

# 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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## Staying on Purpose

In a few days, our vivacious 24 year old daughter will be returning from an amazing 12 month journey, traveling the entire Pacific Rim on board a Holland America cruise ship. This past year has brought her many exciting times, some broken hearts, extreme adventures, solid friendships and incredible memories from far away places.

She has experienced a variety of cultures, foods, weather and languages. Needless to say, the daughter we said good-bye to at the Toronto airport so many months ago will be an enhanced, worldly, grown-up version on her return.

Our daughter had a vision for herself some 20 years ago. When she was four she started dance lessons at the local school of dance. Even at that young age, she was very clear about her vision. She wanted to be a singer/dancer. Period.

Even knowing that the theatre arts industry was a very volatile one, she held her vision close to her heart, staying focused on her purpose until she achieved her goal.

Donald Trump's father once told him this: "If you're not passionate about what you do, you'll never stick with it long enough to become successful."

Staying focused, staying on purpose brings the rewards of fulfillment, gratitude and a sense of achievement. It brings success.

Taking a risk or rocking the boat are all part of successful living. Sometimes the only thing holding you back is YOU. But the good news is....YOU have complete control over your ultimate success. How empowering is that?

Remember, the first step in getting what you want is determining WHAT you want.

Throw away those old stories about being too busy, too tired, too old or too young. Get fully committed to what you want. Stop living with shoulds or if onlys.

Take some kind of action now because now is all you really have.

Find out what you want, get passionate about it and make it happen. Life is short... wear your party pants!

## Motivation Quotation

"The brave don't live forever, but the cautious don't live at all. Here's to the brave."  
- Timothy Luce

## Truths About Fear

Susan Jeffers wrote this amazing book called: "Feel the Fear ... And Beyond"

And in her opening chapter, she tells us that most of our fears are 'surface' fears. They apply to situations that pertain to our career, relationships, money, health, aging, acceptance, loss and the like.

She reminds us that if you look DEEPER you will find the big fear, the REAL fear which is the underlying cause of all your other fears. And what is that fear?

It's the fear that you won't be able to handle whatever life brings you.

Here are some of Susan's 'Fear Truths' :

- The fear will never go away as long as you continue to grow (stepping into the unknown).
- The only way to get rid of the fear of doing something is to go out and do it!
- The only way to feel better about yourself, is to go out and do it!
- Not only are you afraid when facing the unknown, so is everyone else out there!
- Pushing through fear is less frightening than living with the bigger underlying fear that comes from a feeling of helplessness!

Remember, FEAR is NOT the problem; it is how we 'hold' that fear.

Most of us spend more time avoiding pain than pursuing pleasure. WOW!

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## I Have Learned...

That life opens opportunities for each of us; we choose whether or not to take action.

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## 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.

## Roadblocks to Being a Risk Taker

- A fear of rejection or failure
- A need to always be right
- A desire to continue to avoid conflict
- Always playing it 'safe'
- Fear of hurting others
- A big need for security
- Relying on other people to resolve your problems
- An absence of desire to change
- Lack of belief in yourself
- A belief that life should always be fair

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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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