

Heidi Alexandra Joy's 2012 Gratitude Letter

A year of living my true essence

By the time I review this it will be 31 December 2012 and it will have been a year since I wrote this letter to myself. Each year I write a gratitude letter to forecast all the wonderful things that I want to have happen in the coming year. It is the beginning step of my five step process for setting up my focus and planting the seed of intention for the year ahead.

The United Nations General Assembly has declared 2012 as the International Year of Cooperatives, it has also been designated as the International Year of Sustainable Energy for All and is known as the Year of Awakening. My take on this is that 2012 was essentially about meeting human need, not human greed. To adapt to this in my own life this year I found that the clients and companies I worked with had to learn to cooperate together in ways that benefit the many rather than the few. I was privileged to guide many companies to become values-based businesses and ensure their sustainable success through the adoption of appreciative inquiry thinking.

2012 was a turnaround year for me. It was truly the best year in my history to start the things I really wanted in life. It was the beginning of my personal freedom to express my authentic self, and from that place, to connect and resonate with others whom I loved and served.

This was a year when I discovered just how possible it is to pursue both economic abundance and social responsibility. I moved into the New Year eager and unafraid to make the world a better place by stepping more boldly into my power!

Spending New Year's Eve reviewing my 2011 to gather all the lessons learned was time well spent. From the sense of accomplishment from a year as a successful entrepreneur and investor to the shock experience of flying through the air after being hit by a car and thrown from my Piaggio scooter and ending up in the hospital I once worked at. To then the excitement and exhilaration of purchasing and riding my new bike – an Aprilia named August Rush all over the East Coast of Australia – 5000kms in several months of riding freedom and pleasure.

In 2011 I was grateful for the challenge and growth I experienced from working with my masterful mentor Billionaire business woman Anne McKeivitt. To travelling to LA, Dallas and San Diego to work on my business to the fun of visiting beautiful Hawaii and snorkelling the coral coves. The joy of facilitating many community sustainability, leadership and communication workshops, to enjoying being witness and supporter to my amazing Gold and Silver Leading Ladies who all achieved so much personal and professional growth on their terms. I was also honoured to contribute chapters to [two new international books](#) making me truly known as a leading lady internationally. 2011 was certainly a year to remember.

With 2010 being a 'self-full' year, 2011 being a year of stepping into the spotlight and becoming Leading Lady, 2012 has been a year of serving others through serving my purpose. Being focused for the previous two years on the foundations and building the stepping stones for my own journey has had immense rewards and has also encouraged an inner, reflective state. This year I used this platform to launch myself into truly living my legacy. This shift changed my life totally for it gave me a new perspective and it also removed any inward concerns and fears as my focus moved from being on self to being 'out there'.

This shift was emotional, spiritual, physical and energetic and was not without emotions and challenge. I once read that your emotions show you when you are moving into something greater – this thought kept me focused and enabled me to move through any resistance. Through the teachings of many spiritual mentors including Barbara Brennan and her teachers, Charlotte Thaarup-Owen and Eva Angel Diamond, I

expanded my awareness and intuition which complemented my business skills and knowledge. By working on my inner self and personal awareness I achieved more peace, compassion and friendship than ever before. I spent considerable time tapping into my inner spirituality, and healing potential adding 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.

My main life goal is to inspire and motivate leaders to make a positive impact and live their legacy, not leave it. My key focus goal for 2012 was to become an extraordinary Global Company Culture Coach empowering others around the world to create truly sustainable, values-based cultures and communities.

I furthered my commitment to personal, entrepreneurial and business development this year through continuing working with my mentor Anne McKeivitt. I am grateful for her no BS approach, her laser focus, for keeping me accountable and holding a vision of what's possible for me to grow into. Working with Anne helped me begin with the end in mind and kept me massively productive – getting more of the *right* things done, the *right* way and in *less time*.

Leading Ladies moved into its third year and continued to showcase leading ladies, support leadership and personal development of women through the Silver and Gold group coaching programs and create a network of women who give and serve as a collective and in doing so make a difference in their community and the world. Through Leading Ladies International I also instigated thousands of dollars of micro loans for women in need internationally via the amazing global vehicle of [KIVA](#).

2012 was a year for new beginnings:

- I blew up Leading Value's business model and corporate brand and relaunched it as a Training and Coaching firm early in the new year – this time beginning with a clear picture of the end in mind
- I created new neuroplasticity inspired training programs to help people learn in ways that adapt to their busy lifestyles through bite sized chunks
- I began the year speaking at the Gen X women event and continued to inspire, motivate and connect with thousands of other people through numerous speaking opportunities
- I coached many new people to pierce their veil and release their hidden potential
- I brought women together to expose them to role models and expand their connections worldwide
- I supported and assisted many corporations to enhance their leadership performance
- I taught many individuals to have honest and courageous conversations with themselves and others
- I co-authored a new international book *Leaders in Pearls: How to Be a Change Architect*
- I created new and exciting joint ventures with enlightened, authentic people to serve the health professionals who care for our community to ensure they have emotional intelligence, mindfulness and resilience to handle the growing societal demand.

I am grateful that I have continued to build an amazing team who complement my skills and qualities. They delight me by taking ownership and accountability for our company and its results, for serving our clients with impeccable standards and for assisting me to maintain my energy to continue to deliver my best.

All of my personal relationships were stronger, deeper, more honest and more amazing than ever before – a mirror for my inner growth and authenticity. I learnt to ask for what I wanted in relationships and to be clearer about my life boundaries. I also learned to be more fun, free, loving, less serious and just be in the moment, enjoying life and love in abundance – my motto in life has become "*Born old. Growing young.*"

This year I continued to enjoy regular breaks at home and overseas to rejuvenate and maintain balanced energy. Spending time in nature, on the water, in the mountains and with animals I felt more connected to the planet than ever before. A treat was a trip to Vietnam to celebrate my cousins wedding as well as regular visits to America to spend time with my brother and his family now living in Boston. I loved learning about different cultures and lifestyles and spending time in new locations with family and friends.

My home is well maintained, uncluttered, bold, stylish and reflective of my personality 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 that everyone loves visiting. I am enjoying a newfound hobby of growing my own organic vegetables and spending time gardening.

I continued my daily ritual of meditation and exercise – walking my dogs, weight training, resting and reflecting. I was more conscious and conscientious with my health and wellbeing, enjoying an organic, vegetarian diet and focusing on increasing my physical strength and vibrance by dancing and enjoying yoga strength classes. I loved the renewed feeling of again being a healthy, lean, high energy person. I continued nourishing soul with music, good books and dinner parties with friends.

Wow, what an amazing year it has been. 2012 has been a year getting comfortable with learning more about my personal gifts and sharing them with others by living my legacy. This has been a year of letting go, of being real and filling my head, heart and soul with joy so that I can now spill over and be of even more service to others.

“And I deeply pray that everyone discovers that they can strip away anything that might be holding them back on every level, and can begin living life from the real essence of their own soul.” Brandon Bays.

Love and respect to you Heidi

