

# 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 10 - OCTOBER 2006 (Published Monthly)

## The Group of Five

A few weeks ago, five sisters invaded the state of Maine; three driving east for a very long and eventful 16 hours, one arriving from the south, very tired after plane delays and the fifth heading west for an exhausting 9 hour drive.

For the past 19 years, this invasion has occurred somewhere within the north American continent. And each year there is an amazing bonding that takes place, not only within the group, but within the community they inhabit for the week long getaway.

This group of five each have their own history, each has their own individual lifestyle and each has incredible talents that show up in their respective work environments. Their physical shapes and sizes are all unique, right down to hair texture and style. Food preferences vary as do clothing choices and music favorites.

What is incredible about this group of five is the strong connection that is ever present. Even though there are many differences in their individual personalities, this yearly bonding allows their laughter, tears, silliness and deep thoughts to bring them to what really matters.

Feeling genuinely connected.

No judgments, no jealousy, no pettiness. Simply getting back to basics and feeling totally connected in a safe environment.

We all have a pervasive need to feel connected to others. For me, it's more the people I interact with and the stories that are shared that make me feel connected to people on this planet.

Often times we get caught up in the busy day to day challenges and find ourselves contracting and feeling a bewildering sense of separation. This delusion of being separate from one another, of being isolated from all that is around us can manifest anxiety and insecurities.

And the feeling of isolation tends to increase stress. Getting connected to others is very soothing and if you are not connecting, you are missing out on a very good way to feel calmer and more relaxed. Being connected is powerful.

Surveys show when people were asked what kind of things helped improve their overall mood the best, they responded most commonly that interacting positively with other people was most helpful.

So, stay connected by scheduling social time with family and friends, maintain a positive attitude and approach to life, ask open ended questions, be a good listener, be the one to defuse disagreements and most of all, express your sense of humor.

Nothing gets people connected faster than sharing jokes or funny stories.

By the way, the Group of Five includes myself and my amazing four sisters. We are definitely an inspiration to each other and fully connected!

---

## Want to Learn About the 12 Dating Traps and Learn the Solutions?

You can become a SMART SINGLE and I will support you in creating a relationship PLAN to guide your dating and life partner selection process. Contact me at: [lois@discoveryyourselfcoaching.com](mailto:lois@discoveryyourselfcoaching.com)

Imagine what would happen if you were happy being single? If you were proud of your desire to learn and grow? If you became proactive about getting what you want from life AND from a relationship?

As a Licensed Relationship Coach I support SINGLES to find the love of their life AND the life that they love.

My mission is to help SINGLES have fulfilling, lasting relationships.

FIND OUT MORE: [lois@discoveryyourselfcoaching.com](mailto:lois@discoveryyourselfcoaching.com)

---

## On the Lighter Side

"Experience is what you get when you don't get what you want."

-Tori Filler

# 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.

## 10 Attraction Principles to Live By

- 1. Become Incredibly Selfish**  
Remember, without you, there is nothing and attraction isn't possible.
- 2. Tolerate Nothing**  
When you put up with something, it costs you. Costs are expensive and thus unattractive.
- 3. Build A Super Reserve In Every Area**  
Having enough is not nearly enough.
- 4. See How Perfect The Present Really Is**  
Especially when it is clearly not.
- 5. Get A Fulfilling Life, Not Just An Impressive Lifestyle**  
A great life is attractive; a lifestyle is usually seductive.
- 6. Create A Vacuum, Which Pulls You Forward**  
Being pulled forward is attractive, pushing forward is not.
- 7. Get All Your Personal Needs Met, Once And For All**  
If you have unmet needs, you'll attract others like that.
- 8. Simplify Everything**  
Abandoning the non-essentials leaves more room
- 9. Have A Vision**  
When you can see what's coming you don't need to create a future.
- 10. Be More Human**  
When you are genuine, you are attractive.

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.

Lois Galloway  
Business & Personal Development Coach

Discover Yourself Coaching  
lois@discoveryyourselfcoaching.com  
[www.discoveryyourselfcoaching.com](http://www.discoveryyourselfcoaching.com)  
(905) 713-1352



---

## 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

---

## I Have Learned...

That since there's no surviving this lifetime, I may as well take every risk that will let me make the most of this experience.