

Do you feel as if you never get everything done?  
Does your to-do list keep growing even as you tick things off?  
Does the doom and gloom on the news leave you feeling negative?

## Focusing on your passions in life could hold the key to a brighter future!

Just a 20% focus on what is most important to you will bring about 80% fulfillment in your daily life, says Marina Duskov, Wokingham-based Personal Development Leader and certificated Passion Test facilitator. Passionate about supporting people's inner strength so that they can achieve more and feel better about themselves, Marina feels it's never been more important to focus on the positive.

At this gloomy time of year and with news stories continually reminding us of the financial and commercial challenges we face, it is important to explore what makes us happy. By ridding ourselves of insecurity and self-criticism, we accept ourselves for what we are.



In spite of negative external circumstances, you can take a small steps to develop inner strength by following Marina's simple top tips:

- 1 Ask yourself "What is the smallest, easiest step I can take to discover my inner spark?"
- 2 Make an intentional decision. Say "I decide from now on that it is easy for me to trust my inner wisdom."
- 3 Ask yourself some empowering questions. "What is the smallest step I can take right now to improve the quality of my life?" or "What is the smallest thought I can have to feel inspired about my career?", for instance.
- 4 Appreciate yourself. Ask yourself "What are three small things I can appreciate about myself right now?" - and believe them! Focus on appreciation, rather than criticism.

An experienced professional personal development coach, Marina has 20 years experience in personal development. She also draws on knowledge of NLP, Resonance Repatterning and many other useful tools to enable others to overcome challenges for greater commercial and personal success.

Marina says, "My mission is to remind people to love who they are. In every role, whether we are a parent, child, boss, employee or student, we can choose to be self critical or self appreciative. I want to encourage people to do the latter. Life is like climbing a mountain - if we focus on the summit we will never appreciate the views on the way up. I want to encourage people to appreciate life as a series of small moments and to rediscover their inner spark and passion."

Marina is available for interview and happy to give a demonstration of the techniques she uses to empower others.

