



## The Future Within

Smoothing the way for women  
who have lost a spouse  
to chart a new course.



Patricia Muscari

### Embracing Life Through Fresh\*Breezes: Thoughts and tips for life's difficult transitions.

There once was a woman who woke up one morning, looked in the mirror and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today." So she did...and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. "Hmm," she said, "I think I'll part my hair down the middle today." So she did...and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. "Well," she said, "today I'm going to wear my hair in a pony tail." So she did...and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. "YEA!" she exclaimed, "I don't have to fix my hair today!"

### Got A Life? 7 Powerful Signs That You Do--the 2nd in the series.

The first sign was: **You Have Love In Your Heart**. The second telling sign that you indeed have a full and good life: **You Live With Intention**.

- Each morning you look forward to the day's activities.
- The alarm clock or the sun hitting your face usually means another day of things you enjoy along with some you may not.
- You check your email and messages to see what's new.
- You dress with care and put a good face on for your world.
- You find yourself setting goals to accomplish what you want.
- You look forward to seeing family, friends and colleagues.
- Humor and laughter usually are welcome and come easily.
- In the evening you usually express gratitude for an enjoyable or successful day and make plans for the next.

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"We are all inventors, each sailing out on a voyage of discovery, guided by a private chart, of which there is no duplicate. The world is all gates, all opportunities. ~Ralph Waldo Emerson~

You are welcome to check out past issues of Fresh\*Breezes on one of my web sites: <http://www.TheFutureWithin.net>. Go to the Ezine Page and look for Archives.

*I would love to invite your feedback and ask that you kindly check out the new website I*

am building <http://www.TheFutureWithinLLC.com> Thank you!

**Our topic for February 13, will be the third in this series: Got A Life? --7 Powerful Signs That You Do**



### **Move Into the Life Awaiting You, With Your Own Personal Coach**

Enlist your own coach. You will be glad you did. Anyone can benefit from working with a good coach.

*Take advantage today of my valuable 25-minute Sample Session! Call Now: 303-794-7824.* This can be the *answer* you've been searching for!

Email: [Patricia@TheFutureWithin.net](mailto:Patricia@TheFutureWithin.net)

I am interested to hear what topics you would like to see covered in upcoming issues. Email your ideas to: [vagito@earthlink.net](mailto:vagito@earthlink.net)

My warmest thanks to you for receiving this ezine. My true wish is that you have love in your heart throughout the year and always!

With sincerity and love,

A handwritten signature in cursive script that reads "Patricia".

Patricia Muscari

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