

# Winter

**If you had to choose a sentence that could transform your life what would it be?**

When we think about the biggest lesson we have learnt this year I believe it to be quite fitting to consider Marcus Aurelius, the great philosopher who ruled the Roman Empire in 161 to 180 AD, who in Eight powerful words summarized that :-

“Our Life is what our thoughts make it”

Emerson also stated that “A man is what he thinks about all day long” How could he be possibly anything else? Unlimited thinking around how we view the future & how best to navigate perceived threats and opportunities is all important to gaining a refreshed life narrative.

With this perspective in mind at the close of this year and a new decade to come the holidays offer us all a precious gift of time to reflect and re-evaluate what is most important to us and our chosen direction in life.

Our relationship towards self and our finances is a powerful union and one to be nurtured with awareness being driven up into understanding the emotional triggers and the psychology of behavior around financial decision making.

As we continue to move through a rapidly changing world with those of us who remember Tomorrow's World will know that it is now our felt reality – Coaching for financial wellness is vital to the client focused experience with powerful shifts in perspective and outcomes achieved through aligned action.

It continues to be our heartfelt pleasure and privilege to help our clients to achieve their goals and aspirations with a real sense of appreciation for all the ongoing relationships both old and new over the distance of time.

With all this in mind I would like to take this opportunity of wishing all associations a very Happy Christmas and Peaceful and Purposeful 2020!

Best Wishes

A handwritten signature in black ink that reads "Lucia". The script is fluid and cursive, with a large initial 'L' and a trailing flourish.