

# The power of decision is the power of change

By Ian Barrett New Insights Certified Life Coach, B.Ed (Hons), MAC  
*We all know that to get good results we have to take new actions, and of course all our actions start from a decision: the power of decision is the power of change. After all, it's our decisions, not the conditions of our lives, that determine our destiny.*

What would happen if you could always make the right decisions to help you feel happier, earn a better living, become more successful, have a better relationship, or improve virtually any area of your life?

Maybe you need to make a decision to give up smoking or drinking. Maybe you want to find a way to lose weight and get fitter. Maybe you need to find a new job or make your business more successful. Maybe it's a decision to study and develop some new skills to allow you to earn more. Maybe you simply want to start each day with a better attitude, no longer blame others and figure out some new action to make your life better.

Positive Horizons can help you make the right decisions, by using scientifically tested techniques, to radically change your life.

Do you know what the major force is that controls your decisions? The force that influences how you think and feel all the time, and determines how you feel about everything that occurs in your life? That force is your beliefs.

Positive Horizons can help you eliminate any existing self-limiting beliefs and create new empowering ones that will enable you to achieve anything you want.

Most people have something they want to change in their lives, but they don't know how to do it. The obvious way to change things is to change what you are focusing on. Focus controls how you see the world and what you do about it. Your focus can literally save your life.

Positive Horizons can provide you with the discipline, motivation, tools and techniques to steer your focus in the right direction.

When you hear about successful people achieving extraordinary, seemingly impossible goals, do you always assume that they were just fortunate? Or that you could never possibly be as successful?

**Give yourself the gift of a life coach.  
Invest in yourself today.**

Most people are afraid to set goals because they fear failure. What they don't realise is that achieving the goal isn't half as important as setting it and then taking massive action towards its attainment. Remember, the harder you prepare, the luckier you will get!

Positive Horizons helps you to set inspiring goals to give your life more focus and move in the direction you want to go. You will then be shown how to develop action steps to achieve your goals within a carefully planned and structured timetable.

Today, you can make one of the best decisions of your life by giving yourself the gift of a life coach and investing in yourself.

**Positive Horizons would like to offer readers of this magazine an exclusive FREE life coaching session to set you on your journey to making better decisions and a more fulfilled life.**

The Positive Horizons Coaching Programme can help you with any area of your life:

**Relationships**

**Career**

**Weight management, health & fitness**

**Wealth Creation**

**Business performance & productivity**

**Stress management**

**Spirituality**

**Work/life balance**

**Depression**

**Confidence & self-esteem building  
and much more.**

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