

THE BEACON for Personal Power

For People Seeking Ultimate Personal Power



NOVEMBER 2007: Would You Like To Relieve Your Stress?

How often do you find yourself saying, “I wish I knew how to have more energy?”

Energy and time drains are the things that you tolerate most about yourself on a daily basis. Things like putting up with minor inconveniences ... like a clock that always loses time or an annoying squeaky door or a personality conflict with a coworker.

I'm going to help you zap those tolerations! The ones that are slowly draining your energy and limiting your effectiveness.

Your goal will be to put up with less and less!

AND with the busy Holiday Season looming in the near future, I thought you might want to ...

Feel Lighter, Clearer And Happier?

In this month's issue of Personal Power, I'll share some STRESS BUSTER tips to help you shape and control the vibrancy of your holiday celebrations.

I don't know about you, but I am tired of people trying to sell me on the idea that we can get rid of stress. Stress is just part of life. What I do believe is this: if we use the right tools, we can 'relieve' the stress in our lives. Read how to do this

YES - You Can Relieve Stress Right Away! 7 Secrets to An Easier, Relaxed Life

It's never too early to start preparing yourself for the holiday season and all the stress and anxious moments it can bring. Even though there's no such thing as a perfect holiday time, what you can do is relax, enjoy and make it truly your own personal wonderful experience.

Do you have any tips that other individuals could put into practice that would help them zap tolerations or manage stress?

As always, I welcome your comments and thoughts. Just email me lois@discoveryyourselfcoaching.com and share.

My best wishes to you ... we here in the Great White North are starting to see the beginning of those long, cold winter months! Buuurrrrr ... Where's that beautiful white, sandy beach with the palm trees swaying softly in the warm breezes???

Warmly,

Lois Galloway
Your Personal Coach

The Secret To Zapping Those Annoying Energy Draining Tolerations

As a Business and Personal Development Coach, one of the first things I get my new coaching clients to do is to identify the things that they are tolerating in their life.

You know, all those things that drain your energy and your time. Things like that leaky faucet you haven't fixed for the past two years, the excessive clutter in your kitchen, being the office dumping ground because you're a good listener, etc. etc.

Here's a list of 1001 tolerations that you might want to review:

Coachville.com: 1001 Tolerations
<http://www.coachville.com/tl/thomasleonard/karla/formsCD/197tolerations1001.pdf>

See anything there that you can ZAP? Ok, let's get started.

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- **Make a list of 40 people, problems and situations that you are currently tolerating in your work or home environment.**
Include all the tangibles like the stapler that keeps jamming to the more elusive things like an irritating relationship you know you need to end.
- **Now you need to sort out what needs to be handled first.**
Look for things that, once you handle them, it will eliminate several other tolerations. For example, if you clean out the home office desk drawer you'll stop wasting time looking for items you need and maybe even stop yourself from buying something that you already have three of.

- **Categorize your tolerations in list form, designating urgency levels.**
This can become a 'to do' list that you can check off as you zap the tolerations. For instance, things that are truly irritating could become a level one urgency. If you think some tolerations could be handled in 20 minutes or less, then you could categorize these as level two urgency. Sometimes spending a few dollars could resolve the toleration so you might want to class these as level three priority.

The sad thing is that, often, **removing these tolerations is not all that hard** or expensive, it just requires awareness and a decision to be done with "it" or "them" and taking action.

So, TODAY is the day and NOW is the time to reveal your tolerations and start eliminating them from your life!

If you want to:

- **Stop wasting your life** trying to manage situations and relationships that shouldn't be there in the first place
- **Find more personal energy**
- **Grow and develop more quickly** because you're not distracted by all the things you are tolerating
- **Upgrade your emotional life** by cleaning up toxic relationships

I can get you started right away with my Tolerations Termination Program. Just get in touch with me by phone (905) 713-1352 or email lois@discoveryyourselfcoaching

I promise you that before you know it, you'll find a whole new source of time and energy and your life will become easier, more comfortable, balanced and absolutely more fun!

You Can Laugh and Enjoy The Holiday Season

If You Follow These Simple Holiday STRESS Busters!

1. **Make the holiday season one that reflects both your values and your needs.**
2. **Don't get caught up in the marketing hype...** focus on your relationships and what people mean to you.
3. **Review your family traditions** and keep only the ones that are meaningful and let the troublesome ones go.
4. **Avoid overspending!** Think of gifts that are thoughtful and 'priceless'.
5. Instead of cooking, **why not have a potluck dinner or dine out.**
6. **Remember, personalities don't change just because it's the holiday season.** Have realistic expectations of other people.
7. **Plan ahead.**
8. **Don't forget about YOU** in all the preparations and rush. If you usually get out for daily walks, go!
9. **Delegate** to anyone who can do the job.
10. **There's never a 'perfect holiday'** (only on TV) so relax and make it as special as possible.

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YES - You Can Relieve Stress Right Away

7 Secrets to An Easier, Relaxed Life

Want to learn how to relieve your stress and begin living a more relaxed lifestyle?

Here are 7 easy tips to help you manage your stress levels, almost immediately.

- 1. Take time for a walk and eat some of your favorite ice-cream.**
Getting outside in the fresh air and slowly walking will help clear your mind and I find that eating an ice-cream cone is pretty relaxing. We tend to move rather quickly when we are feeling stressed so focusing on walking slowly and enjoying your surroundings while eating your ice-cream will soon make you feel more relaxed.
- 2. Take in 30 belly-breaths.**
Breathing in deeply is probably one of the most efficient methods to get relaxed and quickly. It's very easy to do and you can do it almost anywhere. After you have taken in 30 deep breaths, focusing on counting them, you should begin to feel more relaxed and centered.
- 3. Identify five (5) things you can be grateful for right now.**
One of the most effective ways to turn a negative emotional state into a positive one is to become grateful and appreciate your life and surroundings. Perhaps it's the beautiful weather outside or you just feel energetic and healthy today, or you just had a wonderful fun lunch with your friend or tonight your favorite show is coming on TV. Anything that is positive!
- 4. List three (3) of the most important things you need to get done today.**
Once you list them: get them done. Always start with your most important task and don't think

about all the other things you need to do. Keep focused. Procrastinating or just keeping busy creates great amounts of stress for you. After you complete your most important task, you will feel calmer and ready to handle the next two.

- 5. Start writing everything down.**
Write down your appointments, commitments, shopping lists and your thoughts. Don't even attempt to keep all this in your mind as it just adds clutter which in turn becomes stress. Keep your mind clear to concentrate on the more important things than trying to remember to buy milk before you head home.
- 6. De-clutter the space that you work in.**
Want a more relaxed mind? Make a habit of keeping your work area clean and organized. Not only will your workspace look nice and neat but you'll also be improving your mental focus and clarity.
- 7. Got a life? Get a coach!**
What better way to get these habits into place than to have your personal coach keep you accountable while you learn how to manage your daily stress.

Find out how you can begin to live with 'managed stress' and Create the Life Outcomes You Want.

Give me a call at (905) 713-1352 or email me
lois@discoveryyourselfcoaching.com

What I Have Learned...

I have learned that awareness is the first step toward change.

Quote

"Efficiency is doing things right; effectiveness is doing the right things."

- Peter Drucker

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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.

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

To subscribe to THE BEACON - For People Seeking Ultimate Personal Power newsletter, go to: www.discoveryyourselfcoaching.com

Or send an email with JOIN in the subject to: lois@discoveryyourselfcoaching.com

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