

# THE BEACON for Personal Power

For People Seeking Ultimate Personal Power



DECEMBER 2007: Secret to making better decisions

## These 2 Easy Steps Will Help You Learn How To Turn Negative Thoughts Into Positive Thoughts ... With Ease!

Now you can get rid of all those negative tapes that play over and over in your head ... you know the ones that keep telling you that you're not good enough or smart enough.

**Learn these 2 Easy Steps that will change your life forever!**

Ever feel that you're older than your calendar age?

As we near the end of 2007, some of you may be wondering just where the time is going these days. Life is busy and hectic and sometimes we start to feel like our dreams may never materialize. Time is running out.

Why not take the 'Real Age' test to find out exactly what your 'biological' age is and get your very own personal plan to help you feel younger and more energized.

**Learn the Secret to Making Better Decisions**

There is a unique skill that each of you has... you just have to learn how to use it. I will share with you one of the best kept secrets around... **trusting your intuition.**

I will also give you **four easy to learn skills** that will help you master solving problems and help you make better decisions.

Only 15 days till the end of 2007 ... have you got your goals in place for 2008? Need some help getting clear about where you are headed? How to get there?

It's always my pleasure to offer you a **FREE 30 minute Discovery Coaching Session**, via the telephone to help you get clear about the direction you are wanting to go.

Give me a call at (905) 713-1352 or email me (lois@discoveryyourselfcoaching.com) to set up a specific convenient time for us to talk.

Happy Holiday Season to you and my very best wishes for a successful 2008!

Warmly,  
Lois Galloway  
Your Personal Coach

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## 2 Easy Steps To Change Your Life Forever

**Growing up many of us heard, loud and clear, the negative things said to us and we believed them.** They became ingrained in our minds and these words quickly became the basis of who we thought we were.

You know that tapes that play over and over, telling you how bad you are, how stupid you are, that you are fat or unattractive in some way, that you're not good enough or whatever it was that you heard.

Once you learned them, you may have repeated these negative messages over and over to yourself, especially when you were not feeling well or when you were having a hard time. You may have come to believe them. You may have even worsened the problem by making up some negative messages or thoughts of your own. **These negative thoughts or messages make you feel bad about yourself and lower your self-esteem.**

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**It doesn't matter how it all started; these negative beliefs stuck with us.**

**Thoughts and words are very powerful.** Negative thoughts create negative speech and negative actions. However, the same is true when you think positive thoughts.

Positive thoughts create positive speech which in turn creates positive actions. And soon positive things will begin to happen in your life.

Here's the good news: **YOU have the ability to change negative thoughts into positive ones in two easy steps.**

Here they are:

## 1. **Change the old tapes**

Some examples of common negative messages that people repeat over and over to themselves include: "I am a jerk," "I am a loser," "I never do anything right," "No one would ever like me," "I am a klutz." Most people believe these messages, no matter how untrue or unreal they are.

Whenever you find yourself thinking negative thoughts, don't beat yourself up about it. Just replace it with a positive thought.

**Learn to develop positive statements you can say to yourself to replace these negative thoughts** whenever you notice yourself thinking them.

Don't make statements like "I am not going to worry any more." Try saying it like this: "I focus on the positive" or whatever feels right to you.

## 2. **Learn to bite your tongue Get into the habit of catching yourself before you start saying anything negative about yourself.**

Bite your tongue!

For example, if you find yourself about to say "I never seem to find the right person for me," stop yourself!

This may seem foreign to you and uncomfortable in the beginning but with practice and commitment on your part, you will find that it becomes more natural to you in a very short time. I know that for many of you it may be hard to think of positive things about yourself. But I assure you that **other people can see positive things in you that you just aren't able to acknowledge right now.**

Ask your friends and loved ones to take a few minutes and write down the things that they like and enjoy about you. Keep these lists handy and look at them often. Read them out loud.

Get into the habit of using these two easy steps on a daily basis and before you know it, you will alter the way you think and the language you choose. I guarantee that you will see amazing changes occur in your life!

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## **Here's A Quick Way To Discover If You Are Biologically Younger Or Older Than Your Calendar Age**

Take the FREE "real age" test at [www.RealAge.com](http://www.RealAge.com).

You'll get a list of what's making you younger or older and a personalized plan to help you feel younger.

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## **What I Have Learned...**

Change begins with a decision, grows with a commitment and occurs with action.

### **Quote**

"First say to yourself what you would be; and then do what you have to do."

- Epictetus

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## Need To Make Better Decisions and Solve Problems?

Do you ever have a gut feeling? A hunch? A fleeting insight?

**Everyone has the ability to become an intuitive person**, with the ability to just know things. Simply put: Intuition is knowing, without knowing how you know.

Whew!

**Intuition is a very powerful tool and one that most of you don't utilize.** Because it works in ways that you don't understand, you tend to be fearful of trusting it. Often times you ignore it or discount it.

**There's no real mystery about intuition.** It's just the sum of all your experiences so far in life stored in your subconscious mind. You have learned something from every experience and your subconscious mind allows you to associate these past experiences with your present ones. Then you draw mindful conclusions based on this stored information.

Hence, these **'gut feelings' actually stem from real information.**

A few years ago I wrote and published an article entitled: "Trust Your Intuition".

Read: <http://www.discoveryyourselfcoaching.com/articles/trustyourintuition.pdf> to learn even more about becoming aware of this amazing power within you! I have always been able to trust my intuition. For me it seemed to come naturally. However, I realize that trusting your intuition is probably one of the best kept secrets around.

You can use it to help you make better decisions and solve your problems. However, remember that your intuition is an 'additional source' for gathering information, not a substitute.

By developing and practicing these four skills, you will learn to trust and use your own intuition to your advantage.

1. **Ask.** Don't be afraid to ask yourself how you are feeling about a situation or circumstance as it relates to making a decision.
2. **Be observant.** Capture your first impressions about people, situations and decisions because they are usually right.
3. **Trust yourself.** Allow your own feelings to become part of the deciding factor.
4. **Keep score.** As soon as you see how accurate your "hunches and gut feelings" are, you'll start to pay attention and trust your intuition.

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Contact Lois for a **FREE 30 minute discovery session** either by phone or in person.

Lois Galloway  
Business & Personal Development Coach

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Lois Galloway is a member of International Coaching Federation, Coaches Canada and International Association of Coaches; trained by Coach University, Facilitation First and Relationship Coaching Institute, all well respected training facilities.



Lois provides her clients with a nurturing, non-judgmental space to engage in stimulating conversations and explore exciting possibilities that get positive results.

Her 30 years experience as a successful entrepreneur helps guide individuals on their journey toward personal and business related goals.

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## **Personal Coaching:**

- Women in their turbulent (sometimes troublesome) 40's and 50's
- Middle-age men wanting to reshape and transform their lives

## **Business Coaching:**

- Business owners who can't find enough hours in the day to get things done
- Leaders who are paralyzed by fear of failure
- Team players who are frustrated with dysfunction and conflicts

## **Facilitation:**

- Focus Groups looking for clarity and solutions
- Business teams, meetings
- Workshops and teleclasses
- Lois is a Certified PRINT Survey Assessment provider/coach.

Lois' fees are available upon request. For fee structure and additional information, please send an email to: [lois@discoveryyourselfcoaching.com](mailto:lois@discoveryyourselfcoaching.com)

To subscribe to THE BEACON - For People Seeking Ultimate Personal Power newsletter, go to: [www.discoveryyourselfcoaching.com](http://www.discoveryyourselfcoaching.com)

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