

## **Felt “stuck” and unable to move forward**

I went to see Colin at the Optimal Wellness Clinic for help to release blockages and self sabotages I had unknowingly created in relation to lots of areas in my life.

My husband and I invest in real estate and trade on the share market. At that stage I felt “stuck” and unable to move forward. I couldn’t commit to a certain strategy and making and setting goals was a huge problem for me, I was constantly looking backward at my life and focusing on what I hadn’t achieved: my self belief was less than great and I felt the “grass was always greener on the other side of the fence”

After my third visit with Colin I felt patient, calm and focused on the present and future. We aimed to have a \$200,000 a year income from our investing so we could travel and have great adventures with our children. That seems easy now and we are moving in that direction smoothly. I just know it will happen.

**Lisa D. (Townsville)**