

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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Want to make your life EXTRAORDINARY?

Do you want greater fulfillment in all relationship areas of your life?

Personal relationships, professional relationships, an awareness relationship with yourself, your finances, your career, the creative you? ...then Relationship Coaching may be for YOU.

Coaching is all about bridging the gap between where you are now and where you desire to be in life. It's truly an investment in your life and your future.

Coaching can be done very effectively in person or by telephone so location is never an obstacle.

See How Easily You Can Change Your Life Forever

Motivation! Yes, once you discover the unbelievable truth about motivation you will completely change your perspective and your life forever.

Here are some quick tips you can put into action right now and start changing your life forever:

Learn about your own behavior. Why do you do what you do and more importantly, how would you be able to change it?

Before you can begin to make improvements in your life, you have to know exactly what it is that you want. Create a personal roadmap to happiness.

Lack of confidence leads to a life of worry, fear and sometimes depression. Take the time to learn how you can gain personal confidence and then start moving towards your desire with strength and certainty.

Attitude is everything and it's important to design an attitude of success. Try on new thoughts, allow yourself to become non-judgemental, creative, positive.

I have found over the years that in order to keep myself in action and get past obstacles, I visualize, in deep detail the happy, successful, beautiful life that I am transforming into.

It becomes real, exciting and worthwhile. Get into action, take these first steps and start experiencing the changes right away and have fun!

Motivation Quotation

"It's never too late to be what you might have been."
- George Eliot

3 Steps to Making Your Dreams Come True

All of us have a cherished dream, something we have kept in our hearts for a long time but haven't taken any action to make it come true.

Most people say that they really don't have any idea of what their vision is. Entrevis, an executive coaching company conducted research that concluded that, "most of us do know what our vision is, but have been conditioned by the world not to speak it outloud."

Every successful individual and business starts with a vision. If you are feeling stuck developing your dream or vision, here are a few questions you might want to ask yourself:

- What provides me with the most energy in my life?
- How will I be different when I'm living my dream?
- What is my idea of an ideal day?

You need to start out by NAMING IT, SEEING IT, and FEELING IT.

Here are 3 step by step directions to make it happen:

- **Naming It.** First, sit down by yourself, with no distraction so you can actually hear your own thoughts. Open up your mind, be very honest about what you feel. Expand your thoughts to include all kinds of possibilities.

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Write down your dreams (get a special journal for this). It may be that you want to learn how to sky dive or perhaps move up the corporate ladder, launch a community based organization or take the lead in a campaign you are passionate about, buy that dream home you have always wanted or find the love of your life.

It could be that you have always wanted to learn how paint portraits, write a book, invent something or travel to an exotic place. Write it down!

- **Seeing It.** Now that you have clearly identified your dream, written it down and owned it, you are ready to sharpen your vision. Picture it in your mind, see the true visual. See colours and movement.

Deepak Chopra wrote in his book "The Seven Spiritual Laws of Success", "Attention energizes, and intention transforms. Whatever you put your attention on will grow stronger in your life." Make it real!

- **Feeling It.** Now that you've been able to see your dream, it's time to feel it. How would you feel once you make your dream a reality? Manifest it, get excited about how it feels.

Let go of fear, doubt, worry and disappointment. Let go of those old limiting beliefs, struggles. Trust that the outcome will arrive at just the right time.

One of my dreams was to find a way to help people build successful, happy, healthy relationships. I started out journaling what this would be like and then named it, Relationship Coaching.

I visualized myself working side by side with individuals and teams, helping them improve their relationships. All the details came into place such as how my office would look, where it would be, what programs I would offer, my web site, type of clients I would attract, etc etc

Then I truly felt the joy of being a Relationship Coach, of living on purpose. From all of this, my coaching business manifested and now one of my dreams has come true.

Go ahead and try these 3 steps. Allow yourself to see all the possibilities that are waiting for you.

Oh, and by the way, the very best part about having a dream is that you get to make it up! And along the way, you can reflect on it, revise it whenever you choose because it's your dream and is forever evolving.

I Have Learned...

That sometimes all a person needs is a hand to hold and a heart to understand.

On the Lighter Side

"Approach love and cooking with reckless abandon"

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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