



## The Future Within

Smoothing the way for women  
who have lost a spouse  
to chart a new course.



Patricia Muscari

**Welcome to Fresh\*Breezes: Thoughts and tips on life transitions.** Incidentally, I wish for you and yours, the happiest of holiday seasons and New Years! Mine was kick-started by a dear friend in California; we soaked in the sun, with our feet in the sand, sipping orange juice. After a cliff-side view of Zuma beach, she and I had a late brunch at Paradise Cove, very close to the surf and the cranes! The heat of the sun and the relaxing lack of activity helped to cure my week-old infected ear. It also let fresh air into my goal-setting--a plan for my coaching practice that I had been struggling with!

### Change your Future in Fifteen Minutes Or Less

Lives can be changed without Sun, Sand and Cranes. Our reunion--the meeting of my friend Win with huge changes pending in her life, and me with one of my goals in a holding pattern--catalyzed a new resolve in both of us!

It shook us free! We are both on our way again. One decision can do it--one decision to try a new way or dip into a new resource to reach goals.

*The catalyst can be a friend--or it can be a Coach. The decision to use a new resource can make all the difference.*

Expect that you will exceed your goals. Your brilliance will show through. Each little success along the way will encourage and keep you on your growing edge.

*The decision can take much less than 15 minutes. The transforming journey can lead wherever you want it to!*



## One on One Coaching: Hiring Your Own Coach

Enlist your own coach. You will be glad you did. Although no one individual "needs" coaching, everyone can benefit from it.

*Take advantage now of a free Sample Session!*

Call Patricia at: 303-794-7824. *This can make all the difference.*

Would you like more info at my website? Go to: [www.TheFutureWithin.net](http://www.TheFutureWithin.net)

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'Now' is the operative word. Everything you put in your way is just a method of putting off the hour when you could actually be doing your dream. You don't need endless time and perfect conditions. Do it now. Do it today. Do it for twenty minutes and watch your heart start beating. ~Barbara Sher~

There is a vitality, a life force, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and be lost. The world will not have it... It is your business to keep it yours, clearly and directly, to keep the channel OPEN. ~Martha Graham to Agnes B. DeMille~

**Topic of our next issue on Wednesday, December 27: This Time It's Love.**

You may read past issues of this newsletter on my website--the Ezine Page Archives.

My warmest thanks to you for receiving this ezine.

With love and sincerity,

A handwritten signature in cursive script that reads "Patricia".

Patricia Muscari

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