

# 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!

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## Book Recommendation

**TITLE:** Conscious Dating, Finding the Love of Your Life in Today's World  
**AUTHOR:** David Steele  
**PUBLISHER:** RCN Press

David Steele is the founder of Relationship Coaching Institute and the author of this brand new book. In *Conscious Dating*, David helps singles find their Life Partner efficiently and effectively. He provides a road map to avoid mirages, dead ends, potholes and swamps so you are able to go where you genuinely want and need to be.

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## Motivation Quotation

"I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor."

- Henry David Thoreau

## Tips for Buying Roses for Your Favourite Valentine

The Hidden Messages In Your Bouquet...

Red roses are traditionally associated with St Valentine's Day; to many people they symbolize passion, true love, and romance. To some, however, they can also symbolize lack of originality! Why not show her (him) you're a classy guy (or gal) who's taken the time to choose something a little more personal. Why not follow the language of flowers for a hidden message?

Pale pink roses connote grace, gentleness, and gratitude.

A joy to behold, light pink roses express fun and happiness.

Deep pink roses say "Thank you."

Lilac roses indicate the sender has fallen in love at first sight with the recipient and is enchanted.

Pure white roses symbolize truth and innocence. They also send other messages: "I miss you" and "You're heavenly."

Coral roses express one thing with their passionate color: Desire.

Yellow roses indicate friendship and freedom (don't send these if you're looking for romance guys!).

AND for people who have decided that this is the time to say good bye... DEAD ROSES say "It's over" loud and clear. (Ouch!)

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## I Have Learned...

That when you develop yourself and live the life you want, you will attract the partner you want.

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## The Power of Language?

For the past 8 or 9 years I have had this book in my possession, finding it's way back into my hands every now and then. It's arrived yet again and I have decided to read it diligently as the information is invaluable. To me and to you! It's quite unique as it addresses only 7 topics.

I like books that are concise and help me understand what "I" am all about. How about you? Do you like to learn more about yourself and why you do the things you do and how you can improve on your life?

Well read on. Here's my take on one small part of this amazing book written by Stephen R. Covey. It concerns listening to the language we use.

Stephen talks about becoming proactive in your own life and how listening to your language can help you understand to what degree you see yourself as a proactive person. He talks about reactive language and proactive language. Here's an excerpt:

**Reactive Language:**

There's nothing I can do

**Proactive Language:**

Let's look at our alternatives

**Reactive Language:**

That's just the way I am

**Proactive Language:**

I can choose a different approach

**Reactive Language:**

He makes me so mad

**Proactive Language:**

I control my own feelings

**Reactive Language:**

I can't

**Proactive Language:**

I choose

**Reactive Language:**

If only

**Proactive Language:**

I will

Get the idea? Reactive language becomes a self-fulfilling prophecy. As people become reinforced in this thought, they begin to produce evidence to support the belief. They blame outside forces such as other individuals or circumstances for their own situations.

How empowering it is to choose a proactive approach to language. Not only in our personal lives but extremely important in our career life when dealing with colleagues and superiors.

In case you were wondering, the book I am referencing is called:

*The 7 Habits of Highly Effective People*

Written by Stephen R. Covey

If you have this book somewhere in your stack of self help literature, pick it up and start reading it. If you have already read this book, open it up again and reacquaint yourself with these amazing habits.

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## More Benefits of Coaching with Lois Galloway

A personal development coach is your partner, someone who will champion you on to success and personal fulfillment. I will work with you so that you can close the gap between where you are now and where you want to be in the future.

Coaching truly facilitates a journey of self-discoveries that will empower you to reach out for more of what you really desire.

I will help you to increase your effectiveness in interpersonal relationships, business and career as well as health and spirituality. As well, I will support you to choose the things you truly want, move you into action and help you achieve goals and balance in your life.

Are you someone who is:

- Winning at life but definitely wants more?
- Excited about all the possibilities of life?
- Eager to continue learning and growing?
- Willing to take some risks and try new things?
- Ready to realize your dreams and goals?

All it takes is a willingness to grow, an exploration of the gap between where you are now and where you want to be, mapping out your destination and walking together with your coach towards success.

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## On the Lighter Side

How many members of your astrological sign does it take to Change A Light Bulb?

### Aries

Just one. You want to make something of it?

### Taurus

One, but just "try" to convince them that the burned-out bulb is useless and should be thrown away.

### Gemini

Two, but the job never gets done - they just keep arguing about who is supposed to do it and how it's supposed to be done!

### Cancer

Just one. But it takes a therapist three years to help them through the grief process.

### Leo

Leos don't change light bulbs, although sometimes their agent will get a Virgo to do the job for them while they're out.

### Virgo

Approximately 1.0000000 with an error of +/- 1 millionth.

### Libra

Er, two. Or maybe one. No - on second thought, make that two. Is that okay with you?

### Scorpio

That information is strictly secret and shared only with the Enlightened Ones in the Star Chamber of the Ancient Hierarchical Order.

### Sagittarius

The sun is shining, the day is young and we've got our whole lives ahead of us, and you're inside worrying about a stupid light bulb?

### Capricorn

I don't waste my time with these childish jokes.

### Aquarius

Well, you have to remember that everything is energy, so...

### Pisces

Lightbulb? What lightbulb?

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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