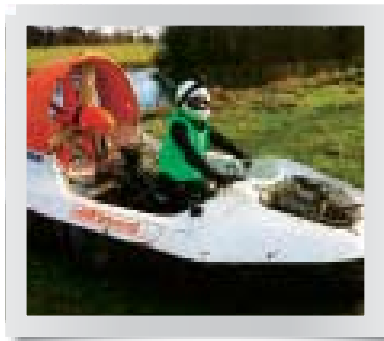


## My week in pictures

Dame Kelly Holmes, athlete



I'm currently training for a Channel 4 television show called *Famous and Fearless*. This is me "training" on a Hovercraft – so exciting!



At Loughborough University doing my mentoring programme, which is designed to assist young talented athletes.





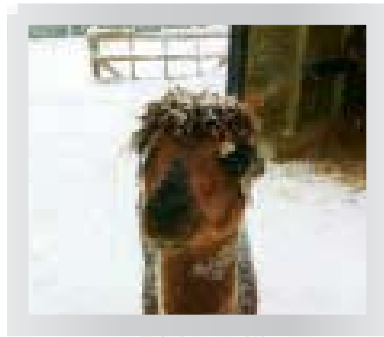
This is a picture of my late nan, who sadly passed. My family and I attended the funeral. It was a very sad day.



Me and Kelly Hoppen, the British interior designer, who I admire very much.



The England netball team at the Commonwealth Games homecoming celebrations at the Guildhall in London.



This is Truffles, one of my six alpacas. I had been snowed in and he looked so sorry for himself with icicles hanging from his head. Poor thing.

***Just Go For It!*, by Dame Kelly Holmes, is published by Hay House at £10.99**

