

VIP View

Did you get round to taking the *How Meaningful Is Your Life?* Quiz? If not, you can do so now by [clicking here](#).

I created the quiz to help you shift your focus inward so that you can identify what genuinely makes you happy.

Living a meaningful life makes me happy, but I have noticed that it's not exactly effortless. :D

It needs daily input and effort, and some days my motivation deserts me.

That's when I remind myself of the "hidden" benefits of living a meaningful life:

- It gives your life direction, especially in difficult times.
- It makes you more resilient.
- Which makes you healthier.
- And live longer.
- It makes it easier to connect and create strong bonds with others.
- Which makes you feel grateful for life itself, no matter how imperfect.
- It inspires you to share your gifts with the world.
- It empowers you to be YOU, unapologetically.
- It gives you PEACE.

I started hosting my literally life-changing Camino de Santiago de Compostela [walking retreats](#) here at my little farm in the south of France during a major life crisis, to provide for myself and my horses, and I got more from the experience than I ever dreamed I would.

I discovered how much it means to me to impact the lives of others.

My ultimate motivation for living a meaningful life is, *en fait*, the impact it has on the lives of others.

I'd like to invite you to download a complementary *aide-memoire* (pdf) called "Make your Life more Meaningful" [here](#).

I have recorded a "Make your Life more Meaningful" meditation that you can listen to [here](#) - a simple daily habit to make your life more meaningful from the first day.

Creating a meaninGful life, aligned with your values, your vision, your interests and your *actual* priorities is perfectly possible. If you are interested, I'll show you how I did it and how you can do it too.

More in my next email.



I am an experienced medical doctor (MBChB, MRCP, NLP master pract cert, Transformational Life Coach dip, Counselling cert, Med Hyp Dip and EAGALA cert) with a special interest in stress management. I may have an impressive number of letters after my name, but what qualifies me to excel at what I do is my intuitive understanding of my clients' difficulties and my extensive personal experience of managing major life changes using strategies I developed over many years.

Dr Margaretha Montagu

[iNFINITE iMPACT](#)

MargarethaMontagu.com



You received this email because you signed up on my website.

margarethamontagu@gmail.com

[Unsubscribe](#)

