



Welcome to the November and December edition of our monthly newsletter!

The end of the year is near, November is here! Everyone is feeling year-end fatigue and looking forward to the holiday season, some rest (mandatory) and celebrate this year's achievements and successes 😊

This month's newsletter focuses on how to make our days count and the importance of why we should live in the moment, making everyday COUNT!

Outline of making our days COUNT!

As we head into the holiday season and then the new year, remember that we do not have to wait for New Year's eve, to think of how we are going to approach 2024!
Make each day **COUNT** NOW!

"When you arise in the morning think of what a privilege it is to be alive, to think, to enjoy, to love ..."
~ Marcus Aurelius





We would like to wish you all a fabulous break.

Rest,

Be safe,

And most importantly, be in the moment, be present.

Thank you all for your ongoing support. We are honoured to be a part of your personal growth journeys.

Debbie and Cassie

