



Unleash the magic within your organisation

Issue: 15

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- 5 gifts to end the year with.

What's new from Change Designs

- Change Designs Publishers. All Ruth's favourite tools, books, charts and cards are now available from www.ruthtearle.com
- www.changedesigns.co.za is filled with articles, tools, and training courses for strategists, change consultants and leaders.

The Change Designs newsletter is free to clients and members of the Change Designs Community.

The purpose of this newsletter is to provide thought provoking articles, practical change tools, motivational quotations, and ideas to help you in your job as leader, consultant, or strategist.

I hope you find the information contained in this newsletter practical, inspirational and useful.

Please feel free to email me suggestions of topics you'd like to see in future issues. And forward this newsletter to friends who are interested in strategy or change. Kind regards

Ruth Tearle.
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GIVE A GIFT OF INSPIRATION THIS CHRISTMAS



**Blackboards
Bubbles &
Cappuccinos**

Empowerment between two covers! It inspires me to be the author of my own experience. Hannelie Minnaar. Tshwane University of Technology



**Inspiration
Bubbles
Cards**

Cards to inspire you to find and live your passion.



**Blackboard
Wisdom
Cards**

Cards to inspire you to be all you can be.



**Unleash the
magic within
you cards**

Cards to energise and inspire you

Have your company logo printed on the boxes/covers. And give a gift of inspiration. Email ruth@ruthtearle.com

5 GIFTS TO END THE YEAR WITH

GIVE YOURSELF A GIFT.

2005 is drawing to a close and the holiday season is approaching.

Newspapers, magazines and TV stations are full of glitzy advertisements enticing us to buy, whilst the shopping centres gear up for their busiest time of the year.

How much time, emotional energy and money do we spend on gifts at this time of the year? How many of these gifts have meaning beyond January 1?

And how often, do we invest the same time and energy to give ourselves an end of year gift?

Use this newsletter to give yourself 5 precious gifts that will last .

- The gift of achievement.
- The gift of insight.
- The gift of affirmation.
- The gift of purpose.
- The gift of hope.

The greatest gift we can give our family and friends is to be happy in ourselves.



THE GIFT OF ACHIEVEMENT.

1. What have you achieved this year?
2. What problems did you sort out during the year?
3. What endings did you experience?
4. What new beginnings did you make?
5. What actions did you take to improve your life?
6. What foundations did you build this year, that may make 2006 easier for you?

The source of tomorrow's biggest achievement
Is today's insight.
Ruth Tearle

5 GIFTS TO END THE YEAR WITH.



THE GIFT OF AFFIRMATION.

1. What made you feel good about yourself this year?
2. Who made you feel good about yourself this year? What did he/she say to you?
3. Imagine you were able to call on an inspirational mentor. He/she is telling you 5 wonderful things about yourself, and what you are capable of becoming. Complete his/her sentences....
 - a. You are....
 - b. You can...
 - c. I believe...
 - d. You have...
 - e. All you...



A GIFT OF INSIGHT

1. What frustrated you this year? What did or are you going to do to prevent similar frustrations next year?
2. What nice surprises did you get this year?
3. What was difficult for you this year?
4. When did you feel that things were working for you, and that you were in the flow?
5. What new insights did you get about what works for you now?
6. What insights did you get about what no longer works for you?

You already have everything you need, to become everything you want.
Ruth Tearle

The greatest job security is to recognise
that we have the power to constantly reinvent ourselves.
Ruth Tearle

5 GIFTS TO END THE YEAR WITH.



A GIFT OF PURPOSE.

Imagine that at the beginning of 2005, you were selected for a reality show called "The treasure chest of life". Over the past year, you and the other participants, were severely tested in many ways.

- *What tests did you face?*
- *What strengths did you use to survive?*

You and the other survivors are now receiving your rewards. Your prize is an ancient treasure chest. It is filled with gold, precious stones, porcelain, and art works. A voice floats into your head saying. "Each of these treasures represents a precious gift you have been given, to use in your life.

- *What treasures do you have in your treasure chest?*
- *How will you use them in your life?*
- *How can you share these gifts with the world in a practical way?*



A GIFT OF HOPE

- *If you had the power to grant yourself 3 wishes for 2006, what would they be?*
- *If your best friend were to give you 3 wishes for 2006, what would they be?*
- *Think of an inspirational person you admire. What would be his/her wishes for you?*

**"Be careful what you wish for in life.
You usually get it."
Ruth Tearle**

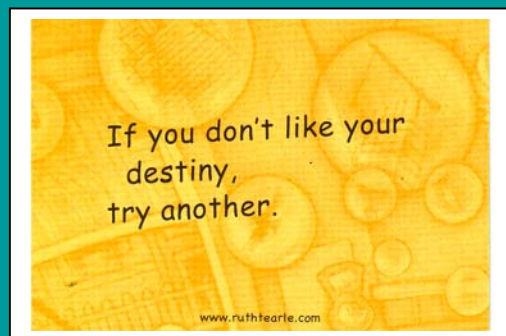
*We at
Change Designs,
Wish you
A carefree holiday
season
And a wonderful 2006!*



Blackboard Wisdom Cards



**Unleash the magic within
you personal energy cards**



Inspiration Bubbles Cards

Your greatest responsibility
Is to be truly yourself.
Ruth Tearle