

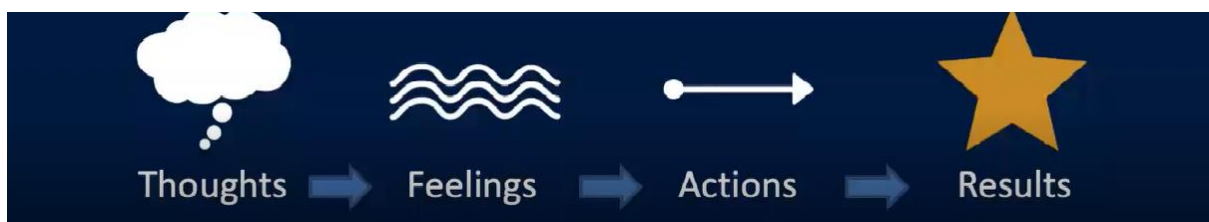


Maeve Lankford
Coaching & Facilitation
Transforming Possibilities

UCC RSA
Living Life Full Spectrum – Create & Live a Retirement You Love
16 January 2024
Golden Nuggets!

You get to manage your energy. Celebrate your successes and learn from the challenges

Understand and apply the Results Formula



New Results require new thinking!

2 Signals for Growth – Your Longings & Discontents.

Create a Crystal clear vision. Your Vision answers your longings and dissolves your discontents. Your vision is answered from the question What would I love? It becomes the hook for your new thinking. Interact with it daily.

Develop a mindset that is in harmony with your vision/new results. Adopt a Growth Mindset and chose positive affirmations to imprint new thought patterns that support the results you'd love.

Act in Harmony with Your Vision! Every action either takes you towards your vision or away from it! You get to choose. What step can you take today?

My gift to you:

- [Vision workshop](#), Saturday 27 & Sunday 28 January, live in Cork in Clayton Silver Springs Hotel. Save 33%: Use Code VISIONVIP24 Please feel free to share this code or use it for multiple people among your friends and family who would love to attend!