

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

April 2006

"But"

Have you ever noticed how often we use the word "but." I would exercise but I can't seem to find the time. I want to change jobs but this one pays well and it would take too long to find one I love. I would clean the kitchen but I'm too tired. I want to change my attitude but I don't know where to start. Any of these phrases sound familiar? Yeah, they sound familiar to me, too.

There are many reasons why we put in excuses for why we cannot accomplish a goal, task, or behavior. First, we know what change needs to happen but lack desire or motivation to make that change. We are in our comfort zone and we are happy there. Exercising can be an example. We know exercise is good for us, helps prevent diseases, control weight, and improve mood but we feel fine, healthy, and happy without it and do not buy into the added benefits.

Another excuse is that it is easier not to change. Finding a new job can take hours, days, and weeks of research. Leaving co-workers can be a sad event. And, learning a new job can be challenging and frustrating even if it's rewarding, too.

Perhaps another excuse is being motivated by feeling that we "should." You know the heavy feeling that you should be doing something more productive, more goal-oriented, more purposeful, more something. Take cleaning, for instance. Most people do not enjoy cleaning. They force themselves into the chore when they would prefer to relax. What if, instead of creating an excuse, we were just honest and said, "I don't want to?" Honoring how we feel can actually allow us to relax and overcome what is in our way rather than deny that it is there.

Finally, underlying all of these reasons is fear. What if I'm not as healthy as I think? What if I exercise to lose weight and don't succeed? What if I cannot find a new job? What if I don't know what I want to do? What if I am ok with the house being messy? What if I don't like the real answer?

Finding the truth behind our "but" excuses means we assume more responsibility for our actions. Instead of creating a vague reason or blaming our lack of action on another person or event, we claim the excuse as our own. Next, we decide if we accept the truth or if we want to change it. If we accept the truth, we gain the value of being honest and genuine with ourselves. If we opt for change, we can choose the most effective and efficient actions since we fully understand our hesitation.

In the coming weeks, I challenge you to be aware of how often you say "but" and what excuses follow this word. What do you notice? Do you often place responsibility for your inaction on other situations or people? How can you start to change this and be more honest with yourself? I would love for you to share any "ah-ha" moments you have!

Speaking of "ah-ha" moments and removing excuses, you know that I would not ask you to do something I would not do. I am in the midst of trying to eliminate my "but" excuses and being more honest with myself. Recently, I have hesitated to create products for my coaching business. "I would but I don't know what people want." A wise person said, "Just ask them." "But, I don't know how," I replied. Ultimately, I was making excuses for my fears. As I am unraveling those fears, I am more aware of when I use the word "but" and what it means to me. And, I have moved forward by creating a survey. So...

Dear Readers,

I need YOUR help. I am creating and fine-tuning an Emotional Fitness Coaching Program. I have designed a survey on Survey Monkey to help me gather information so that I can create products and services of value to my clients. The survey is about the struggle to lose weight and the role your emotions play in that struggle. Please follow this link <http://www.surveymonkey.com/s.asp?u=706082017828> to my survey. All responses are confidential. I appreciate your help in moving my business forward!!

Sincerely, Suzette

Upcoming Events at Big Vanilla Athletic Club

Deliberate Living

Next meeting: Saturday, April 22

Time: 10:00 – 11:00am

Location: Big Vanilla Community Center, Arnold, MD

Cost: \$25 per week

Focus: Increase your awareness of the choices you make everyday and overcome negative thoughts and beliefs that create roadblocks to personal and professional progress

What's Stopping You?

You promised yourself to be in shape for the summer season again this year. However, you are still not where you would like to be. What's stopping you? Discover 3 ways your emotions may be sabotaging your fitness and nutrition goals in this 1-hour workshop.

Monday, May 15th at 7:30pm. Cost: \$20 per person

Summer Fun

The weather is nice and you want to be outside having fun. Somehow you cannot seem to find the time in your busy schedule. In this 1-hour workshop, learn 9 ways to help you have the time you want!

Tuesday, June 13 at 6:00pm. Cost \$20 per person

Resolution Check-Up

The year is half over. Chances are you made a New Year Resolution. Have you kept that resolution? Are you satisfied with the progress you have made? If not, this 6-week group will help you refocus your attention, set attainable goals, and remove roadblocks to success. Make 2006 your year!

Group begins Wednesday, June 14 at 6:00pm. Cost: \$150 for the 6 weeks

For all workshops and groups, call 410-544-2525 to register. Space is limited.

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.

For more information, visit www.passion-for-life-coaching.com.

Want to learn how to overcome the emotional roadblocks to living a healthy lifestyle? To create your success plan for emotional fitness, contact Suzette Langley, at passionforlifecoaching@verizon.net or at 410-757-7326. 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.