

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

January 2006

The Dash

I have received the poem, "The Dash," by email many times. Call it the forces of the universe, but the poem usually arrives when my focus is fuzzy and I am wrestling with defining who I am and what I want my legacy to be. I humbly accept the reminder in my Inbox from the universe and pause to reflect on my life.

As 2006 begins, many people pause to consider what changes they would like to make in their lives. Somehow, the dawning of the New Year rises as the dawning of a new beginning for individuals. I often hear people make sweeping resolutions such as "I am going to lose weight," or "This is the year I get organized." Each person has the best of intentions. However, the problems with following through start immediately due to a lack of planning and dividing their goal into manageable steps. Frustration and defeat kick in and the resolution is lost.

What I am reminded of each time I read "The Dash" is that a date is just a date. January 1st holds no more magic than April 10th. A date is only one day in time. New beginnings happen on every day of the year. All the days we are alive add up to who we are, how others know us, and what legacy we leave behind. Living each day to the fullest means we seize the opportunities that we have instead of waiting for tomorrow.

Now that 2006 has begun, what will you make of this dash, 2006 - 2007? May you create a year filled with love, laughter, health, prosperity, happiness, and dreams come true.

The Dash –

I read of a man who stood to speak at the funeral of a friend. He referred to the dates on her tombstone, from the beginning...to the end. He noted that first came her date of birth, and spoke the following date with tears. But he said what mattered most of all was the dash between those years. (1934 - 1998)

For that dash represents all the time that she spent alive on earth. And now only those who loved her know what that little line is worth.

For now, it matters not, how much we own; the cars...the house...the cash. What matters is how we live and love and how we spend our dash.

So think about this long and hard... Are there things you'd like to change? For you never know how much time is left, that can still be rearranged.

If we could just slow down enough to consider what's true and real, and always try to understand the way other people feel. And be less quick to anger. And show appreciation more. And love the people in our lives like we've never loved before. If we treat each other with respect., and more often wear a smile, remembering that this special dash might only last a little while.

So, when your eulogy's being read with your life's actions to rehash, would you be proud of the things they say about how you spent your dash? – Linda Ellis

Articles

An article that I wrote titled "Love Thyself" will appear in the January/February Issue of *On Purpose Woman* magazine. *On Purpose Woman* is a publication designed to help women "Live a Richer, Fuller Life." It is full of articles that inspire, motivate, and present new ideas that will propel you forward both personally and professionally. *On Purpose Woman* is a free publication in the greater Baltimore area. To find out more, go to www.onpurposenow.com.

Happenings

Big Vanilla Athletic Club will present a program to help you achieve a healthier lifestyle in 2006. *The Big V 90 Challenge* is designed to help you set realistic individual goals while being part of a team for support and encouragement. Your workouts combined with team challenges will help your team accumulate points to win prizes. Each Thursday evening you are invited to attend a seminar given by the nutritionist, personal trainers, or life coach (That's me!). The program fee is \$50 or \$75 for 2 people who sign up together. Registration is January 19 and 21. For more information, call 410-544-2525.

The Big Vanilla Athletic Club Open House is January 18, 8am to 9pm. This month focuses on providing you with information on achieving a healthy weight. Come see what's happening at Big Vanilla!!!!

New Years Groups

Get It Done! Resolution Reality - What is your New Years Resolution?? Make it happen!! This coaching group will help you focus on making your resolutions a reality.

When: Begins *Monday, January 16* at 7:30pm

How Long: 1 hour, meeting Mondays through February 20(6 weeks)

Where: Big Vanilla Athletic Club Community Room, Arnold, MD

Cost: \$150 (If needed, brief 1:1 support with the coach can be provided by phone or email.)

To Register: Register at the front desk of Big Vanilla. Registration forms will be available.

Get It Done! Emotional Fitness – Are you resolved to live a healthier life in 2006? This group will focus on helping you identify and overcome emotional roadblocks that prevent you from attaining your nutritional and fitness goals!!

When: Begins *Wednesday, January 18* at 6:00pm

How Long: 1 hour, meeting Wednesdays through March 8 (8 weeks)

Where: Big Vanilla Athletic Club Community Room, Arnold, MD

Cost: \$250 (If needed, brief 1:1 support with the coach can be provided by phone or email.)

To Register: Register at the front desk of Big Vanilla. Registration forms will be available.

To learn more about coaching, visit my website at www.passion-for-life-coaching.com.

Please forward this newsletter to others you believe would enjoy it. I welcome new subscribers! To subscribe/unsubscribe, please send an email to passionforlifecoaching@verizon.net. I also welcome feedback and ideas for future topics.

To find out more 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.

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