

# VIP Newsletter



## The Virtue in Progress Newsletter

In the course of the day, how much time do you spend training, helping, creating, and leading others? We're sure it is more than you think! Especially if you consider the number of hats you wear the minute your feet hit the floor. From wife, to mom, to employee, to friend, you find yourself giving out more than you take in.

Well let's change that- take some time for yourself to read this monthly newsletter... you'll feel refreshed, recharged, and ready for what's next in your life.

## Vice of the Month- WRONG Words...

Inadequacy reeks with the "I can't" phrase.

"I can't lose weight!"

"I can't get over the pain!"

"I can't let it go!"

"I can't find a job!"

How will you know what you can't do if you don't continue to try?

More often, the phrase "I can't" can easily be replaced with "I won't."

So what is it you won't do? Find a job? Let go of the past? Get over the pain? Lose the weight? Find a way to change your can't to a will!

## VIP Word Search

V	O	T	I	P	I	L	F	X	E
A	I	J	D	G	L	M	L	O	F
D	L	C	E	U	T	R	I	V	F
S	Q	H	E	C	H	B	P	S	O
W	E	R	V	H	I	J	I	A	R
E	R	O	I	E	V	I	T	T	T
Y	H	B	C	H	U	R	C	H	U
V	I	P	D	T	T	E	V	I	L

VICE VIRTUE EFFORT VIP  
LIVE FLIP IT

## Quote of the Month

This month, think of ways to flip your can't and won't phrases into opportunity of efforts. You can do whatever you want to do.