

Saw "The Secret" but never knew how to apply it

I was feeling depressed, anxious and highly stressed, and things were really getting on top of me. Since working with Colin at the Optimal Wellness Clinic I am now calmer, more focused and deal more easily with issues as they come up. I am not finding life as overwhelming as I am dealing with things a lot better.

I am more hopeful for the future and I am building confidence. I am starting to understand how the mind works which is making it easier to work through things.

After working through Nutritional and Emotional areas I decided to do the Goal Achiever Coaching Program. I am only half way through and my eyes have really opened up to new possibilities. I don't have to go along with life as it is, and I have realised that anything is possible for me.

I saw the movie "The Secret" but never knew how to apply it. The Goal Achiever Program is putting the picture together for me and giving me real tools to make things happen.

Kristen (Townsville)