

Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

Life is a Journey...

March 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

Yesterday, I sat in a coffee shop with a good friend engaged in a conversation about dreams, goals, and frustrations. We shared dreams about the direction we want our personal and professional lives to take from its current station. We developed goals for our health, happiness, and careers knowing very well that defining specific directions on the road of life would help us reach our dreamt of destinations. (Not to mention that someone holding us accountable increases the chance that the goal will become reality.) And, the frustration we laughed over was that not so long ago, we believed that at a certain point in your life, you reached your destination.

First, we chuckled as we reminisced about how as children, we believed that you set a goal and when you achieved that goal, you arrived in life. How funny to think that once we had our college degrees we would be done. Life had only just begun!! The frustration came from that desire to have the road of life be straight, smooth, and unobstructed. But, we admitted that if life had arrived at a destination, then we would have never traveled on to discover the friendships, jobs, trips, and experiences that happened beyond that first mile marker. And, if the road had been smooth, we would not possess the personal strength and character we have today.

Life truly is a journey and not a destination. However, we often live life looking for a destination. We want things to be easy. We tell ourselves life will be complete when... "I find a new job," "I have a bigger house," "I weigh less," "I have a higher education." We search for a sign post that tells us we have arrived and now we can be happy. In setting an arrival time, we overlook the experiences we have in getting there. What if we were so focused on reaching a certain place, we missed the opportunity for a fun detour? Or, we sped past the signs telling us to exit now before we committed to something we didn't want to do? It's easy to get so caught up in getting "somewhere" that we careen down the road of life, never looking left or right, checking the rear view mirror, or looking for blind spots.

Usually when we are speeding through life so fast that people and places are a blur, life throws in a speed bump. We are forced to slow down, assess where we are, why we are there, and where we are going. These are the moments we realize there is no end destination, at least not until we reach our final resting place. In pausing for the speed bump, we clearly see that we are on one long road. Where we are today is a result of the road we traveled yesterday, a week ago, a decade ago. The road before us stretches out to infinity. There are many new destinations ahead. We just may not know what they are.

Shane Gould, three-time Olympic gold medalist, said about his success, "I have periods of incredible frustration...and periods of great satisfaction. This is not a linear journey where I have arrived." I thought of this as I sat with my friend. Life is not a linear journey where we have arrived. We travel through valleys, climb mountains, and take detours. We can't know all the hows and whens of these challenges. And, knowing that achieving one dream is not a destination, but a rest area along the way to the next dream is comforting. There is always something to look forward to despite the challenges. There is no arrival, just the enjoyment of the ride – life is a journey, not a destination.

Explore how coaching can help you enjoy your ride through life 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, March 13 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 (You will receive an email asking you to click on a link to verify your email address. You MUST do this to be included in the class. It's called a double opt-in feature.)

Upcoming Workshops

Women Rock - Friday, March 23, 7:30-9:30pm

Challenge yourself and connect with other women. This 2-hour program will help you tap into your mental and physical strengths on the Rock Wall and in life.

Fee: \$25 members/ \$35 non-members

Spring Cleaning - March 27, 6:00 - 7:30pm

This workshop will help you sort out your mental and physical clutter so you can have a fresh start for spring. Learn tips and tricks to minimize physical clutter, simplify your schedule, and eliminate energy drainers.

Fee: \$30 per person

How Wobbly Is Your Wheel? - Monday, April 23, 7:00-8:00pm

The Wheel of Life Assessment allows you to assess the balance and fulfillment in your life. Discover which areas you are thriving in and how improving one area of life can increase satisfaction in other areas of life.

Fee: \$20 per person

Workshop for Women – Sunday, May 20th, 2:00-4:00pm

Feeling frazzled and tired? Are you always on the run? When is the last time you took time for yourself? Take a couple of hours to stop your world and gain perspective. Learn how to eliminate energy drainers and how to say "no" gracefully. Discover why "selfish" is NOT a dirty word! Meet and connect with other women as we discuss how meeting your needs fits in with significant others, children, friendships, careers and all the rest that is your life.

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

Workshops 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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