

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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Want to make your life EXTRAORDINARY?

Do you want greater fulfillment in all relationship areas of your life?

Personal relationships, professional relationships, an awareness relationship with yourself, your finances, your career, the creative you?

...then Relationship Coaching may be for YOU.

Coaching is all about bridging the gap between where you are now and where you desire to be in life. It's truly an investment in your life and your future.

Coaching can be done very effectively in person or by telephone so location is never an obstacle.

CALL NOW at (905) 713-1352 or visit my web site www.discoveryyourselfcoaching.com to book your FREE* discovery coaching session to learn more.

When you book a session, I'll send you a FREE Relationship Readiness QUIZ, via email.

Remember, you only live once, live "on purpose".
lois@discoveryyourselfcoaching.com

10 Steps to Handling Holiday Stress

Acknowledge it.

Sounds simple, doesn't it [\[\[firstname\]\]](#)? It might even sound futile but finding out what is stressing you is the first step to letting it go. Studies have shown that we tend to take on more than we can handle, that extra activities add more stress to our already hectic lifestyles.

Look at yellow.

That's right, "Yellow can definitely lift your spirits and self-esteem," according to color psychologist Angela Wright. Put on a sunny-colored top or buy yourself a bright bouquet of flowers for your desk.

Get into Childish Mode.

Get in touch with your carefree side. Try enjoying some childish games, take your kids or some of your friends to the park to either play ball, go sledding or play with a frisbee.

Pat Yourself on the Back.

Get out a pad of paper and write a list of all the achievements that you had over this past year. Things from passing a drivers exam to how well you did bringing up your kids. Don't forget to CONGRATULATE yourself!

Buy Yourself a Present.

It can be a small, meaningful gift that will give your subconscious the message that 'you are worth it' without putting yourself into debt. How about a new CD, DVD or even those fresh 'yellow' flowers?

Make Sure You Laugh.

One of my favorite movies is "Christmas Vacation" with Chevy Chase. Always makes me laugh. Read or watch something that makes YOU laugh [\[\[firstname\]\]](#), or try calling someone who can always bring a smile to your face.

Help Someone Studies have proven that when we help others, it boosts our self-esteem and gets us thinking about someone else for a while.

Get Outside.

Sunlight stimulates production of happiness-inducing melatonin.

Listen to a CD.

Make sure it's an upbeat tune as studies have found that listening to happy tunes can really perk you up. You might also want to sing along or whistle!

Write It Down.

Scribble out honestly whatever it is that is getting to you, whether it's the in-laws, the kids or you've just had a fight with your spouse. Keep writing until it is all off your chest and you will feel better almost instantly.

Motivation Quotation

"Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom."

- Marcel Proust

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Relationship Improvement Through Humor

One of the most effective tools to judge the quality of a relationship is humor.

That's right, laughter creates a healthy relationship and lack of it may cause the relationship to falter and perhaps cease to exist.

In order to create fulfilling, lasting relationships you might want to consider sharpening your humor skills.

Here are 3 ways you can do that:

- Try focusing on the funny things in life, the things that naturally evoke laughter. Soon you'll start seeing humor in all aspects of life and enjoy bringing laughter into your every day activities.
- Learn an all important lesson: learn to laugh at yourself. Drop all those insecurities and fears. Everyone makes mistakes, it's part of being human.
- Humor can be used to neutralize conflict. When things get tense the use of self deprecating humor will definitely lighten things up.

Remember, a good sense of humor is usually a learned experience, not inherited. Adding humor to all your relationships will create rich and rewarding experiences. Try it!

7 Ways to Perk Up the Holidays for Singles

- Get Out With People
- Throw Your Own Party
- Accept Invitations That Come Your Way
- Volunteer - Do Something Outside Yourself
- Take A Friend To A Holiday Event - Now!
- Visit The Elderly In Nursing Homes
- Serve Holiday Meals to the Needy

I Have Learned...

That it's none of my business what other people think of me.

On the Lighter Side

"You can't have everything... where would you put it?"
- Steven Wright

How to Commit to Lasting Resolutions

Want to create some lasting achievable goals for 2007?

Send an email to me with "Resolutions" in the subject and I'll forward your FREE copy of this workbook.
Email: lois@discoveryyourselfcoaching.com
A great way to begin your new year!

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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