



MASTERS LE MESURIER

30 Days of Incredible Awareness!

What's covered in this intensive 30 day programme?

1. My Senses
2. My Personal Environments
3. My Self Image
4. My Relationships
5. My Roles, Rights, Responsibilities and Permissions
6. My Values and Beliefs
7. My Behaviours
8. Smiling and Laughter
9. My Achievements
10. The Perfection in My Tragedies
11. My Gifts
12. My Wisdom
13. My Intuition
14. "I" versus "Us"
15. Asking versus Telling
16. Choosing My Attitude
17. Taking Responsibility for My Life
18. My Fears
19. My Possibilities versus My Problems
20. Gratitude
21. Random Acts of Kindness
22. Fun
23. Health (Mental, Physical and Emotional)
24. Health (Spirituality)
25. My Energy
26. My Desires
27. My Purpose
28. My Goals
29. My Decisions
30. My Evolution

And finish with Celebration!



Masters Le Mesurier's Principal Coach, Noel Posus has created a simple to follow, self-coaching programme that will assist you in gaining an incredible new awareness of yourself, how you think and operate, and will enable you to make clearer choices and take greater control of your own life.

\$45.00 + GST

To order your copy of this e-Book today, please complete the order form on the back of this flyer.

For more information on Master Le Mesurier's Coaching Services, please call Noel Posus, Principal Coach on 0416 006 476 or call 1300 136 583 or email np@mlem.com.au. Web: www.mlem.com.au



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30 Days of Incredible Awareness!

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