

John sent you a message.

“Valerie,

Thank you for your empowering words and for being a champion!

FIRED UP!”

- John Di Lemme

“Valerie gives great advice. Her keen psychological insight coupled with her compassionate nature has proven to be both healing and empowering.” - Amanda Hart

“Valerie Leeds and Invigorate U equal transformation.

From MAX GXL to the *Mind Coach*, *Compass Coaching* and Energy Therapy, Valerie affects your body, mind and soul in a way that is authentic, life changing and fresh.

I'm one of her biggest fans.”



Natasha sent you a message. Re: Invigorating U Practice for Today, Sept. 24th, 2009

"Wow Val, law of attraction thank you for that. This is so true... I am going to get paid what I am worth.... Thank you thank you thank you...."

Natasha sent you a message.

"Thank you, thank you I really needed that inspirational word..."

Natasha sent you a message. Re: Invigorating U Practice for Today, Aug. 24, 2009

"Good Morning Val, I just wanted to thank you for connecting with me yesterday during the Vision Quest interview. Just wanted to say thank you for the daily inspirations. I never read them until yesterday. Thank you for thinking enough about me, and caring for me. You are awesome and amazing. And dont forget to give me the telephone number or web address, to the coaching company I really want to start asap. Have an amazing day. thank you so much for inspiring me to be vulnerable and open up my heart... thanks a million..."

Shira sent you a message. Subject: Inv u

"That last email about the movie was so amazing i feel like u are psychic and it totally helps me out
THANKYOU !!!"

“Good morning!

I saw that match last night and I SWEAR to you I was making a similar life analogy in my head this

morning! ...Sports can be instant reflections of how we live our lives, dealing with adversity, what it takes from us to win, etc. ...Thank you for the message this morning!"

- Derek

Lidice sent you a message.

"Just wanted to let you know that I really enjoy, and get a lot out of, the Invigorate U messages that you send out daily. Thanks Lady!"

"I read this a while back and it made me think, and here it is again.... How much beauty do we let slip by us in our daily lives? Sure makes you think doesn't it.

Thanks Val for this as a reminder, hope you don't mind me passing this on!"

love and light,

Joy

Hi Valerie,

Love your ramblings.

Best regards,

/john

Jacqueline wrote:

"love you - love your Invigorating U Words, thanks for sharing!"

Thank you again for talking to me. You are extremely talented in helping people. You helped me see answers that were right in front of me.

xoxo

Jane Sisoian

Miss Valerie, You are SO darn cute! I mean that is a very good way. Your email just made me laugh out loud. You are so young to have so much wisdom. Yes, I will look at that. At the moment I feel empowered but I don't even know if that's real. I'll figure it out though.

Sometimes it takes me a while. Experience the experience....that's the advice I give my daughter all the time...to feel what she needs to feel and then make a choice to move forward. Sometimes it takes an outsider to help ME see that. Thanks!!! you're awesome. I'm very lucky to have you as a friend. Please know that I am here for you too...to support you in any way I possibly can with your dreams and vision.

xoxo

Jane Sisoian

Hi Valerie,

Makes perfect sense. I guess easier said than done sometimes to let fate do its business....but--as with

all things I suppose with more and more time and with practice and patience as well as a bit of discipline--we really can mentally and physically just let it all go and it inevitably tends to lead us to a bigger and brighter place.

I really appreciate your thoughts! And looking forward to hearing more and exchanging more ideas. Have a wonderful week.

- Liz

- Bill Intrater commented:"inspiring"
- Amanda Hart commented:"Positive"
- Warren Wise commented:"Lovely, Warm, Radiant"
- Jacqueline Pfeffer commented:"beautiful"
- Sjen von Dienes-Oehm commented:"sunshine"
- Denise Jadd commented:"Soaring"
- Donna Mooreside commented:"amazing"
- Eugene Belitsky commented:"ebullient"
- Leslie Wheeler commented:"Kind"
- Patty Flynn commented:"Happy"
- Lidice Kathia Henriquez commented:"Luminous"
- Stephanie Varco Collins commented:"Dynamic"
- Joe Tedesco commented:"Budding"
- Gary wrote:"Engaging :)"
- Julie wrote:"Great newsletter Valerie!"
- Sandy Harper commented:"Stunning!"

- Rebecca Whitman commented:"aware"
- Denise Morrison commented:"Light Warrior"
- Vanessa Galindo commented:"I was just thinking about that!!! ... you are Magical :)"