

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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Tired of Struggling?

I can help.

Are you tired of constantly struggling to get what you want? Tired of allowing your fears to overwhelm you when making decisions? Tired of not showing up in the world as your authentic self because of limiting beliefs?

I can support you, step by step, to get and stay motivated and energized so that NOTHING will be outside of your reach.

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

Each week I set aside time to talk with individuals who are new and curious to the concept of personal development coaching and they want to learn more about it and how it can benefit their life.

Reality Check

"When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us."
- Alexander Graham Bell

How many times have you been told that you need to "Live in the moment." What the heck does that mean anyway? Live in the moment??

Well, here's what I think. The past is what it is and no matter how much we hope and wish that we might be able to change it, we just can't. It's impossible to change.

And the future is only in story form, something we can tell ourselves 'may' happen. In actuality, two people anticipating the same event will probably not share identical expectations, and they will not be sharing identical memories of the event after it is over.

We need to remind ourselves often that there is very little to be gained from being nostalgic or anticipatory. We forget that the here and now is where our actual experience is happening and the only place that we can have an effect on is what is to come.

Now I'm not saying that planning ahead is a bad thing or even dreaming for that matter. And we shouldn't neglect learning from our past.

What is clear is that if our lives are on a path that we walk, then the ground underneath our feet today is directly related to how we decided to prepare the surface yesterday. What we choose to do today will dictate how rough or smooth our path will be tomorrow.

We can choose to learn the valuable lessons from the past, not just lessons about the things that we may have done better but also the lessons about all that was done well. Apply those strengths to the things we are doing today.

We can choose to live our lives in the 'today' with much care and thought for how we are laying tomorrow's path. All the time being in the present moment and fully engaged in what we are doing.

I challenge you this month to think about the actions you take each day that are making you ready for your optimal tomorrow. Optimal experience is achieved by always being fully present, and by experiencing the natural flow of complete engagement in what you are doing right now.

"Yesterday is ashes; tomorrow wood. Only today does the fire burn brightly."
- Inuit proverb.

I Have Learned...

That opportunities are never lost because someone else will always take the ones you miss.

On the Lighter Side

"The bad news is time flies. The good news is you're the pilot." - Michael Altshuler

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Tips for Staying in the Present

Here's a few things I have learned over the past few years about helping myself stay present:

- When you start to imagine fearful scenarios, try asking yourself, "Is this the only possibility?" Look for what else could be true rather than what you are fearing.
- Keep reminding yourself that regretting things about your past or worrying about the future isn't going to change what has or hasn't happened.
- Trust yourself that whatever happens, you will be okay. Reach back to find some times from your past that will serve as evidence that this is true. Draw from that experience.
- Get your needs met so that life works - now.
- Practice the power of the present. Let yourself fully feel it, live it.

Finally, remember that it's YOUR life, imagine the possibilities!

Motivation Quotation

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

Everything I Need to Know About Life... (I Learned From A Jigsaw Puzzle)

- Don't force a fit. If something is meant to be, it will come together naturally.
- When things aren't going so well, take a break. Everything will look different when you return.
- Be sure to look at the big picture. Getting hung up on the little pieces only leads to frustration.

- Perseverance pays off. Every important puzzle went together bit by bit, piece by piece.
- When one spot stops working, move to another. But be sure to come back later.
- The creator of the puzzle gave you the picture as a guidebook.
- Variety is the spice of life. It's the different colours and patterns that make the puzzle interesting.
- Establish the border first. Boundaries give a sense of security and order.
- Don't be afraid to try different combinations. Some matches are surprising.
- Take time to celebrate your successes (even your little ones)

Anything worth doing takes time and effort. A great puzzle can't be rushed.

-Author Unknown

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

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