

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.

VOLUME 2 - ISSUE 5 - MAY 2006 (Published Monthly)

Need a Spring Tune Up?

Spring has arrived and along with this come thoughts of crisp, fresh air, light showers to bring out those exquisite flowers, singing birds and that ever present 'sense of renewal'.

Spring is that time of year to clear outdated ways of doing things the same way and getting the same results. It's time to explore possibilities, new ways of doing things and getting NEW results!

Start asking yourself some questions:

- What have I been procrastinating about lately?
- What am I not doing now that I would like to be doing?
- If I was guaranteed complete success, what would I do?
- What keeps tripping me up in life?
- What am I holding on to that I know is not good for me any longer?
- Isn't it time to start 'spring cleaning' from the inside out?

By asking yourself these tough questions, you will break free from the autopilot of life and start to focus on your dreams, goals and a successful future.

Give yourself that Spring Tune Up and start creating your life by your own design.

Motivation Quotation

"Life has a way of keeping things in balance. Just when someone great sees you as small, there's always someone small who sees you as great."

- Dr. Mardy Grothe

I Have Learned...

That our greatest gift is probably what's most obvious to others and most invisible to us.

10 Diet Tips to Get You Motivated

Once again we look at the calendar and cringe knowing that swim suit season is just around the corner.

(Do you guys out there have these same terrorized thoughts?)

Anyway I thought it might be helpful to share with you some tips that I have found helpful over these past years... here we go...

1. Eat at least two servings of fruit or veggies at every meal
2. See what you are eating! Plate your food instead of eating out of a jar or bag
3. Keep a food journal...it really does work.
4. Take your lunch to work (saves some money too)
5. Rediscover the sweet potato
6. Keep bags of your favorite frozen veggies on hand, microwave and top with low-fat dressing
7. If you have a food craving, ride the wave and turn your attention elsewhere...it will probably disappear
8. Watch your portion size
9. Make exercise a non-negotiable priority
10. Brush your teeth right after you eat. That is a great reminder to yourself: No More Food!

Good luck and I hope you look amazing in your bathing suit this summer!

On the Lighter Side

"You have to stay in shape. My grandmother, she started walking five miles a day when she was 60. She's 97 today and we don't know where the heck she is."

- Ellen DeGeneres

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Plant Your Positive Seeds

- Surround yourself with friends who always see the glass as half full
- Smile and laugh more, don't take life too seriously
- Accept that change is part of life, be flexible
- Choose a positive interpretation of your life and let that be your perspective
- Keep a compliments book. When someone gives you a compliment, write it down and look at your journal entries when you need a boost
- Take time for YOU so you can energize yourself
- Simplify!, and finally....
- Give yourself permission to be human, it's ok

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. If you would like to schedule a complementary consultation with me and find out more about coaching and the value it will bring to your life, please get in touch with me at: lois@discoveryyourselfcoaching.com.

I will look forward to hearing from you.

Your feedback and questions are always welcomed and are very important to me.

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