

What's Your Mindset Newsletter

from **Helena Radeson - Your Partner to GET YOU WHERE YOU WANT!**



I want you to say YES – I did it!

Or: How if you don't start that thing you're dreaming of, it won't happen.

You know the story about the person who had this dream they wanted to achieve? They really wanted it and kept thinking and thinking and maybe even talking and talking about it?

The terms the person used were often future tensed – ‘if it happens’ or ‘when it happens’? Sometimes the person used specific timing, like next month, or after summer, or next year, or when this or that other thing is over? Even when specific, the timing was always fluffy, unclear, like a summer cloud in the sky, always escaping them?

"Even when specific, the timing was always fluffy, unclear, like a summer cloud in the sky, always escaping them?"

Wait? Is that person somehow you?

Whether it's your desire to get a new job or role, to get smarter in your current job or role, to gain confidence at work, to feel more comfortable when speaking up or presenting, to handle your relationships differently, to set healthy habits, to view yourself differently, whatever it means for you, maybe the person is you?

Maybe you are not there yet, you don't know yet what it is you desire, but you know you feel somehow lost, a bit confused and with a lack of direction?

Do you recognize yourself in the story?

We all have parts where we are standing still, desires we want to fulfil.

What are yours?

"We all have parts where we are standing still, desires we want to fulfill."

I am here to say I want you to say 'YES – I did it!'

I want you to come out on the other side having achieved what you want, after having followed through and to just gleam, to be proud of You.

" I am here to say I want you to say 'YES – I did it!'"

Now is the best time to start any change, yet you may feel extra motivated by the new year and how that timing in itself brings new beginnings. 2024 is all about opportunities, it's even got an extra day locked in for you already, a day that only happens every four years.

The leap year challenges you and asks: 'Are you ready to take the leap?'

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I believe you can do it all. The second you understand that if you don't start doing that thing you've been dreaming of, no one else will. And that if you don't do it, nothing's going to change. You'll continue to be the person in the story, dreaming about it, talking about it, never really getting there... It's up to you.

"And that if you don't do it, nothing's going to change!"

It may sound heavy and tough in the beginning that it's all up to you; where will you start, how will you do it? It's your dream, your choice, your future, but the road alone can be slow and difficult. The good news: support is available, there is someone to cheer you on, to challenge you, to be your sparring partner along the way.

I've got availability in the beginning of the year, let me know and I'll be your companion for identifying, deciding and creating accountability for what you want. I'll be your companion and sparring partner, your cheerleader and your conscience.

I want 'You to do You' and for 'You to be proud of You'.

I want you to say YES – I did it!

Are you ready to take the leap?

Mail me at hallo@helenaradeson.com, or call +41 79 284 25 31, sms, chat, send a [DM on LinkedIn](#) or contact me via [my web site](#).

"I want you to say YES – I did it!"

May your 2023 come to a close with sparkling lights, loads of glitter and massive clarity that you are ready to say YES to you.

And may that force propel you into 2024 with ease and joy and the conviction to change.

Towards 2024!

HELENA RADESON

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