \* Stop doing everything yourself. Delegate!
- \* Examine your values-what truly matters to you?
- \* Make good choices and let the rest go.
- \* Don't say yes to everything. It is OK to say No.
- \* You're only human; express your needs & let others help you.
- \* Limit the time you spend on inessentials, choose wisely.
- \* Sort your priorities. How do you really want to spend your time and live your life?
- \* Go for Life Balance. Relaxation and fun are as important as work, responsibility and success.
- \* Make the time for Eating Healthy, Exercise & plenty of Sleep.
- \* Schedule fun and laughter into your day-Everyday

### Tapping Tips For SelfCare

Even though I don't take care of myself I deeply and completely accept myself.

Even though I put everyone else first I deeply and completely accept myself.

Even though I don't make my health a priority I deeply and completely accept myself.

Even though I feel guilty if I put myself first I deeply and completely accept myself.

Even though I don't make the time for me I deeply and completely accept myself.

Even though I think I have to do everything myself I deeply and completely accept myself.

### Book Your Appointment

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21 Hoyle St, Morwell  
visit **August 17<sup>th</sup> & 18<sup>th</sup>**  
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Take the first step in faith. You don't have to see the whole staircase, just take the first step.

Dr Martin Luther King Jr

### Who else wants to Discover the Secret to Weight Loss?

Imagine feeling and looking good for some fun in the sun this summer. You'll be brimming with self confidence instead of hiding beneath shapeless clothes. Now's the time to take control of your weight issues, banish the cravings, throw away the scales, willpower and yo-yo dieting forever. Specialised Workshops, Successful Slimming Packages, Mp3's and Cd's are available now to Jumpstart your weight loss success. Phone me now and discover the secret for yourself.

The "Wright Slimming Solutions"