

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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'Tis Still the Season to Create a Fresh Start (5 Questions to Help You Shift Into Change)

Yes, it still is the season to get started on all those goals you want to achieve and there's nothing like a fresh start is there.

Fresh starts come to us at various times, not just on New Years Eve. Each morning when you wake up is a new opportunity to begin again.

Whenever an old door shuts it's time to open a new one. On your birthday, an anniversary of any kind, the end of one season and the beginning of another. Endless times to get a fresh start.

Our mindset is really the first thing we have to overcome so we can move forward. Remember, each of us has unlimited potential. We need to stop second - guessing ourselves and worrying about making the wrong move. We need to start asking ourselves some questions to help us shift into change.

1. **Instead of asking "why", simply ask "why not"?**
Step into the challenge, imagine the positive outcomes.
2. **Instead of saying "not me", try "take me".**
Open yourself up to amazing new experiences.
3. **Instead of saying "First I have to do (this or that)" try saying, "What can I do now to move forward".**
There's always a reason for not doing something but if you do one small thing today it will help you move toward your goal.
4. **Instead of moaning "I don't know how to...", ask yourself "Where can I get information to help me learn how".**
There is so much valuable information available to each of us, just get out there and find it.
5. **Instead of saying "There's only one of me", ask "Who do I know that would be willing to help me".**
Everyone knows people who possess skills or knowledge that can complement their own.

Have some fun with this and stop procrastinating. Make that fresh start today!

Top 5 Things People Say They Want To Do BUT Don't

1. I'm going to start an exercise program for myself
2. I'm going to get organized financially
3. I'm not going to tolerate things anymore
4. I'm going to be more spontaneous and have fun
5. I'm going to get un-stuck and try new things

Want to get past the 'want to' and do something about it?

Bring a personal development coach into your life. They will partner with you so you can achieve all of the things you want in your life.

Motivation Quotation

"If you want things to be different, perhaps the answer is to become different yourself."
- Norman Vincent Peale

Book Recommendation

Title: 5-Minute Retreats for Women
Author: Sue Augustine
Publisher: Harvest House Publishers

Stress-Proof your life with this inspirational book. Sue Augustine helps you find meaning in the ordinary moments of every day life. Take a break and refresh your soul and spirit with this book.

(Sue Augustine is my sister. She is an incredible international motivational speaker and author and it is my pleasure to provide her web site to you: www.sueaugustine.com. Check it out and find out more about her newest book, "When Your Past Is Hurting Your Present".)

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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.

It would be my pleasure to offer you a complementary 30 minute coaching session so you can experience the value personal coaching will bring to your life.

I Have Learned That...

Life sometimes give you a second chance.

On the Lighter Side

Remember that dogs have owners and cats have staff!
(Our cat Tessa certainly has two people on her staff).

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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