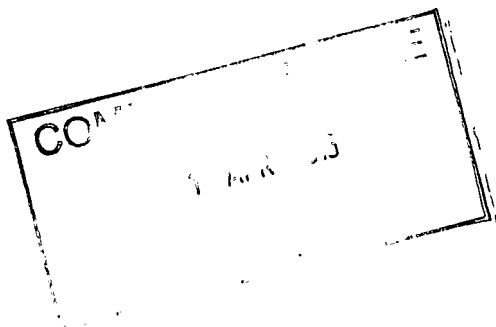


Optimise Your Potential Limited

Registered number: SC453561

Abbreviated accounts

For the period ended 30 September 2014



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01/04/2015

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COMPANIES HOUSE

OPTIMISE YOUR POTENTIAL LIMITED

Registered number: SC453561

ABBREVIATED BALANCE SHEET AS AT 30 SEPTEMBER 2014

	Note	£	2014 £
CURRENT ASSETS			
Cash at bank		20,187	
CREDITORS: amounts falling due within one year		(8,810)	
NET CURRENT ASSETS			11,377
NET ASSETS			11,377
CAPITAL AND RESERVES			
Called up share capital	2		1
Profit and loss account			11,376
SHAREHOLDERS' FUNDS			11,377

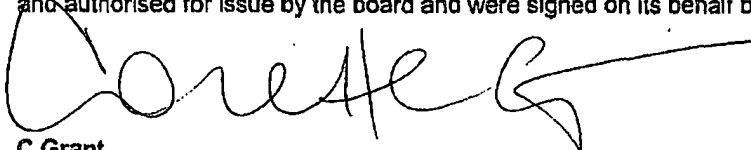
OPTIMISE YOUR POTENTIAL LIMITED

ABBREVIATED BALANCE SHEET (continued) AS AT 30 SEPTEMBER 2014

The director considers that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the period in question in accordance with section 476 of the Act.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing financial statements which give a true and fair view of the state of affairs of the company as at 30 September 2014 and of its profit for the period in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The abbreviated accounts, which have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006, were approved and authorised for issue by the board and were signed on its behalf by:



C Grant
Director

Date:

31st March 2015

The notes on page 3 form part of these financial statements.

OPTIMISE YOUR POTENTIAL LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE PERIOD ENDED 30 SEPTEMBER 2014

1. ACCOUNTING POLICIES

1.1 Basis of preparation of financial statements

The full financial statements, from which these abbreviated accounts have been extracted, have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

1.2 Turnover

Turnover comprises revenue recognised by the company in respect of the provision of neuro-linguistic programming courses during the period, exclusive of Value Added Tax.

1.3 Deferred taxation

Full provision is made for deferred tax assets and liabilities arising from all timing differences between the recognition of gains and losses in the financial statements and recognition in the tax computation.

A net deferred tax asset is recognised only if it can be regarded as more likely than not that there will be suitable taxable profits from which the future reversal of the underlying timing differences can be deducted.

Deferred tax assets and liabilities are calculated at the tax rates expected to be effective at the time the timing differences are expected to reverse.

Deferred tax assets and liabilities are not discounted.

2. SHARE CAPITAL

	2014 £
Allotted, called up and fully paid	
1 Ordinary share of £1	1
	<hr/> <hr/>

1 ordinary share of £1 was issued at par on incorporation.