

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

August 2005

Today is Someday

Yesterday is the past. Tomorrow is the future. Today is a gift. That's why it is called "the present."

- Anonymous

A few weeks ago, my high school friend sent me a couple of books for my birthday. The books were accompanied by one of our famous crayon letters and some stickers. The stickers read "Someday is Today!" and were a promotion for a children's book "Someday: Is Not A Day of the Week" by Denise Brennan-Nelson. I know from his comments in the letter that he did not think the stickers would be of much use.

Yet, the phrase really stuck with me. We use "someday" frequently in our conversations.

- Someday, I'll lose those last 10 pounds.
- Someday, I'll try a new hairstyle.
- Someday, I'll plan a party with my friends.
- Someday, I'll get the garage cleaned out.
- Someday, I'll take a day off just for me.

The list could be endless! Usually these statements are made with hints of longing and wistfulness. Perhaps when said, the person may sigh heavily as if resigned to the fact that someday may not come. Additionally, a far away look may come into their eyes as if imagining being together with friends or having their garage clean.

Our "Somedays" are often events that would be fun, useful (but not necessary) to accomplish, or simply make us feel good. As is often the case when it comes to taking care of ourselves, we put our desires last and take care of the necessities and others first. It sometimes seems like we are waiting for a perfect moment or time to treat ourselves. We want a time when we can be free of all other distractions and just concentrate on that one thing, our Someday. Additionally, we may worry about our Someday. What if our day off is not as relaxing as we imagined? What if cleaning the garage creates a chain reaction of other areas that need cleaning? What if our hair looks terrible? Fear about Someday not turning out the way we would like can hold us back.

Using Someday as a deadline is not a good choice. Usually, nothing gets accomplished and time just passes by. I have used Someday as a deadline. In doing so, I have noticed that I talked myself out of taking action because I worried about the "what ifs." Furthermore, I worried that I was being selfish or spending money foolishly. Over time, I felt increasingly frustrated and hopeless that Someday would ever become a reality.

Truthfully, Someday only becomes reality when we take action to make it happen. Someday is not a day on the calendar, like Monday, or Friday. Someday is not annual, like our birthday or Christmas.

To make a Someday happen, you must take action. This year, the Someday I am making happen is a trip to Hawaii. After 5 years of Someday-ing, my husband and I allocated part of our tax refund to a vacation in Hawaii. We bought the tickets in February before any life crisis could occur or we could talk ourselves out of spending the money on a trip because the house needed some work. The trip is in October and ever since I decided to make this trip happen, I have been filled with positive energy and excitement. I have no doubts that this Someday will be worth every penny and the experience will bring me more joy and memories than any new furniture or paint ever could.

Pause for a moment and consider - How often do you use the word “someday?” Is it a staple of your vocabulary? What is holding you back from making your Somedays a reality? What can you do to make one of your Somedays happen? Maybe you can make it happen today. Or, you can make a plan for your Someday to happen next Thursday or later this year. No matter what, just remember, Someday does not exist on the calendar but you can choose to make today your Someday!

Free Workshops

On Wednesday, August 3 at 7:00pm, I will present “**Simplify Your Life**”. The workshop will help participants identify things that drain their energy. Ways to manage or eliminate these energy drainers will be discussed. Additionally, tips to simplify your schedule and plan time for yourself will be presented.

On Wednesday, August 17th, at 7:00PM, I will present “**Goal Setting for Success**.” Participants will learn how priorities influence goal setting and results, learn to set SMART goals, and discover the power of positive thinking in creating success.

Workshops are offered at Big Vanilla Athletic Club and are open to members and non-members. Space is limited. To register, call 410-544-2525.

To learn more about coaching, visit my website at 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. I also welcome feedback and ideas for future topics.

Do you want to make today your someday but are unsure where to begin? Contact me at 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.