

# Minds in Harmony

NEWSLETTER Issue One.

April 1<sup>st</sup>, 2023



## **Newsletter brief:**

Welcome to our first ground breaking Newsletter. Our aim is to produce 1 Newsletter monthly which we will look to email you directly. The aim is for you to fully digest our Newsletter in just a few minutes of your busy Life schedule.

There will be a variety of things to interest you. We hope you will join us each month. Please feel free to comment on your findings.

Thank you for subscribing. We really appreciate you!

### **Affirmations of the Month –**

I am here to make a significant difference in everything I do

I am excellent

Every day in every way I am get better, better and better.

### **Quotes or Tips of the Month:**

You are the Producer, Director and Star of the Movie of your Life. Make sure you are worthy of an academy award for the role and part you play.

Be appreciative and grateful for the special things in your life (not materials things). Conveying gratitude and being thankful on a consistent basis has the potential to make you healthier...

### **Inspiring comment:**

Never let other people tell you can't do something when you can and more importantly you will...

### **Last Article uploaded to our Website:**

<https://www.personal-improvement.eu>

### **Child's Mind v Adults Mind**

Children are both immediate and spontaneous and often we as Adults think that it would be wonderful to sometimes just be like a child again and be instinctively spontaneous and do certain things without thinking and analysing everything... Just going

back to those earlier formative years as a Child now and again would be rewarding to your mental well being. Interestingly if you take your own children or grandchildren to the likes of Disneyworld then in order to really enjoy the time at the theme parks you have to behave like a kid again for those hours you spend together. It is the best way to enjoy yourself!

Read more...

### **Last Short Post:**

#### **T h e M e a n i n g o f P.E.A.C.E.**

P is for the Privilege of loving and the Privilege of being loved

E is for the Ease it gives the soul and the mind

A is for the Absence in your search to find yourself

C is for the Calm it gives if you like what you find

E is Everlasting

**>>>Helping to put together the Mind puzzle 1 piece at a time...<<<**