



# EMPOWERED YOU.COM

Fast-Track Success from the Inside Out™

## What is an Empowered E-Thought you ask?

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During your week, my desire is for you to receive a little thought or a powerful quote in your email inbox that will inspire you to take on living your life powerfully, hence the name 'Empowered You' E-Thoughts. My hope is that you let these thoughts soak in. Try to integrate them throughout your week and take advantage of the call to action 'Lifework' request to do just that. In time, you will notice them having a profound effect on your life. You will begin to see your world and yourself differently. And all it took was a simple thought to get the subconscious empowered. Something such as...

*"People often relate to themselves with a great deal of self-judgment and negative self-talk. We wouldn't dream of saying the things we say to ourselves to a friend or loved one." – Unknown*

### ***Lifework:***

*Today, be gentle with yourself. Life is tough enough!*

*or*

*"The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you. Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved." -- William Jennings Bryan*

### ***Lifework:***

*Today, make it a point to stretch yourself and go beyond where you typically get stopped. Practice, practice, practice is what will make the difference!*

*or*

*"The first wealth is health." – Ralph Waldo Emerson*

### ***Lifework:***

Self Care is ESSENTIAL if we want to have enough energy to achieve our dreams. Where do YOU need to focus more attention to achieve your optimum well-being?

*"I have never met a person whose greatest need was anything other than real, unconditional love. It is the common fiber of life, the flame that heals our soul, energizes our spirit and supplies passion to our lives." -- Elizabeth Kubler-Ross*

### ***Lifework:***

*Today, make it your intention to come from LOVE.  
Observe the difference it makes for you and others!*

*or*

*"Giving is better than receiving because giving starts the receiving process." -- Jim Rohn*

### ***Lifework:***

*Today, make someone's life joyful by giving a little of yourself for no reason whatsoever!*

As a Life, Career and Personal Development Coach, it is my passion to support people in creating a life that is a full expression of who they are capable of being. I work with them to develop more personal power, clarity, capability and confidence to create what they want most in life. It is out of these conversations that my clients inspired me to produce these "E-Thoughts" during the week as a way to keep the momentum going. And now, more than ever, we all need a little inspiration to keep moving forward in our life!

I want for YOU to have the life of your dreams! To live a happy and fulfilling life. I want for YOU to take your life to the next level. To live powerfully. It serves no one to play small. Shine your light freely. Find out who you ARE. Find out what you love to DO. Discover how to get out of your own way. Squash those limiting beliefs and fear. Begin to figure out what your hidden 'hungers' and 'needs' are and change them. Be willing to not know how it all works out. Be willing to jump in and be uncomfortable for a while and watch how your life expands.

I am thrilled and honored to be able to support you in your journey. And I ask that you be thrilled to stay on this journey until you reach your ultimate destination...A LIFE YOU LOVE! I know you can do it. So let's get started!

To your success,

*Coach Christine*

Bio:  
The author of this is Christine Silvey. As a certified Life, Career and Personal Development Coach, Christine is passionate about empowering YOU to actively create exactly what you want for yourself and for your life without struggle! To find out more about coaching or to contact Christine, please go to <http://www.empoweredyou.com>

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