



The Next Level of Performance, LLC

TIME FOR A CHANGE

As we approach 2010 lets answer the following questions:

1. Did you set goals for 2009 in your life, business and relationships?
2. Is your health where you wanted to be?
3. Are you doing what you love?
4. Did you travel as much as you wanted in 2009?
5. Did you have the quality time with your family in 2009?

If you answered NO to any of the above questions then its time for a change. Change is the most constant thing on earth right now. We talked last month about living the life you want and as we approach a new year it's time to get serious about achieving that goal.

When you see people living a lifestyle that you want, you can't help but wonder how they did it. It is possible to love what you do, who you do it with and where you do it. The big question is, are you ready to make the changes for a better year?

Life is meant to be abundant and you deserve to live that life you want. It's time to find your passion and unlock your potential for 2010 and let it be the best year ever. No more excuses about economy, job, bad friends or bad health. All these things can change if you want them to. It takes a plan and sometimes a coach. Set your sites on greatness in 2010 but make this month of December the momentum month to go into January hitting the ground running towards your goals. 2010 will be a Limitless You year and remember, IT CAN BE DONE because it's time for a change.

For more information, please contact us at contact@coachthenextlevel.com or visit us at www.coachthenextlevel.com