

*Ignite Totally
You*



OUR FOCUS AREAS TODAY

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- A bouquet of lit sparklers in a vase, symbolizing focus and intention. The sparklers are bright yellow and orange, with many small sparks flying around them. The vase is dark and textured. The background is a solid pink color.
1. RE-CONNECT WITH YOURSELF
 2. IGNITE YOUR LIFE FRAMEWORK
 3. IGNITE YOU VISUALISATION
 4. SETTING YOUR INTENTION

IGNITE YOU FRAMEWORK

PRESENT

PEOPLE

PLANNING

PEACEFUL
PROGRESS



My Invitation to You

Join my Free 5 Days challenge starting this Monday 14th at 12 noon - Ignite Your Life

<http://challenge.totallyyou.me/igniteyourlife>

Come and say hi on LinkedIn - Laura Brunton

Facebook: The Totally You Inner Circle with Laura Brunton

Instagram: @Totallyyoucoachlaura



"Be yourself; everyone else is already taken." — Oscar Wilde.

"If you don't like something, change it. If you can't change it, change your attitude."

Dr Maya Angelou

"TO BE YOURSELF IN A WORLD THAT IS CONSTANTLY TRYING TO MAKE YOU SOMETHING ELSE IS THE GREATEST ACCOMPLISHMENT." — RALPH WALDO EMERSON.

"There is no greater agony than bearing an untold story inside you." Dr Maya Angelou

"Today you are you, that is truer than true. There is no-one alive that is youer than you!" Dr seuss