

Hello Fabulous!

Since I last wrote to you I have been having a *time!* Whew! It certainly is true that when the entrepreneur is ready, the opportunities appear . . .

So let's catch up, starting with the Women's Business Network meeting at B-Lounge restaurant on the 12th February. It was a great one, with remarkable women. As the 10-minute speaker, I felt a bit of pressure – not from shyness, but from wondering how I was going to fit everything I wanted to say into ten short 60-second bursts. Eek! I wanted to give some background on myself, promote my Enrichment Events, and give some tips on making our lives better right-here, right-now. I probably sounded like a record on high speed, but I managed! There is nothing more fulfilling for me than to address a group of women (of both sexes!) and see them nodding and smiling in recognition and agreement. I love my work. And I must say I really do love these meetings: to be inspired and motivated by seeing the accomplishments of others is beyond price.

Besides, if you ain't gonna network, you ain't gonna get work!

Now, this meeting was in the middle of my frantic preparations for The Women's Show, that feast of creative femininity, which was held at CTICC from 20th-22nd February. I had a stand promoting my workshops and selling my first inspirational audio titled Love, Fun & Money, Honey. And let me say that if you have been letting excuses/reasons/justifications keep you from doing something you have been wanting, like I did for so long . . . then honey *just do it*, it feels so-oo good when you do!

I was also emceeing, presenting great speakers and entertainment throughout each day. One of our speakers was international award-winning author, Dr Sindiwe Magona. Seeing how she enraptured the audience got me thinking: what stories do we tell *ourselves*? What yarns do we spin, that we then live our lives in? Do we tell ourselves tales of woe, or tales of wow?

Do you look in the mirror and say 'I am extraordinarily extraordinary', 'I am joyfully abundant' and 'My loved ones are safe and happy' . . . well, let's!

And let's work to make those legends come to life!

I admit that at the end of it all (with Life, of course, going on throughout) I was absolutely drained. I realized, as I have many times before, that I cannot take on too much and expect to keep my health, both physical and mental! Yes, I want creative career satisfaction and financial freedom, but I have adapted my vision to a life of balance.

I am going to remember to run on the beach a little, read a little, laze a little, and spend more time with my daughter and my boyfriend (funny to use that term at my age, but I like it!).

My new mantra is 'I have time to do everything I want and need to do' . . . that's my new story, and I'm sticking to it!

For more info on Irit's workshops and seminars, mail her at irit@iritnoble.com

