

1 January 2010

## **Heidi Alexandra Joy Pollard's 2010 Gratitude Letter**

### ***A fresh new decade and a 'self full' year!***

By the time I read this it will be December 2010 and it will have been a year since I wrote this letter. Each year I write a gratitude letter to remind myself of all the wonderful things that I am grateful for in the coming year.

I am so pleased that I took the time at the end of 2009 to review the year that was and to gather all the lessons learned and reflect on my annual journey. From the sense of accomplishment from publishing my first book *Boost Your Career*, to the relief of my dear dad being cleared of cancer. From the fun of driving my brand new Honda Accord Euro and the excitement of travelling solo to the USA to attend the Shine Conference and work on my business, to attracting an amazing calibre of clients, strengthening my property portfolio, learning how to tap into my genius flow and to doing a lot of inner work through reading, coaching, being coached and standing in my own power, I have come a long way! Reviewing my 2009 gratitude letter and seeing last year's dreams come to fruition provided a solid platform to refocus, redefine and reignite my passions for 2010.

Redoing the Passion Test on January 1 was a great way to future focus my energy and actions. Through the exercise I identified that my life is ideal when I am:

1. Having a positive impact on other people's lives
2. Being joyful in everything I do
3. Being active, healthy, vibrant, dramatic and RED!
4. Being a dynamic and entertaining coach, speaker, communicator and teacher
5. Co-creating a supportive, generous and calm environment.

Looking back I am grateful that I committed to making 2010 a 'self full' year with the biggest payoff being investing in myself. First I invested in joining a US based platinum coaching program with millionaire coach Ali Brown. Three mastermind trips to the US and weekly calls and internet discussions, and I found myself stepping up to a new level personally and in my business in a massive way.

Following questions of clients, colleagues and friends, I identified the need for me to share what I have learnt about property investing, business building and personal success in a bigger way. With the support of my VA's, team and coach, I created a new avenue for Leading Value with property investing workshops and programs as well as an amazing new online network – Leading Ladies International. Featuring experts from around the globe, Leading Ladies was created to support women to be, do and have more in their lives beyond the traditional path.

I was delighted and humbled to receive clients cards and letters describing their incredible success stories of how their lives have changed for the better as a result of stepping up to become a leading lady. My own measure of success was that those who I attracted now join me in becoming more than they thought was ever possible, growing personally and professionally to become more joyous and independent with heightened self worth.

I am grateful that I have continued to build an amazing team who complement my skills and qualities. They are creative and they take ownership and accountability for their own results. Continuing discussions and focus on servant leadership and values paid off by seeing us through any challenges that came our way and turned every hurdle into an opportunity.

I continued to prosper financially and have added further properties to my existing real estate portfolio, now using my purchases as case studies and examples to assist clients learning. I was delighted this year to purchase a new home to live in, one that better supports the aspects of both my business and my social life. My new home is well maintained, with a place for everything and everything in its place. It is a highly functional, yet warm and relaxing home with a real personality and history you can feel. I love living there.

A spiritual retreat was a welcome time to relax and tap into my inner self. It added a new and deeper dimension to my personal growth as well as my skills as a coach, teacher and communicator. It taught me to stay open to keeping up with what life has asked me to become so I can live in my powerful state of joy. I was also honoured to meet the most amazing enlightened people through this experience, people who will be friends for life.

My personal relationships continued to grow, strengthen and develop, mirroring my inner growth. I was graceful, charming and dignified in all my undertakings. I learnt to ask for what I wanted in relationships and to be clearer about my life boundaries. I was never critical of others and their path and maintained my nickname as “the vault” among friends and clients, never gossiping nor speaking ill of others.

This year I enjoyed regular breaks and holidays overseas to America and Vietnam. Family and friends filled much of my leisure time and gave me a sense of belonging, comfort and peace. I especially loved watching my niece grow and become a wonderful girl.

I kept my promise of having a daily intention to stay in alignment with my passions and I continued my daily ritual of meditation and exercise – walking Chops and exercising. I continue to love the feeling of being be a healthy, motivated and high energy person. I maintained my vegetarian diet of nourishing, tasty food that fuelled my body and mind. Of course I enjoyed the occasional indulgences of trips to my favourite ice creamery!

I’ve always believed a real mark of success is not what you amass – but what you discard. This year I learnt to let go of my tolerations – of material objects, tasks and people that brought stress and drained my energy. I learnt to let go of the guilt of hiring a house cleaner, or reading all day on a Sunday, or saying no when I needed to and simply allowed myself to become more of a joyful me rather than an obligated me. This release allowed me to become a better, more loving and more generous person.

Wow, what an amazing year it has been. Not so much selfish as ‘self full’. A year where I filled up my head, heart and soul so that I can now spill over and be of even more service to others.

Hugs  
H x