

For Immediate Release

30 Days to a Better Life *Challenge*

September 29, 2008, Edmonton AB- The 30 day challenge is a free, easy to use tool & system to overcome some of those road blocks we all run into when creating change in our lives. Each day in October Laurel Vespi of Stone Circle Coaching will post a new 30 Day Challenge tip to keep you on track

“Bad habits are like a comfortable bed, easy to get into, but hard to get out of.”
Anon

Instead of struggling to change a bad habit, focus on the creation of one new positive habit. This is one time you won't have to make changes alone. Vespi, a certified life coach, will be experiencing the ups and downs with you as she works to create her own new habit.

Laurel suggests you ask yourself; ***What one habit, if you added it consistently into your life, would make a difference to your happiness or health?***

Participants can download a free tracking calendar at <http://tiny.cc/W2ciA>

- a daily tip to keep you on track
- the support of a community that wants you to succeed
- watch Laurel work on her own new habit
- ask questions each and every day
- subscribe to the email updates on the blog lovingchaos.com and tips will be delivered by email daily

Laurel has a Master of Education degree and is a Certified Professional Coactive Coach, who completed her training through the Coaches Training Institute. She is a credentialed member of the International Coach Federation and has completed advanced training in Organization & Relationship Systems Coaching. Laurel is the President of the Edmonton Association of Professional Coaches.

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