



## Tired of making the same resolutions year after year?

### ***Give new life to your resolutions this year!***

#### Have you ever wondered why resolutions are rarely attained?

- Unfortunately, they're just words on paper or a list you keep in your head.
- They quickly get buried under a pile of papers or conveniently forgotten.
- Either way, it doesn't take long before you're back to your self-destructive habits.

#### **Achieve your goals in 2008 by creating your own "Vision Map" at this unique & exciting workshop!**

##### What is a Vision Map?

It's a collage you create using images and words that:

- ✓ **gives new energy and life to your dreams and goals**
- ✓ **serves as a stimulating visual reminder** on a daily basis of what really matters to you
- ✓ **supports you in making conscious decisions** that move you closer to your dream life
- ✓ **encourages you to see things from a fresh perspective**

### ***Start visualizing and reaching your goals today!***

**Pre-registration is required at (203) 578-5244 or on-line at [www.coffeeandcoaching.com](http://www.coffeeandcoaching.com)**



**Strive to Thrive**  
Life & Relationship Coaching

Kathie Nitz is a graduate of  
The Coaches Training Institute  
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Enjoy  
meaningful and  
thought-provoking  
conversation at:



### **Coffee & Coaching**

**Tues., Jan. 29th  
10:30-12:30 PM**

@

**Peak Fitness  
Seymour, CT**

**Only \$25 for  
Peak Fitness members  
(Non-members pay \$30)**

**Maximum of  
10 attendees**

Group coaching  
is a fun &  
cost effective way  
to experience the  
benefits of coaching.

You'll also discover  
you're not alone!