

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

Resolution Check-In

February 2007



My website has a new look!

Many thanks to Sandy and

[Breezy Hill Designs.](#)

Visit me at the NEW

www.passion-for-life-coaching.com

So, how's the year going for you? My calendar tells me 39 days have passed since 2007 started. Time flies!! What did you promise yourself that you would do differently this year? How are you doing on that promise?

If you are like the majority of Americans, your resolution slipped your mind about 23 days ago. You may have become distracted with the day-to-day activities of life. Perhaps you went all-out to follow your resolution for 2 weeks but then found yourself exhausted. Maybe you thought about your resolution but did not commit to it.

Regardless of the reason, your resolution is not becoming a reality. I am here to offer encouragement, support, and say it's not too late. Instead, think about changing your perspective and planning.

Here's the perspective: Ok, so 39 days are gone. You still have 326 days! That is a lot of time. Each day is a new day. We can re-commit to what we want to achieve. We can set a clear intention for the day. We can create a focus that will help us achieve what we want. We have a new beginning each day if we choose to see it that way. Arnold Toynbee said, "The right moment for starting your next job is not tomorrow or next week; it is instanter... 'right now.'" Some changes we desire to make can be made moment by moment. For example, if you resolved to manage time better, you may have several opportunities daily to achieve this goal. You can say no to requests of your time or schedule your time more efficiently. If you promised to lose weight, psychologist Brian Wansink in his book *Mindless Eating* reported that we make over 200 food choices daily. That's 200 opportunities to make better choices! That means the day is not ruined by a less-than-ideal breakfast choice but that you have many more moments and meals to make a difference.

Now for planning. If you want to make a change, it is not enough to simply say "I want to get organized." What does that mean? Organize where? For what reason? When? How much? How long? Resolutions need to be clear and specifically defined. I propose that getting organized, being happier, losing weight, and having more time are the ultimate results. The next step is to establish what you can do each day to reach that ultimate goal. Instead of a New Year's resolution, set a daily resolution. For instance, today, I will file the stack of papers on my desk for 10 minutes. Today, I will plan my day hourly and assign my tasks a time slot. Today, I will walk 20 minutes and eat breakfast. Identify a manageable task you can follow through with. Changing behavior takes time, practice, and patience.

To reach our ultimate goals, we have to take the small steps in between to get there. Consistent work, consistent commitment, consistent follow through.

Next month: Life's a journey, not a destination. Why when we arrive at our ultimate goals, we're not "done."

Don't forget to visit www.passion-for-life-coaching.com and check out my new look!

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.

Need a Stress-Buster?

Check out:

The Best Ways To Erase Stress in 15 Minutes or Less

A collaboration to help you live a more relaxed life using practical techniques — each one taking 15 minutes or less. I contributed a chapter on beating stress by reducing your self-criticism. This book is filled with great ideas, practical tips, and wonderful tool for easing stress. 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

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 “Four Concepts To Transform Your Search For Happiness and Health.”

We have 4 goals for our tele-class participants:

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

You will leave the tele-class with a simple exercise to create more happiness in your life.
Redefine your search for happiness and health!

Join Suzette Langley, Lifestyle Coach and MSW, and Anne Trauben, Lifestyle Wellness & Life Balance Coach, RN, RYT, for this FREE tele-class offered on Tuesday, February 27 at 12:30pm EST. 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. 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

About Teleclasses: 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!!

Upcoming Workshops

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!

Ending The Obesity Epidemic - 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.

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.

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