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COSMOPOLITAN + OLAY Search for FUN FEARLESS FEMALES 2009



How to make the next six months your BEST EVER!



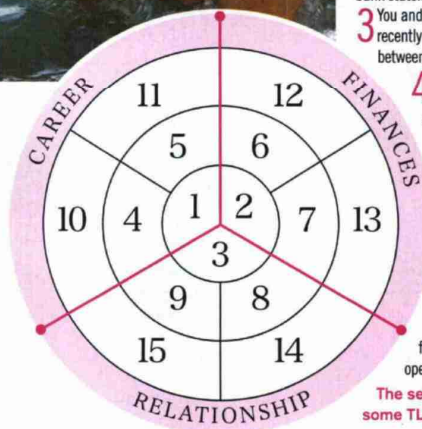
Yes, lately life's been tougher than Mickey Rourke's skin. But that's all about to change...

Doom. Gloom. Job cuts. Belt tightening. So far, 2009 has given us more reasons to be down than ever before. "Even if you've not been directly affected by the recession, you'll have been caught up in the anxiety of it all," says **Lindsey Agness**, performance coach and author. "When the media are

focusing on debt and job insecurity, very quickly the 60,000 thoughts we have each day suddenly revolve around the glass being half empty, not half full!" Well, not anymore. "How you think from today will impact on your actions and your life," insists Lindsey. So do our quiz, make a few life tweaks and the rest of your year will go with a bang.

HOW IT WORKS

Work out which area of your life you need help with most. Read all 15 statements and if you agree with any, shade in the relevant numbered section.



- 1 Your friends and family think you've got a great job but deep down you're feeling a little disillusioned.
- 2 You fib to everyone about your outgoings and make sure you avoid looking at your bank statements at all costs.
- 3 You and your man have been rowing more recently and there's a niggly atmosphere between the two of you.
- 4 Change the record! You're constantly moaning to friends about your boss/late hours/crap day.
- 5 You desperately want to change jobs but, for whatever reason, you're not applying for the ones that come up.
- 6 You've recently had to bail on a holiday/girls' weekend/friend's wedding because you couldn't afford it.
- 7 You get creative near pay day: borrowing wine money from friends, writing cheques, opening store cards...
- 8 You and your man both make time for work. And friends. And watching *Grey's Anatomy*. But no time for each other.
- 9 Zzzzzz. Your sex life could do with a bit of spicing up!
- 10 A pay rise, a new challenge... Your boss has promised you the earth for ages but nothing's happened. Frustration's starting to creep in.
- 11 Help! You're totally in the wrong career. You hate getting out of bed in the morning and dread your day.
- 12 Money worries are either making you lose sleep or causing rows with your man.
- 13 Your salary barely dents your overdraft and you've got several loaded credit cards. No one knows how much debt you're in, not even you.
- 14 You and your boyfriend don't seem to be moving on to the next stage: moving in, mortgage, marriage... (delete as applicable).
- 15 You often think your partner's changed and that someone else could make you happier. You know one person who's interested and it's very tempting.

The sector you've shaded the most relates to the area of your life that needs some TLC. Make a positive change with some life-boosting tips from Lindsey. >

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AUGUST 2009 COSMOPOLITAN / 117



