



# Enough is Enough

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*February is the time of year when I've had enough of winter, but spring is still nowhere in sight. It's a challenging in-between time that reminds me of the phase many of my clients experience when they're done with some aspect of their life (a job or relationship, for example), but the new thing hasn't shown up yet.*

*Are you feeling in-between about anything in your life?*

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What have you had enough of?

What new beginning would you like to start seeing sooner than later?

Who, or what, can support you during this in-between time?