

Hello Paul

Love the word Liferal and would love to share the following story with you.

Many years ago and going through what seemed overwhelming grief from the death of my adored husband, in a job I hated, angry children. Lack of self esteem and purpose, I had truly forgotten the essence of my being. A very dear friend sent me the most amazing gift which was a collection of cut out inspirational cards in beautiful bold bright colours, laminated and hand written.

Presented in a bright beautiful box – these were not just ordinary inspirational cards. My dear friend had written down on each of the cards my gifts and my strengths – I had forgotten these aspects of myself, and did not realise just how important I had been to this friend and things about myself that I had never really noticed but she had obviously observed. I burst into tears when I read each card – a gentle reminder of the strengths within me, the talents, and personal cards on how I had affected her life in positive ways.

It was the most heartfelt, inspirational, uplifting gift I could have possibly received at this point in my life. A gentle reminder to connect and focus on the things that were the essence of whom I am. From that day on, anytime I was feeling down in the dumps – I would read my little box of treasures.

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