

# ZEST YOUR 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!

To find your ZEST:

Explore the barriers that are holding you back

Unlock the energies to liberate your personal power

Awaken to fulfill your dreams

*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.

Sundays starting at 1pm

1. Introduction to Power - Dec 4, 2011
2. Emotional Power - Feb 5, 2012
3. Mind/Body Power - Mar 4, 2012
4. Spiritual Power - Apr 1, 2012
5. Living Your Power - Apr 29, 2012

## *ZEST #1 - Introduction to Power*

~ Experience your power stories. Explore the barriers that block your power and gain the tools of power to unlock your power.

~ In ZEST #2, #3, and #4, deepen your understanding of power through the emotional, mental, physical and spiritual aspects.

~ In ZEST #5, arouse and feed your living power. Ignite the ZEST for your life for the rest of your life.



Dreams are not negotiable.  
Paulo Coelho

Now is the time to find your dreams.  
Take part in these engaging sessions.  
Only \$40. Discounts apply for multiples.

Location:  
Nadine Lalonde's house  
107 Peel Street  
Penetanguishene

To register contact Linda:  
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Phone 705 835 2709



*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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