

Paddling Downstream



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“Everything that you have ever asked for is downstream, where you can easily find it, experience it, possess it, or live it.” : Esther and Jerry Hicks (The Teachings of Abraham) from “The Astonishing Power of Emotions”

When you are “struggling” to reach a goal, it’s time to reevaluate, perhaps change the direction you’re pointed in. Procrastination and the negative side of perfectionism are often results of upstream struggle-and they both are huge time thieves. *Being flexible in your outlook* as well as in body is really important! It’s tricky to know when to let go and make confident choices to continue, restart or toss.

I can help you to increase focus, make “right” choices and be happier. My one:one face to face sessions in Baldwin or telephone Peak Performance Success Coaching may include EFT training (Emotional Freedom Techniques) and relaxation/stress management techniques; that’s up to you. You may find out more about EFT and view my demo video:

<http://www.balanceandpower.com/eft.php>

Contact me for a **30 minute complimentary telephone consult** to create a *personalized program*: 516 623 4353 Eileen@balanceandpower.com

Be Well & Happy & Enjoy Summer!

Eileen

Learn more about Eileen's workshops and coaching <http://Balanceandpower.com>