

# *Passion for Life Coaching*

*Making Deliberate Choices for a Fulfilling Life*

Newsletter by Suzette Langley, Life Coach and MSW

July 2005

## **Summer Fun**

Admittedly, I had another topic in mind for this month's newsletter. But, in carrying with the theme I have chosen, that topic will wait. I am fully inspired by my present circumstances. At the moment, I am laying poolside in the hot Michigan summer sun. My husband is attending a conference, and I tagged along for a change of scenery. I could be in my hotel room, writing on my laptop, which may be a better use of time. However, it was far too nice to be inside, and I heard the sun and pool calling. I am writing a first draft the "old-fashioned way" with paper and pen and loving every minute of it.

Summer is my favorite season and is the season of choice for many people I know. Like butterflies emerging from cocoons, the warmth of summer lures us out to play after a long winter indoors. Neighborhoods that lay dormant in the cold are suddenly teeming with children, laughter, and the pervasive smell of grilling.

This summer, I have a strong resolve to spend as much time as possible outside and having fun. To understand my resolve, I should rewind to last summer, which was less than ideal and left me feeling cheated out of summer fun. My less-than-ideal summer was the result of two main circumstances. First, we were required by our Home Owners Association to repaint our house exterior as the previous owners had painted an unacceptable color. Due to weather and working 40 hours per week, painting took 6 weeks. Second, I decided to start life coach training and took a class that met two nights per week and required several hours per week for homework. I realized how much fun I did not have when a Midwestern friend, who is enthralled by my close proximity to the ocean, asked how many times I had gone to the beach. My sad answer was, "Once, in April." I had also missed picnics, a crab festival, a trip to the amusement park, and just being able to relax outside.

At the end of the summer, I made a To-Do List for this summer. I included all the events and summer experiences I had missed. Here are some of the items on my list:

- Go to a picnic
- Have a cookout
- Go to the beach
- Eat summer fruits like peaches, blueberries, strawberries, apricots, and raspberries
- Stop to smell the honeysuckle and roses
- Open my car windows and turn up the music
- Play Frisbee
- Bike, rollerblade, and jog regularly
- Enjoy the feeling of the warm earth as I plant flowers and veggies
- Sit outside at sunset, enjoying a cool breeze, watching the fireflies dance in the grass

You may have noticed most of these things are simple, free, and only require me to slow down enough to take the time to enjoy them. I am pleased to report that I have done most of these things, and many others, and summer has just begun.

Yes, there are chores, errands, and business that need to be completed and addressed. I am prioritizing what absolutely needs to be finished and what can wait. I am also giving myself time limits to complete tasks so that I am more efficient. As for the rest of the stuff, it can wait. So the laundry doesn't get done, the floors are messy, and the grass is a little too long. So what? It is difficult for me to allow things to be messy or to go uncompleted. I have the urge to be a Superwoman and do it all to perfection. But, what I am learning is that this urge creates unnecessary stress and that I do not get to enjoy myself. Then, another summer is gone and I feel cheated because I missed the whole season. I have finally concluded a perfect yard is not worth it, especially when the yard only looks perfect for 2 days!

Well, I am getting warm, so I think it's time for a refreshing dip in the pool. Conveniently, a child left a floating ring that fits perfectly under my arms. I can float lazily along relaxing, enjoying the sun, the breeze, and the cool water. There are things I should be doing but they can wait.

What do you love most about summer? Use all your senses and include sights, sounds, smells, and textures. Are there annual events that have become a tradition for you to attend and it would just not be summer without them? If you were to create a Top 10 List of things to do this summer, what would they be? I encourage you to complete your Top 10!

*"There is no pleasure in having nothing to do; the fun is in having lots to do and not doing it."* – Mary Wilson Little

My article "Manage Stress 101" appears in the July edition of the *Severna Park Voice* Health and Fitness Section.

On Monday, July 18 at 7:30pm, I will be offering a FREE workshop at Big Vanilla Athletic Club. "The Wheels of Change" will help participants examine personal beliefs that can make changing behaviors and attitudes difficult. Participants will learn to ask "what" instead of "why" to move their lives forward and techniques to update their self image. The workshop is open to members and non-members. Space in the workshop is limited. To register, call 410-544-2525.

To learn more about coaching, visit my website at [www.passion-for-life-coaching.com](http://www.passion-for-life-coaching.com).

If you found valuable information in this newsletter, please pass it along. I welcome new subscribers! To subscribe/unsubscribe, please send an email to [passionforlifecoaching@verizon.net](mailto:passionforlifecoaching@verizon.net). I also welcome feedback and ideas for future topics.

Do you find that you have difficulty relaxing and have little time to enjoy the simple things in life? To discover how you can make small changes that will create a big impact and improve your life satisfaction, contact me at [passionforlifecoaching@verizon.net](mailto:passionforlifecoaching@verizon.net) or 410-757-7326 to schedule a complimentary 30-minute session. Coaching sessions are generally conducted by telephone so you do not need to reside in the same area as the coach.