

Dare to Care E-zine

Designed for people who are Ripe for Change and want to shift into high gear so they can move forward.



VOLUME 1 - ISSUE 7 - OCTOBER 2005 (Published Monthly)

THANKFUL? What For You Might Ask...

The leaves are beginning to change up here in Canada. Crisp morning air greets us as we leave the warmth of our homes and head off for the day. As we regrettably reach for the heater knob on the dashboard we begin our search for the nearest coffee shop. Sure signs that winter is just around the corner. And a reminder that Thanksgiving will arrive in only a few short weeks.

When people ask that proverbial question, "What are you thankful for" do you sit back and ponder what life has brought your way? Or do you immediately protest and say you can't think of anything to be thankful for these days. "Why, look at all the disasters that are happening in the world? And the gas prices, too high. Bills for this, bills for that and there's no end to stress".

I too have occasionally fallen into this line of thought however, only last week I met someone who opened my mind to the simpler side of life and allowed me to realize that being thankful was definitely something I should be doing every day of my life. It doesn't have to be the big things that we give thanks for because as we all know, BIG things don't come along in life on a regular basis. BUT small things do, they happen every day and those are the things that become profound at times.

Let me share.....

After pushing the grocery cart up and down endless aisles I finally got finished picking and choosing my items and headed to the slow moving check out line.

As I waited, browsing the Oprah magazine, I was very aware of that incessant beeping noise and the more I tried not to listen to it, the louder it became. That beeping noise associated with the bar code on each item as it passes over the glass. I wondered to myself how on earth that poor check out lady was handling this annoying sound during her long eight or ten hour shift. Beep, beep, beep.

So when I finally got started putting my groceries through I asked her. "How do you cope with that continuous beeping sound, hour after hour"?

With a big sigh and an almost grateful look, she told me that she was very 'thankful' for that sound. I said, "Thankful? How can this be"?

She continued on to tell me that she came to Canada from a very poor country where earning a living was challenging. Each time she heard a beep she was assured that this store was busy and that meant business must be good and in turn that her job was safe.

WOW, how profound a way to look at this.

Even little things that happen on a daily basis can have a very big impact on the total picture of your life. These are the things we need to recognize and be thankful for. This Thanksgiving season let's be thankful for many things....like having food on our plates, enjoying our freedom of speech, celebrating our own religions, having insurance, being fairly healthy, being loved by a loving family, having no serious addictions, a roof over our head, a retirement plan.

And be thankful that even if it has only been a small part of your life, that you have helped others less fortunate.

Have a great fall season and Happy Thanksgiving.

Book Recommendation

Title: Life's Greatest Lessons, 20 Things That Matter
Author: Hal Urban
Publisher: Simon & Schuster

"A tremendously enriching book full of classic wisdom to live by."
- Stephen R. Covey, author of *The 7 Habits of Highly Effective People*

This book is almost a 'how to' lesson and very easy read. Full of information that we need to revisit and revisit until it sinks in.

I Have Learned That...

You can keep going long after you think you can't.

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Tips to Help You Shake Up a Dull Routine

One of the problems with 'sticking to a routine' is that it becomes dull and boring! And it's a proven fact that attitude is everything and that's why it's so important to entertain new thoughts and fill your life with goals and activities that you enjoy.

However, once you get caught in that rut of routine, it's sometimes difficult to pull yourself out.

It's time to get rid of some of those daily dull habits and bring a sense of freshness to your day! So here's some tips that might help you break away from routine:

- Leave some funny (sexy?) notes in your partners underwear drawer or briefcase
- Invite some friends over for Chinese food and play a game
- Get some people together to form a walking club
- Wear a colour you don't normally wear
- Go downtown and window shop
- Call your partner just to say "I love you"
- Change your hairstyle
- Drive to work by a different route
- Look for a job that you don't dread going to every day
- Learn a new skill, especially if it's challenging
- Get dressed up and enjoy a candlelight dinner with your partner at home
- Pose for a professional photograph (always handy to have)
- Look through some old photo albums and laugh

See, there are so many things that can break the monotony of our daily 'dull' routines. Try some, you might surprise yourself (and your partner too)!

Motivation Quotation

"When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure".
- Peter Marshall

What Are Some of the Benefits of Forming a Coaching Relationship?

Here's a list of 10 most compelling benefits of working with a professional coach, you will:

- Gain clarity about your personal and career goals
- Re-design your life to make it the way you want it to be
- Create a greater balance between your work and home life
- Increase your confidence and your self-esteem
- Learn to see value in what you have to offer the world
- Be able to communicate your feelings more freely
- Strengthen your personal foundation
- Expand your awareness of your potential
- Access your personal empowerment system
- Enhance your health, energy level and your performance

Who benefits from personal coaching? Anyone who has decided that they want to improve their life.

It's all about creating the future, not about fixing the past! Discover what matters the most to you and bring it into being. Hire a coach.

On the Lighter Side

Women and cats will do as they please, and men and dogs should relax and get used to the idea. - Robert A. Heinlein

Your feedback and questions are always welcomed and are very important to me.

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