



KNOU ONE-YEAR OUTLOOK

FOR

MICHELLE OBAMA

August 2010

through

July 2011

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MAKING THE MOST OF OPPORTUNITIES

At various times in your life, you've probably had the feeling that the opportunities are available for exactly what you want to do. At other times, you've undoubtedly experienced the feeling that hardly anything is going right and that you can't find a satisfactory outlet for your capabilities.

Through this profile, though, you can recognize the specific influences and opportunities in your life at any given time. You can determine—in advance—the times of greatest opportunity and you can also foresee difficulties and the areas in which they're likely to happen. This profile doesn't foretell the future. It does, however, give you the ability to understand many of the coming influences and opportunities before they occur. This allows you to maximize the positive potential as well as to prepare beforehand for problems that may be developing.

This profile describes the influences and opportunities you can expect in your life during the time span shown. The profile also includes suggestions for resolving any difficulties as well as for making the best use of the coming opportunities.

JANUARY THROUGH DECEMBER 2010

A TIME TO RELAX AND ENJOY LIFE, TO EXPRESS YOUR CREATIVITY AND EXHILARATING ENTHUSIASM.

The year 2010 may be a special, lighter year for you. It can be time to experience happiness and pleasure at its best and to express the exhilarating enthusiasm of the joy of living. It's a time, too, to expand and develop opportunities often involving your creative and imaginative talents. Coming, as it does, after the often slow-moving and frequently emotional 2009, this year sometimes seems to bring the best of exciting and fun-filled times.

If you're lucky enough not to be overburdened with responsibility in 2010, there'll be ample time to enjoy yourself and appreciate the cheerful and optimistic environment you find yourself in. Cultivate the society of some of your old friends and enjoy the many new friends you can make as well. Expect a very active social life. You'll probably have lots of invitations and a desire to organize social gatherings of your own. There may be some exciting romantic interludes. Enjoy travel during this year and enjoy the pleasures of art and beauty along the way. Have fun.

In particular, make time to enjoy your children this year, no matter what their age. If you especially like young children, you also may want to spend time with youngsters other than your own. You may want to plan expeditions to interesting museums, shows or concerts. Travel to some unusual places could prove a high point for all of you.

Keep your superficial and frivolous activities to a reasonable minimum. Enjoy the happiness that comes your way but recognize that self-indulgence or extravagance may get in the way of some of the deeper pleasures available to you. Don't lose sight of money matters with all the activity that's going on.

Some of your ventures from the last two years may begin to flower or reach constructive conclusions in 2010. Develop both the new opportunities that come your way and your older ventures—as far as they can go. Place considerable emphasis on your creative talents. Make use of the imaginative and inspirational aspects of your character. Look for possibilities for advancement, recognition and perhaps much-improved finances. Emphasize creative projects involving words—writing, lecturing, singing or acting, among others. Spend time improving your appearance. You may enjoy shopping for new or special outfits or take pleasure in improving your physical fitness and the appearance of your hair, skin and nails. This is also a good year to move to a new residence.

Take care not to scatter your energies recklessly. Try to complete one project before starting another. Although there's much in the way of exciting social life, make sure not to neglect your various ongoing ventures—and your new projects, too—so that you can end the year with feelings of satisfaction and accomplishment.

2010 can be an exceptionally joyous year. Make the most of it. Try not to waste your energy or resources. Keep your worrying to a minimum. Stay away from gossips. Avoid blaming others and enjoy other people's good fortune rather than being jealous.

Handle your emotions carefully and constructively. Stress optimism, cheerfulness and enthusiasm in all your activities. Make the most of others' delight and spread your own contagious joy and vitality at every turn.

Special Focus For This Year

In 2010, spread joy and happiness everywhere you turn. Lead others to the pleasures of travel, art and beauty. Use your quiet charisma to good advantage this year. You also may find that your spiritual approach, intuitive understanding and idealistic principles help to give others a sense of the happiness you want to share. Develop your dreams or inspirations. They may lead to some fuller means of self-expression for you as well as some creative outlets. Use any skills you have with words. Look into acting, singing or writing and you may be pleasantly surprised. Some of your projects begun two years ago may be flowering or expanding now. There may be some chances for success, financial advancement and recognition.

You're likely to feel much less pressure in 2010 than usual. Spend a lot of your time socializing. Enjoy others' parties and organize some get-togethers of your own. There'll be lots of friends around this year, both new and old. Be very open and clear with your emotions and help others to do the same. Enjoy your family and relatives. There may be some quiet, special times that you can share with those you hold dear. Make plenty of time for your children or others' children. Romance is in the air, too. You may be involved in some brief episodes or start an important relationship.

A Period Of Study and Deep Introspection

January 1 through December 31

While the above sections revealed the best approach for you to take for growth and development during 2010, this section describes the likely events to take place during the active period indicated. Knowing the probable events that will happen and the preferred approach to those events will help you to get the most out of your experiences.

During this period you'll find many opportunities for study and deep inner reflection. This is a time to write about scientific, religious or metaphysical subjects, or to get involved in research or educational pursuits that emphasize the understanding of fundamental principles. You may even find yourself pursuing new interests, possibly in a field which you have no previous experience. Take time, though, during this period to be by yourself, to reflect and meditate. It's important now to spend time searching for inner peace and harmony. This is an ideal time to work on developing more faith.

Because the likely events and opportunities for this period point in a very different direction than the preferred approach, you may find that things do not go as easily or as smoothly as you'd like. Your outgoing ways and desire for social activities at this time conflict with your need to be alone. You may spend a good part of the time struggling to find a comfortable balance. It's possible, too, that you may try to avoid one of these energies all together. You'll find, though, that it resurfaces no matter what you do. Sometimes a balance can be reached by alternately using one energy, then the other. If at all possible, try to find an approach to the events and opportunities during this period that allows both energies to work together. This isn't always easy, but it can provide the best use of the potentials available.

Monthly Highlights For 2010

The best approach to use this year, as described above, is an important influence that you will feel for the entire year. This influence, though, is expressed with a somewhat different emphasis each month. Be sure to take the monthly emphasis into account, too, when considering the best approach to take to each month's events. Monthly highlights for 2010 are given next, followed by detailed descriptions for each month.

Enjoy the delightful experiences you find in February. Spend your time in quiet work or study—or spiritual activities—in April. Express your feelings with care in June to avoid quarrels or partings. There can be special beauty in August, either from some of the spiritual enterprises in which you're engaged or from some close romantic relationship. You'll experience much delight in both September and November.

AUGUST 2010

Expect a good deal of activity in August. The ventures begun in July may continue through August 9th or so, then slow down or be held up briefly, probably until at least August 17th. Use some of your unexpected free time and creative input to cooperate with friends or colleagues who need help with their own ventures. The good will that follows will stand you in good stead when you need assistance down the line. Be very sensitive to others' needs and feelings throughout the month. If you or your colleagues prove oversensitive, it may impede your progress. Throughout August, try to spread the delight you feel and, if you can, help friends and associates lighten the load they're carrying. If you've gained some spiritual insight recently, this month may be a good time to share it. Enjoy the love and romance that comes your way, particularly around August 22nd or 27th. Enjoy the time you spend with your children, too.

SEPTEMBER 2010

September probably will be a very exciting time filled with an ongoing social life and many expanding ventures. Enjoy new friends and renew the acquaintance of some longtime friends you haven't seen in a while. Take advantage of the many parties, entertainment and other get-togethers. Spend time enjoying music, art, plays and the like. Be ready to travel on a moment's notice, possibly to out-of-the-way places, possibly on September 2nd or 11th. Look for new and unusual opportunities to expand your horizons in unexpected directions on any trips

you make. Keep on top of your ongoing projects as they move ahead at a sprightly pace. There'll be many chances this month, particularly around September 18th or so, to develop your creative side as well as your verbal skills. Concentrate on developing your expressive powers. Explore singing or acting, writing or any related fields that come to your attention. Focus on significant activities, so that you don't scatter yourself over too large an area.

OCTOBER 2010

There may be a good deal of social life and some interesting creative opportunities available this month. Your interests will be far better served, though, if you concentrate a considerable part of your energy in solidifying the progress you've made so far this year. Take care of all the details and loose ends. Strengthen some of the weak areas that previously have been neglected, possibly starting on October 13th or so. Begin or, if possible, complete the foundations that are necessary before some of your significant ventures can move ahead. Set projects up so that they can proceed comfortably next year. Keep your finances clearly in mind, particularly on or about October 18th. Make time at regular intervals to take a break from what on occasion may be a heavy work load. Try to spread the joy and delight you're feeling so that everyone around you feels optimistic and enthusiastic. Go to a party or give one—sometime around October 19th or 28th.

NOVEMBER 2010

There may be as much opportunity for excitement, travel, adventure and creative advancement in November as any time this year. There also will be no end of exhilarating social activities throughout the month. After the work accomplished in October, you may feel restless and impulsive. Proceed with a considerable measure of self-discipline. About November 9th or 16th, focus on new and progressive opportunities that can be developed in the new year. If you recognize new interests that appeal to you, particularly around November 18, try to organize them so that most of the work will take place a few months down the line. Enjoy some socializing but keep a sense of proportion. Allow enough time to continue any of the work started in October or any additional work needed on ongoing ventures. If you forgo some of the excitement around you and take care of the work, you'll be in a much better place when the new year gets under way.

DECEMBER 2010

The merriment, joy and enthusiasm you'll experience in December generally will center around your home, family and close friends. This can be an extremely satisfying time, with many feelings of closeness and happiness within your immediate family circle. Try to devote a good deal of time to your children this month, particularly around December 5th or 21st. Enjoy the pleasure of romance with your spouse or lover, particularly on December 18th or so. The more affection and love you give this month, the more you'll find returned. In addition to the holiday activity, you'll also have to concentrate on the responsibilities of domestic life during part of the month. Be prepared to take care of some significant family need on or about December 27th. It may even be necessary to put others' needs—perhaps those of the young, elderly or

infirm—before your own. As the month—and year—reach their conclusion, you may get some sense of the serious and practical nature of much of the activity during the coming year.

The last months of 2010 mark the close of a year-long period of considerable pleasure and delight. Continue to enjoy the many friends you've been seeing throughout the year. Spend time, as you have during the rest of the year, with parents, children and other family members you particularly enjoy. Move along your various creative projects, too.

JANUARY THROUGH DECEMBER 2011

A TIME TO ORGANIZE, WORK HARD AND SET FOUNDATIONS FOR THE FUTURE. A TIME FOR DEALING WITH LIMITATIONS.

The year 2011 is a time to complete all your work as it occurs and, in many instances, to build a secure base for the future. Last year's fun and social life aren't likely to be repeated this year, but try to put some of 2010's plans and inspirations into more concrete form. Order and systems—an area of great skill for you—will be of paramount importance. There may be a lot of business and property matters, as well as contracts and legal affairs to deal with. There can be buying, selling or trading, too. Take care of the many details that arise with your usual patience and determination.

Concentrate on the prescribed work that must be done, whether mental or physical. Be prepared for some long periods of labor and some tight schedules, too. There may be some deep feelings of satisfaction, though, when your work eventually is completed. Be practical and rational in your tasks. Take care of organizational and management duties as necessary. Although there's less time than usual for personal pleasure, don't shirk any obligations or put out less effort than is required. You may have a bit more leisure if you cut corners on your work, but you also may find that the work you don't accomplish now can be a substantial burden down the line.

Stabilize any of your ventures that need strengthening. Look for the weak areas and shore them up. Firm up new foundations and put everything in order, preparatory to the start of additional building. Lay a secure foundation that will last into the future. Don't be surprised if some progress is slower than you anticipated. If you're disorganized at any time during 2011, it'll work to your disadvantage. Try to be as flexible as you can, particularly when the workload is heavy.

Don't depend on luck or dreams at this time. They won't be much help. Be as efficient, economical and rational as possible when dealing with financial matters. If you aren't interested in managing your affairs properly, they may be a problem later. If you try to evade some of your responsibilities, there's a good chance they'll catch up with you when you're least prepared. Establish the same kind of firm foundations with monetary matters as with everything else you handle in 2011. Keep your emotions under control in regard to financial matters.

With all the work to do, it's very easy to feel restricted. Don't work at anything—even for a short time—if you feel you're in a rut or not likely to make progress. Change your point of view if you can, to make the work more acceptable. If that doesn't work, change the job you're doing altogether. Counteract any feelings of limitation—in a specific job or in the whole year's spread of work—by taking some time off along the way. Allow a few days to play periodically or intersperse a few longer vacations throughout the year to relieve pressures. You're likely to feel more serious than usual during some periods in 2011 because of all the effort, so it's important to

give yourself time for relaxation. Make sure that all important work is attended to even when you're not personally available to do it.

Take good care of your health this year. The ongoing pressures can cause occasional nervous strain. See that the health of other family members is taken care of, too. The pressures that sometimes affect one member of the family can, on occasion, affect some of the others.

Special Focus For This Year

The year 2011 is a time when you're likely to be busy finishing all your tasks. There's a lot of work to be done on the various projects in which you're involved. You also may build or stabilize the foundations of some of your ventures. Chances are there's little time for either day dreaming or idealism now. Make sure to avoid situations where you'd be stuck in a rut. At its best, though, your work is likely to be filled with deadlines at various times throughout the year. You may encounter more nervous tension than you want to deal with from the pressures to which you're subjected. Keep up your fitness program and take care of any health matters promptly. Take periodic breaks to recharge your batteries.

Protect your sensitive ego. Treat others with the tact and diplomacy you often show but insist on being treated kindly, too. There'll be some frayed tempers and strong emotions due to the constant schedules. Help make the work environment as peaceful and harmonious as you can. Make sure you spend time with your family and friends despite your workload. You'll need their supportive and loving ways. Use your special awareness and intuitive powers to smooth any work that is a group effort.

A Period Of Study and Deep Introspection

January 1 through December 31

The likely events during this period are the same as the ones described for last year. Expect the same kinds of opportunities to occur as you have already been experiencing. Make sure, though, to use the approach described for this new year as you encounter the events that unfold at this time.

Monthly Highlights For 2011

In February, enjoy your family and friends. You'll want to spend more time by yourself in March, and also take some time to plan for the rest of the year. Attend to the work schedules in April and move your ventures along. Expect more work in May, along with lots of strong emotions. There probably will be some substantial progress in June as work continues. July is a good time for a quiet break and possibly time with someone special. Be prepared to manage any strong feelings and restrictions in September.

JANUARY 2011

At the beginning of January, there's likely to be a continuation of all the activity from last month. Express the joy of living you may feel and enjoy social activities, excitement and adventure during the first several weeks of the month. Exercise some caution, though, in your choice of activities around January 17th. As the month proceeds, things probably will slow down. New opportunities that appear may prove somewhat misleading, particularly about January 18th or 27th. Much more work is necessary to develop their potential than is at first apparent. The potential in many of your existing ventures may not be too clear at this time. It may not be easy to determine the right direction in which to move. Lacking firmer information, concentrate on situations pointing to the future. Wait patiently for the next few months and you'll find the clarity to determine the right direction and available potential.

FEBRUARY 2011

Enjoy the pleasures of home and family throughout the month. Delight in the social activities and the comfortable times you can all spend together. If you can, help create and maintain a balanced, harmonious atmosphere within the home. Allow some time, though, for solving any domestic difficulties that need resolution, especially around February 5th or 14th. If you're patient, affectionate and caring, matters should work out well. Chances are that a substantial part of your time will be devoted to a lot of work, both mental and physical, necessary to keep domestic affairs running smoothly. Much time may be needed to take care of the needs of some family members or close friends on or about February 18th. Be prepared to give time and energy to the elderly, the young and the infirm about February 23rd. Don't neglect your outside ventures. Continue to wait for clearer understanding on some of your projects. Leave time, too, to enjoy some opportunities for romance.

MARCH 2011

Allow yourself time this month to take stock of your situation. Make sure that those close to you recognize and understand your need to be alone now. Spend this time by yourself getting a clear picture of the many interesting ventures you either started, continued or thought seriously about in 2010. Consider the various endeavors in which you also expressed interest during January and February. If you study all of these projects and their possibilities—you'll get a good understanding of the potential they all hold for you. Sometime between March 3rd and 18th, determine which projects you want to work on. Make plans for the rest of the year so that you can start developing these different ventures. Toward the end of the month, on or about March 21st at the latest, start the work necessary to get the ball rolling. Make time when necessary to take care of any health problems that need attention. Leave some periods for rest and relaxation periodically so that you can maintain your good spirits.

APRIL 2011

Some of your long-term ventures begin to move forward this month, probably around April 9th or thereabouts. Prepare to take care of whatever work is required on them or on any financial

matters related to them. Some of the new projects you spent time on last month also are likely to get underway on or about April 11th or 18th, requiring a good deal of effort and organizational work. Concentrate on your business dealings. Take care of any buying, selling or trading that's necessary. Deal with contracts, agreements or other legal matters that require resolution. Keep control of your feelings to avoid misunderstandings or quarrels, especially around April 23rd. Although the advancement this month can be exciting for you, it may occasionally feel like you're still involved in some preliminaries prior to the dynamic expansion you've been looking for. If you can be patient for just a little while longer, the progress on your ventures can begin to meet your expectations.

MAY 2011

Your various projects will require some substantial work during the month. You also may find some humanistic or philanthropic activity on or about May 2nd. It's likely to take a good deal of your time, too. You'll manage to complete portions of your undertakings, though, so that in some instances you'll be ready to move on to expanded activities. A new romantic interest may develop. A relationship with a friend, coworker or colleague may come to an end, though, sometime around May 9th or 18th. You may have seen this termination coming or be taken completely by surprise. In any case, be prepared to deal with strong feelings related to these conclusions. Around May 27th, you may begin to realize that the various endings this month were necessary in order to open the door to the new interests and activities you've been looking forward to. As you approach June, you'll begin to feel a sense of exhilaration in anticipation of the exciting prospects ahead.

JUNE 2011

Everything seems to come together this month. Some of your ventures already have started to move ahead, and this month, particularly from June 3rd to 9th, several projects that have previously been marking time begin to expand and develop, too. A few new situations may open up as well about June 18th. Prepare to do a substantial amount of work to keep everything organized and operating in high gear. Although there's a lot to do, chances are you feel delighted with the opportunities to show your mettle. You're likely to be brimming with confidence and determination. You see that you can assert your independence and make good use of your individualistic way of doing things. At last you can see your goals clearly—along with the path leading to the attainment of those goals. You won't have too much time to devote to personal matters this month but make sure, especially on June 14th or 23rd, that the close people in your life don't feel neglected.

JULY 2011

July probably will be a busy month with a variety of activities in many different areas. A number of your projects continue their development so that you can proceed with the ongoing work connected with them. One or two ventures may slow down, though, or come to a completely unexpected halt sometime between July 2nd and 18th. Try not to feel limited because of these temporary delays so as not to impede your own progress. Don't spend much time trying to get

these projects on track, either, because your efforts aren't likely to have much effect. You'll have enough to do on the projects that are advancing. You also may want to cooperate or lend a helping hand to friends or family members who need some current assistance with their own ventures. If possible, take a little break, probably around July 20th or so, to recharge your batteries. Some quiet time with your family or lover may be both soothing and satisfying. Spiritual study or contemplation may be helpful, too.

A LAST WORD

The information contained in this profile can be remarkably helpful. Read it once or twice when you first receive it. Read it again when important opportunities come your way. You may learn, as many people have, to benefit by making the most of the described possibilities by preparing beforehand.

Read the profile, too, when you feel stuck. You may benefit by figuring out how to deal with the difficulties in a better way. If you see a problem coming, a re-reading may show you how to prepare for that problem before it actually occurs. You may be surprised and delighted at the many times that the information in the profile contributes significantly to your life.

PERSONAL DATA

Birth Date: January 17, 1964

Birth Name: Michelle LaVaughn Robinson

Current Name: Michelle Obama