

# 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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## Four Steps to Making Logical Decisions

Did you know that all decisions are based on 90% emotions? Everything that we perceive is sifted through the emotional centre of our brains which in turn affects our judgements and reasoning.

In order for us to make the right choices, it is important to have the tools and processes in place. No sense just counting on our brains alone is there. We humans are pretty good at rationalizing, justifying and denying things because that is what we spend much of our brain work doing.

- 1. First take the TIME TO THINK**  
Set aside some quiet, uninterrupted time to make your decision. And once you make your decision, stand by it without second guessing yourself.
- 2. CONSIDER ALL ASPECTS**  
What is it that I need to consider about the past, present and future before I can make a wise decision? Could I talk to someone I trust who has faced a similar dilemma? Why is this decision so difficult to make: Am I afraid of upsetting someone else? Do I feel a loss of control? Could I be fearful of failure or success?
- 3. Get pen in hand and WORK IT OUT ON PAPER**  
Try the old 'pro/con' approach for each possibility. Consider the positives and negatives that could affect areas in your life such as your family, health, career, business, relationships, happiness, lifestyle. You might also try asking yourself what is the worst that could happen if I decide one way and don't forget to ask yourself what is the best that could happen.
- 4. STOP PROCRASTINATING**  
Ask yourself why you are procrastinating about this decision. Is it because you really don't care about the outcome or you care too much? Would you be giving up power? Compromising your values? Are there other options that haven't been explored?

## Motivation Quotation

"The tragedy of life is not that it ends so soon, but that we wait so long to begin it."  
- W. M. Lewis

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## 5 Compelling Reasons to Use a Relationship Coach

The coaching relationship is unique and powerful and really can help you find fulfillment in your life and relationships. Below are some important reasons to use a Relationship Coach, any ONE of which is compelling enough to get your very own coach TODAY.

- 1. YOU VALUE RELATIONSHIPS HIGHLY**  
You prioritize building fulfilling personal and professional relationships. You realize that your success and quality of life is directly connected to the quality of your relationships.
- 2. YOU ARE COMMITTED TO SUCCESS**  
You are serious and intentional about having a fulfilling life partnership, family, career, business and community.
- 3. YOU WANT RESULTS**  
Working with a coach can move you farther and faster than you can on your own.
- 4. YOU ARE WILLING TO LEARN**  
You realize that you don't know what you don't know and your future success may depend upon access to new relationship skills and knowledge.
- 5. YOU ARE READY FOR ACTION**  
Using a relationship coach can be the most effective means of translating knowledge into practice. One of the most indispensable roles of a coach is to help you use what you already know to make effective choices and take the actions necessary to be successful.

Are you single and looking for a life partner? Do you want to know if your current dating relationship is 'The One'?

This is your chance to FIND THE LOVE OF YOUR LIFE AND THE LIFE YOU LOVE!

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## 10 Things You Can Do Right Now To Find Your Perfect Mate

by David Steele, CEO & Founder, Relationship Coaching Institute

- 1. Start by losing the losers.**  
If you want to find your soul mate, you must be available and not involved with people who aren't right for you.
- 2. OK, available now? Next...are you 'ready'?**  
Do you have any unfinished business that might sabotage your next relationship? Get it handled now!
- 3. Next, make a list of your top five requirements.**  
Your requirements are the "must haves" in your relationship, otherwise you would not enter into the relationship or you would leave if you were in it. Make a list of your non-negotiable deal-breakers and vow not to get involved with anyone who doesn't meet all five.
- 4. Good job. Now, let's get crystal clear about this 'dating thing'.**  
If you want to avoid the deadly dating traps, focus on these Four Steps for Conscious Dating:  
  
**Scouting:** This is the process of finding compatible people to meet, whether through internet dating sites, through friends, or just getting out there.  
  
**Sorting:** This is about quickly determining if someone you meet has potential. You need to have your top five requirements handy.  
  
**Screening:** This step is concerned with collecting enough information about the other person to determine if your requirements would be met.  
  
**Testing:** This step involves dating a few times so that you can compare the reality with the information that you have gathered.  
  
That's it! Nothing more, nothing less. No 'trial' relationships, no fun flings, just these four steps.
- 5. Get support.**  
Don't do this alone. Dating can be scary and isolating and your friends and family can be your safety net to help you stay on track.

- 6. Work it!**  
Most people meet their soul mate through someone they already know, so let people know you are looking for someone and network like crazy.
- 7. Be positive and happy.**  
Success breeds success, just as misery loves company. It's your choice.
- 8. Be the chooser!**  
Go after what you want and don't simply react to what or who chooses you.
- 9. Be assertive!**  
If you settle for less, you'll get less. Ask for what you want and say no to what you don't want.
- 10. Live a great life NOW while you're single.**  
"If you build it, they will come" (from movie "Field of Dreams").

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David Steele, MA, LMFT is founder of Relationship Coaching Institute and author of the ground-breaking new book for singles Conscious Dating: Finding the Love of Your Life in Today's World. [www.consciousdating.com](http://www.consciousdating.com)

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## Areas in Your Life That Personal Coaching Can Help

- Reduce stress
- Stick to an exercise program
- Set goals
- Time management
- Stop procrastinating
- Break a bad habit
- Deal with peer pressure
- Deal with elderly parents
- Improving Self Esteem
- Enjoy life more
- Get a better job
- Go back to school
- Start your own business
- Stop being a workaholic
- Socialize more
- Choose the right mate
- Improve your relationships
- Stop overspending
- Plan your retirement

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## I Have Learned...

That I cannot always choose the circumstances I face but I can always choose how to react.

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## On the Lighter Side

The quickest way to double your money is to fold it in half and put it back in your pocket.

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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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