

# Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

October 2006

## The Value of Small Efforts

Success is the sum of small efforts, repeated day in and day out... ~ Robert J. Collier

I found this quote while searching the Internet for a presentation. I had to pause because the quote so neatly summed up what I tell my clients. When I am coaching, I emphasize choosing a small action that can be achieved and achieved consistently instead of focusing solely on a larger, undefined goal. Does that mean I am asking my clients to be underachievers? Goodness no!! Actually, quite the opposite, I want them to win and win every time.

Too often, we adopt a mindset that if we can't do something big, why do anything at all? This mentality works in many, but not in all, situations. The old saying goes, "Rome was not built in a day." You may want to be a best-selling author. Great, but you most likely won't crank out a novel in a week. You want to lose 30 pounds. Fantastic, but it's going to take more than a couple of weeks. You can have the ultimate goal but it's the small, sustained efforts that you do each day that get you the prize.

I have found that when clients consistently make small efforts and see results, they gain momentum and are pulled towards their ultimate goal. They are proud of their accomplishments and trust themselves to follow through. Were they to focus on the ultimate goal alone they may get caught in self-defeating thinking like "I should have written the book by now" or "Why can't I just lose those 30 pounds." In focusing on the ultimate goal alone, they disregard the work and effort they have put forth thus far. Attaining smaller goals, attaining them consistently, and watching efforts build up to the bigger goal tends to be more motivating.

If you changed your perspective on the small efforts you make each day, what would you give yourself credit for? Would you realize you were making a big difference in your life and moving forward instead of being critical of not reaching the ultimate goal yet? What behaviors would you change? For example, instead of skipping a workout because you are too busy, would you do 20 minutes and see how it makes a difference? Instead of not reading your favorite book because "you only have 10 minutes," would you read, relax and enjoy the time anyway?

Yes, big efforts matter. But we need to remember that all of our efforts make a difference and work toward our success. When you only have time or energy for a small effort, do it anyway because every effort counts.

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Fall is a time for change. Would you like to explore what small efforts can lead you to big success?? If so, explore how coaching can support your goals and move you forward by contacting Suzette Langley, at [passionforlifecoaching@verizon.net](mailto: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.

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### Upcoming Events:

#### Workshop for Women – Sunday, October 29, 1:00-3:00pm

In this 2-hour workshop designed for women only, come and learn that “selfish” is not a dirty word, how to eliminate energy drainers and how to say no gracefully. This workshop has received wonderful reviews for content and for providing women the opportunity to connect on common issues such as significant others, parenting, meeting your needs, and friendship.

Cost: \$40

#### Ah, It’s the Holiday Season – Wednesday, November 15, 6:30-7:30pm

Do you dread the holidays? Do you hate the rush of events and the endless holiday tasks? Does January 1<sup>st</sup> leave you wondering where the time went but the credit card bills tell you what you did? Learn how to manage holiday stress and spending so that you can have a peaceful holiday focused on what matters most to you.

Cost: \$20

#### Healthy Holidays Group – Wednesdays November 29, December 6 and 13 6:30-7:30pm

You worked hard in 2006 to achieve your health and fitness goals. Now comes the most challenging part of the year – the holidays. Don’t start from the same place you were in last January. Maintain the healthy gains you made this year with the support of a coach and other motivated individuals. This group will cover how to resist temptation at holiday parties, how to manage stress without food, and how to manage your time so that your workouts remain part of your schedule.

Cost: \$60

Both workshops and the group will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Please call 410-544-2525 or 410-757-7326 to register.

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](mailto:passionforlifecoaching@verizon.net). I also welcome feedback and ideas for future topics.

For more information, visit [www.passion-for-life-coaching.com](http://www.passion-for-life-coaching.com).

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