

# ZEST Your Life!

*A series created for women to support  
your desire for a full and happy life.*

Do you have ZEST for the life you are living?

Would you like your ZEST and your dreams back?

Your dreams are the ZEST for your life!

*What if?*

... you wake up each morning looking forward to the day

... you know what your dreams are

... you go to bed each night genuinely happy

ZEST: enthusiasm, gusto, relish, appetite, eagerness, keenness, avidity, zeal, fervour, ardor, passion; verve.



*Linda Babulic is an energetic and enthusiastic facilitator, who is passionate about helping people to envision their ideal future and implement plans to achieve results. She is the founder of Leadership Centre Canada and has 25 years of consulting experience.*  
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