

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 Learn More About the 'SECRET' to Making Lasting Changes?

A Click on the link below to hear about this:

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Listen for me...

Ever Wondered About the "Why" of You?

Lately I realized something very amazing! Something that most of us aren't even aware of. Want to know what that is?

The majority of people don't know the 'why' of who they are. Perhaps we don't give it enough thought or contemplation; perhaps it's just too personal and deep.

I believe we just don't understand our own 'why'.

So, what is YOUR why?

The answer will probably change your life forever. If you'd like to explore the 'why' of you, please get in touch with me: lois@discoveryyourselfcoaching.com

AND together we will find out what motivates you to get up each morning, to go to work, to continue with your education, to make more money, to spend more time with your family, to want more for your life.

Each week I set aside time to talk with individuals who are new and curious to the concept of personal development coaching and they want to learn more about it and how it can benefit their life.

If YOU would like to schedule a complementary consultation with me, please email me: lois@discoveryyourselfcoaching.com. I will certainly look forward to hearing from you so we can set up a convenient time to talk.

Lasting Change: No More Band Aid Solutions

Remember when you were a little kid and you fell and hurt your knee? What was the first thing you did?

You put a band aid on it, even if it was only a scratch. But somehow it felt so much better after you applied the brightly coloured band aid.

This same principle holds true for us in our adult life. We get very used to using the band aid solution to make things better, quickly.

This old way of trying to fix things just doesn't work well in the long run. You have dreams and goals that you want to achieve but your old habits are holding you back. Your efforts to change will always fail or be temporary UNLESS you accompany them by a true change in your internal thoughts and beliefs.

It all starts in your mind!

If you have a compelling goal or BIG vision for yourself, your business or your team, the power to create lasting change will be derived from the meaning of your goal.

Your personal goals and dreams must be related to your life purpose because your life purpose is the most powerful driving force that will provide you with exceptional personal power!

Here's a key concept:

- Attach too much pain to your current position and too much pleasure to what you are trying to achieve.
- Be in charge of your life NOW. Use this power and pleasure thought process to create an ever lasting change in your life.
- Live with passion and meaning.

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5 Steps to Commit to a New Habit

Human beings are creatures of habit. We develop patterns of behavior that allow us to get through our days with ease. Wouldn't it be overwhelming to have to think through each and every decision we make as if it were the first time?

Most of our daily habits are acquired through frequent repetition and are safe and harmless but we all have some that we would like to change. Which habits of yours would you like to change?

Here's 5 steps to help you commit to new habits:

FIRST, identify the habit you wish to create. That's right, the one you wish to create. Our sub-conscious mind won't react to a negative, such as, "I want to stop being so lazy" What our sub-conscious will react to is a positive thought. such as "I will walk 30 minutes a day and immediately start to feel fit and healthy".

SECOND, find out where your motivation will come from. Don't try to please anyone else, it has to come from you

THIRD, ask yourself some questions. What will the benefits of this new habit be? Lower blood pressure, lose weight, feel youthful? Imagine your life with this new habit in place.

FOURTH, write down all the consequences of not making this change. Both physical and emotional.

FINALLY, make a 21 day full commitment to develop this new habit. Review your motivation regularly, read the consequences of not doing this, and finally start to enjoy the wonderful benefits that this new habit is bringing to your life.

Creating positive habits is not easy. Remember this: When the whys are BIG enough then the hows will take care of themselves.

Motivation Quotation

"The answer is simple: If you want something badly, you can achieve it."
- Margo Jones

Responsibility = Freedom

Often times we think that responsibility sounds like a dirty word. It can seem like just one more obligation, something else to wear us down.

BUT what if we started to think of responsibility as synonymous with freedom? How unique!

Think about this: If you are responsible for yourself and your own life then you have a freedom of choice over yourself and your life.

It may not feel like it sometimes when the options you see as available just don't seem great however the key to remember is that they are just that - options.

It's your choice to always be upgrading your options, getting in touch with all possibilities to any given situation or circumstance.

Living responsibly means that you have the freedom to cause (create) the events in your own life and change your own behaviors.

WOW, now that's worth considering.

I Have Learned...

that having no choices is a choice that some people sometimes make for themselves and others.

On the Lighter Side

The trouble with being punctual is that nobody's there to appreciate it.
- Franklin P. Jones

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.
Email: lois@discoveryyourselfcoaching.com

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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.

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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