

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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EXCITING News from Discover Yourself Coaching!

Lois is coaching SINGLES to become SMART SINGLES!

As a Licensed Relationship Coach (with the Relationship Coaching Institute), Lois is supporting SINGLES to find the love of their life AND the life that they love. Her mission is to help SINGLES have fulfilling, lasting relationships.

RCI is the leader in Relationship Coaching technology and THEIR mission is to make a significant impact in the world by helping SINGLES and COUPLES have successful relationships.

Imagine what would happen if you were happy being single? If you were proud of your desire to learn and grow? If you became proactive about getting what you want from life AND from a relationship?

As your Relationship Coach, Lois will help you become a SMART SINGLE!

8 Gifts That Won't Cost You a Thing

- 1. LISTENING**
But you must REALLY listen. No interrupting, no daydreaming, no planning your response. Just listening.
- 2. AFFECTION**
Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.
- 3. LAUGHTER**
Clip cartoons. Share articles and funny stories. Your gift will say, "I love to laugh with you."
- 4. A WRITTEN NOTE**
It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime, and may even change a life.

5. A COMPLIMENT

A simple and sincere "You look great in red" or "You did a super job" or "That was a wonderful meal" can make someone's day.

6. A FAVOR

Whenever there is the chance, share a small random act of kindness

7. SOLITUDE

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

8. A CHEERFUL DISPOSITION

"The easiest way to feel good is to extend a kind word to someone. It's as easy as saying hello or thank you."
- Author Unknown

Got Too Much Stuff? Time to Declutter!

Dealing with clutter can have a lot more to do with emotions than actual physical 'stuff'. Spring time brings with it an opportunity to throw out the old and bring in the new and perhaps this is as good a time as any to take a look at what is weighing you down and maybe holding you back.

Don't get hung up on the whole process. Keep it simple. Just start working it now.

Here's some ideas to help you find your way through the maze of emotions that seem to clutter up life.

1. Let go of old thought patterns

Things like fears, guilt and long time resentments take up too much energy. Find a non-threatening way to let them go and feel the freedom.

2. Change your language

As for what you want without that apologetic tone in your voice. (I don't suppose you'd....) Dump all those jargons that everyone is using. (Out of the loop, is that working for you....) And most importantly, rid yourself of so many opinions. (The right answer would be....)

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3. **Throw out emotional baggage**

Decide to get closure on past relationships. Make a commitment to yourself to change your mind set so you will not continue to be upset by this any longer. Stop being a victim or martyr, you don't need to be.

4. **Get control over your finances**

Start paying off old debts such as credit card balances and high interest loans. Work out a budget and start living within it. YOU will free up a lot of worry energy and find more peace of mind.

5. **Declutter your brain - HIRE A PERSONAL COACH**

If you're feeling overwhelmed and not sure where to start; use your personal coach for a 'brain dump'. Free up space so you can start getting creative again, get focused on where you want to go and start taking some action.

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Motivation Quotation

"There are two ways of meeting difficulties: you alter the difficulties, or you alter yourself to meet them."

- Phyllis Bottome

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7 April 'Things To Do'

1. Update your resume whether you are looking for a job or not. You never know when an opportunity may arise and it's always good to acknowledge your expertise.
2. Do the seasonal clothing switch. Put those fall and winter clothes into storage and freshen up that spring and summer wardrobe.
3. Start planning that summer garage sale. If you don't have enough items to put out for sale, team up with a friend or neighbor.
4. Empty the refrigerator and your pantry shelves of all those unhealthy snack items. Fill them up with healthy foods.
5. Fit 20 minutes into your schedule at least three times per week for a nature walk. Breathe in that fresh spring air.
6. Start a new hobby, like gardening, scrap booking, collecting 'something'. Get creative!
7. Get rid of old cosmetics, colognes, hair sprays, etc. They take up valuable space in your bathroom that you could be using for something else.

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I Have Learned...

That no matter how complicated and serious your life may seem, everyone can use a good friend to act goofy with.

On The Lighter Side

If you think no one cares if you are alive, try missing a couple of car payments.

How Personal Coaching Can Boost Your Life Dreams

Ever wished you had someone to shake you out of feeling 'stuck'? Someone to partner with you so you could revitalize your thinking and create a solid action plan to get you 'unstuck'?

Personal coaching helps you see what is truly possible for your life and helps you stop procrastinating so you can move forward.

Personal Coaches are curious and ask some inquisitive questions:

- What can you stop doing right now? Where are you wasting time?
- What's the most important thing to be working on?
- Who's standing in your way?
- What have you always wanted to do and haven't yet?

Remember that saying:

"Live Life Today! This is NOT a dress rehearsal."
- Author Unknown

Life is a daily series of choices. AND if we're not making our own choices, then chances are someone else is making them for us.

It seems to me that most of us compromise our dreams too quickly because of fears. Fear of failure, aging, rejection, ending a relationship, losing a loved one, not having enough money, getting ill, success, etc etc.

A personal coach can help you master some tools to facing fears. She will help you understand the 'truth' about fear and engage YOU to step out of your comfort zone and create new patterns of thought.

Each week I set aside some time to talk with individuals who are new to the concept of personal coaching and want to learn more about it and how it can enhance their life. If you would like to schedule a complementary consultation with me and find out more about coaching and the value it will bring to your life, please get in touch with me at: lois@discoveryyourselfcoaching.com.

I will look forward to hearing from you.

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.

Lois Galloway
Business & Personal Development Coach

Discover Yourself Coaching
lois@discoveryyourselfcoaching.com
www.discoveryyourselfcoaching.com
(905) 713-1352

