

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

Start 2007 Off Right with the Coaches Words of Wisdom

January 2007

This month, I requested words of wisdom from some coaching colleagues to help you put your best foot forward for 2007. Check out the great ideas they have to share with you. Also, this issue is loaded upcoming local and phone events.

From Suzette Langley, Passion for Life Coaching

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To set goals for 2007 that are meaningful and inspiring, align them with your priorities. Priorities clarify what is important to you and can guide you in managing the many demands placed on your time and energy. For example, let's say your priority is to have more energy to play with your children. So, instead of making the same resolution to lose weight, you focus on changing lifestyle habits to increase energy. You plan to get 7 hours of sleep, change from refined to whole grain foods, and drink 8 cups of water daily. These are more specific actions that support your priority to increase your energy. You increase your chance of success because your resolution is specifically aligned with your priority and produces a meaningful result you desire. You receive an immediate reward that you can feel and see.

Join Suzette Langley, Lifestyle Coach and MSW, and Anne Trauben, Lifestyle Wellness & Life Balance Coach, RN, RYT, for this FREE tele-class offered on January 16 at 12:30pm. For a course description and to register, go to

http://www.wholehealth.net/Programs_Tele_Hap.html

From Anne Trauben, Whole Health

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Upon embarking on this time, many of us are filled with resolutions, and the most common are around health - generally food and exercise. While these are wonderful areas to focus on, attempting to leap forward before acknowledging where you are now and what you need to do to get to where you want to go, will likely not get you the long-lasting results you desire. If your goal is to eat healthfully, you will be most successful if you consider the following:

1. Do you know what it means to eat healthfully?
2. Do you know what it looks like?
3. How have you attempted to do so in the past?
4. What is it about eating healthfully that interests you?
5. What has worked and what hasn't?
6. Do you have all the resources you need to eat healthfully?

Taking stock and putting a structure and support system in place is the first step to moving forward.

Anne Trauben, RN, RYT, is a Personal Coach, focusing on lifestyle wellness and life balance, educating, inspiring and empowering health-oriented, yet busy people to put themselves first and fall in love with the art of self care, eat healthfully, master stress and create life balance.

From Joan Schramm, Momentum Coaching

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The new year is a time of reflection, change and possibly charting a new direction in our lives without a lot of old baggage weighing us down. This year, take the time to forgive those who have harmed you. It's important to note that forgiveness doesn't mean that you are letting the person "get away" with something, nor does it mean that you will reconcile with that person. What it does mean is that you are no longer choosing to suffer. Forgiveness is a choice you make – a choice that refuses to let negative thoughts and feelings take up residence in your mind. How do you know you've succeeded in forgiving? You know it when the memory no longer gives you pain or anger. It's that simple. You say, "I am free of this", and you are.

If you need help in charting your new course, Joan Schramm and [Momentum Coaching](#) may be just what you need. Call or [e-mail](#) and let's set up a time to talk about your needs.

From Kimberly Bowen, President, Career-Life Design Coach

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1. What were the most meaningful moments of 2006? (You may be surprised to find they weren't necessarily the biggest events, but may have been the quiet, intimate, most precious moments that you will remember).
2. What were your most important lessons you learned in 2006? (Did you learn more about your inner strengths and gifts? Inner strengths and wisdom that will help you overcome obstacles? These lessons will serve you well in years to come).
3. What are your three most important dreams that you want to make real for 2007? (This is your starting place for 2007. If you make your dreams a top priority in your heart, mind and body, then with attention, support and resources they can become reality. Consider hiring a coach to support you in your making your dreams a reality. It can absolutely change your life!)

Kimberly will be offering [Find Work You Love Now & Earn What You Are Worth 6 week Tele-Group](#). For more information, go to http://careerblog.typepad.com/career_life_designs/2006/12/want_to_find_wo.html

From Jenn Stillings, worldAWAKE

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"Everyone's got a big 'but'—let's talk about yours!" —Paul Reubens in Pee Wee's Big Adventure

There are two main reasons why people do not accomplish their goals: either they lack motivation, or they do not plan for success. Many people skip to the plan, and take motivation for granted—"If I wasn't motivated to do it, I wouldn't have made it a goal!" But the difference between wanting to do something and actually doing it lies in the ability to remove obstacles.

When considering your goals for 2007, ask yourself, "What do I gain by not taking actions consistent with my goals?" Here, you confront your very first obstacle—the blank in the sentence, "I want to work towards my goal, but _____." Action steps take time, energy, and focus. And those resources are diverted from other activities—the "buts"—in your life. My advice: Uncover the "but," and decide if you are really willing to move past it in order to realize the big goals you've set this year.

Jenn Stillings is a coach who helps her clients make meaningful changes in their lives, specializing in work with leaders and executives.

Book Release

The Best Ways To Erase Stress in 15 Minutes or Less

Order online at <http://www.lulu.com/content/507233>

A collaboration to help you live a more relaxed life using practical techniques — each one taking 15 minutes or less. Learn about

- The best ways to reduce stress
- Walking to heal the spirit
- Acupressure point tennis balls
- Speaking in public with ease and joy
- Inner gardening with journaling
- Creating a sacred space
- Taking the high dive
- Stopping the world — when you need a breather!
- Birthing, breathing and the basics
- Allowing silence in conversation
- A different kind of relaxed
- Your inner cheerleader (Written by Suzette Langley!!)
- Connecting with the wisdom of the animals

Joanna Brandt conceived and edited The Best Ways to Erase Stress. She is a wholeness coach, yoga teacher, and founder of Moving Toward Menopause™. Throughout her thirty-year career as a holistic health educator, she has provided hundreds of people with inspiration and skills to move toward self-actualization.

Cost \$12.95 plus postage (\$1.91 USPS Media Mail or \$4.86 US Priority Mail)

Order online at <http://www.lulu.com/content/507233>

Teleclass

I have partnered with a fellow coach, Anne Trauben, from New Jersey to bring this event to you! Teleclasses are wonderful ways to learn from the comfort of your own home. You simply call in, listen to the information presented, and have an opportunity to share your thoughts, too. You can be on a call with people from all over the country!!

Start your new year off happy!!! As you reflect on the past year and look to the one ahead, are you searching for more happiness in your life? Do you think there must be a universal key to happiness that you are missing? Jumpstart your quest with a FREE tele-class "Understanding Happiness: Four Simple Techniques to Create a Genuinely Happier You, Now."

We have 4 goals for our tele-class participants:

1. Understand that happiness comes from within.
2. Know that external focus rarely brings happiness.
3. Living your life in accordance with your values and will create lasting happiness.
4. Your happiness and health are directly linked

Join Suzette Langley, Lifestyle Coach and MSW, and Anne Trauben, Lifestyle Wellness & Life Balance Coach, RN, RYT, for this FREE tele-class offered on January 16 at 12:30pm. The class will serve as an introduction to a 4-week tele-class program on how you can become a genuinely happier person and improve your well-being. The tele-class will meet on the following 4 Tuesdays at 12:30pm EST. Cost of the 4-week program will be \$79.95. For a course description, to learn more about Suzette and Anne, and to register, go to http://www.wholehealth.net/Programs_Tele_Hap.html

Upcoming Workshops and Groups

Vision of Success- Monday, January 15, 6:30-7:30pm

Are you having difficulty reaching your goals? Maybe your goal isn't your priority. Learn how to align your goals with your priorities, set SMART goals and create an attitude for success.

Cost: \$20 per person

Lifestyle Change Group – Wednesdays Jan 17, 24, 31 Feb 7, 14, 21, 6:30-7:30pm

Are you still being haunted by your scale? Did you promise that you would lose weight and live a healthier lifestyle in 2006 but now it's 2007? Don't weight for another year to pass by. Take a different action now to get the result you want. In this 6 week group, join others focused on making 2007 a successful year. We will focus on goal setting, learn simple tips to modify eating and exercise habits, identify and learn to overcome emotional eating habits, discover the power of saying "no," and improve self-image.

Cost: \$120 for the 6-week program

Workshop for Women – Sunday, February 11, 2-4pm

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

Fees: \$40 per person. Bring a friend and pay \$60 for both to attend!

The Obesity Epidemic and What You Can Do To Stop It - Tuesday, Feb 27, 6:30-7:30pm

Explore some of the social, economic and psychological reasons Americans are gaining weight. Identify which factors are affecting you and learn what you can do to prevent or overcome obesity in you and your family.

Cost: \$20 per person

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.

Explore how coaching can support your goals and make your resolutions a reality by contacting Suzette Langley, at passionforlifecoaching@verizon.net or at 410-757-7326. I offer a complimentary 30-minute session to explore how coaching can work for you. Coaching sessions are offered by phone or in-person.

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.