

# 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.



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## CELEBRATE YOUR LIFE, Look At What You Have Learned

What does it feel like to celebrate life?

My husband John just celebrated his 50th birthday with a surprise party. As I watched him navigate his way around the room, acknowledging how he met each of his friends and colleagues and how much their friendship meant to him, it occurred to me that every person we bring into our lives plays an important part in what we learn about ourselves and how we respond to life.

It was a wonderful opportunity for not only the 'birthday boy' but all those attending this celebration to reflect on their own lives. Everyone's path in life is different and perhaps that's the beauty of life itself.

Sometimes we need a special event to compel us to take inventory of our lives; to search out the things we have learned and celebrate our growth and success.

Life means many things at different times... from interesting, thrilling, surprising and challenging, to frustrating, overwhelming, stressful, and extremely sorrowful. But if we take the time, we can learn from every experience, good or bad, and move on.

Here's some thoughts to get you thinking about how your life journey has been so far and how you might celebrate what you have learned.

- What are my strengths and what am I naturally good at?
- What are my skills and what do I do with them?
- What have I already accomplished in my life? (dreams, goals)
- What are my favorite activities (hobbies, interests) and what do I enjoy about them.
- In what ways does my career/work life satisfy me?
- What is it about me that makes me unique in this world?

Embrace your life and celebrate all the moments. Acknowledge your success, be aware of negative thoughts and how they can clutter your mind and most of all, always focus on what you have learned so far in life!

## How to Commit to Creating Success in Your Life

There is no magic to this, it just takes a commitment from you to not only create success but to sustain it. Here's some tips to get you started:

- Expand your courage and start taking some risks.
- Make a list of all your special talents and read it daily.
- Always choose achievable goals that uplift your self-worth.
- Strive for excellence in all you do.
- Dare to be different, try new experiences
- Use positive self talk.
- Don't be afraid to use your imagination because there are no limits to who you can be or how you want to live your life.

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## Motivation Quotation

"Life is 10% what happens to you and 90% how you react to it"

- Charles R. Swindoll

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## Book Recommendation

**Title:** Learning To Love Yourself - Finding Your Self-Worth

**Author:** Sharon Wegscheider-Cruse

**Publisher:** Health Communications Inc.

Learning To Love Yourself is a journey to self worth. It is necessary for us to get rid of our toxic self-defeating messages, and choose positive changes. Sharon Wegscheider-Cruse shows you new perspectives and guides you to higher self-worth so that finally you can learn to love yourself.

<http://www.amazon.com/exec/obidos/external-search/103-9177491-4574238?tag=discoveryours-20&index=books&keyword=Learning+to+Love+Yourself&Submit.x=15&Submit.y=12>

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## I Have Learned That...

It takes a long time to become the person you want to be and that you are always responsible for what you do, no matter how you feel.

## What Are Some of the Benefits of 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.

If you are ready to acknowledge the extraordinary person you are, ready to take that leap of faith and move forward with challenges you might be facing, ready to get past who you were and free yourself so you can become your authentic self, then please get in touch with me at [lois@discoveryyourselfcoaching.com](mailto:lois@discoveryyourselfcoaching.com).

I would be pleased to offer you a 30 minute \*FREE\* coaching session so you can experience what coaching is and find out how it can positively impact your life. Find out more at: [www.discoveryyourselfcoaching.com](http://www.discoveryyourselfcoaching.com). You can also get in touch with me by phone (905) 713-1352 to arrange a convenient time for our first \*FREE\* consultation. I will look forward to hearing from you.

## On the Lighter Side

"Life is a great big canvas, and you should throw all the paint on it you can."  
- Danny Kaye

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

DARE TO CARE E-ZINE respects your privacy and 'does not' give out or sell our subscribers' names and/or email addresses.

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