

# Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

November 2006

## The Benefits of Giving Thanks

Recently, a series of unrelated events with similar themes have reminded me to be grateful for what I have, who I am, and what I am capable of doing. As life's hectic pace overwhelms us, we may manage to do what is minimally necessary to complete our work obligations and fulfill our personal needs. As the days fly by, we get stuck viewing life from the perspective of what we have to do and what's going wrong as opposed to what we are fortunate to have and what's going right.

Looking at life from a negative point of view overshadows how we interact with others and cope with life's challenges. We become angry, impatient, short-tempered and stressed. Our problems multiply and finding solutions becomes more difficult. Nothing seems to go our way. Even the traffic lights, the dog, and our coffee are out to sabotage us. Our To-Do List keeps growing, and pleasant activities are suddenly just one more thing we have to fit in.

A few weeks ago, I found myself thinking this way. I know I got there because I was moving fast, trying to do too much and be a super-woman. I was irritated with the common things you have to do in life. Return a phone call, grocery shop, walk the dogs, pay the bills – “who has time for that!!!?” I kept screaming in my head (and sometimes out loud, too). Nothing went my way. Those traffic lights knew I was late. The coffee spilled because it knew I needed to look put-together for an important meeting. Notice, life was out to get me and I had no control over it.

One day, I had a few moments to catch up with myself and in my quiet time, viewed my circumstances a little differently. My life was moving fast because wonderful things were developing. My client base was growing. I was creating new partnerships. I was being asked to speak for different groups and functions. Just these few positive thoughts exploded my limited vision of the negatives. I suddenly felt grateful that my past 2 years of effort were paying off. I was grateful that I make my own schedule, that I have a supportive husband, that my friends are awesome, that I am creative, that I can afford the coffee I spilled on myself. Then, I became grateful of other seemingly negative events. If the dogs digging in the yard had not caused me to leave the house late, would I have been in the accident that was tying up traffic? Yes, the tree in our backyard split and had to be removed but we noticed it before the tree fell on the house. We booked a hotel on the internet and it was a complete dive. But, we were resourceful and innovative enough to find another hotel that accepted pets, beautifully located and full of amenities within the hour.

I am not suggesting viewing everything in life as sunny and perfectly wonderful because that's not all life is. I am suggesting that you slow down and take a moment to list what you are grateful for. You may be surprised at what you will come up with. Furthermore, you may be surprised at the impact it has on your attitude. When you are grateful for what you have, you appreciate yourself, your abilities and your resources. You also improve your ability to problem solve by being able to see all the possibilities. When you come from a place of gratitude, life no longer conspires against you and thus you no longer react to what it offers. You become an active participant who makes conscientious choices.

What are you grateful for?

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."  
~ Melody Beattie ~

\*\*\*\*\*

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.

\*\*\*\*\*

### Upcoming Events:

#### 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).

Copyright © 2006, Suzette Langley