



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

What Are You Missing On Your Mission?

October 2007

Have you ever considered that when you are on a mission, you might be missing something? I am a very goal-oriented person. Answering where I am going, what I am doing, and how I am going to get there is very important to me. I apply my questions and demand answers in my business and my daily life responsibilities. Imagine my surprise when life decided to show me that sometimes you don't have to be on a mission. You can just sit back and enjoy the ride. Here's how it happened...

The convertible top slides down as I breathe in deeply and exhale the warm, salty air. A breeze gently sweeps past my cheek. The mountainside lies in lush green splendor on my right while the deep blue ocean expands endlessly to my left. I glance up through the tropical canopy into the serene blue sky filled with puffy white clouds. Thoughts cease to race through my mind. The endless chatter that happens in my head stops and the silence is divine. I have no where to be, no immediate purpose, no expectations, and no goal to accomplish. What?!? When was the last time this happened, I wonder?

Typically, when I get in the car, the following happens - I race out of the house, jump into my car, and blast off down the road, grumbling all the way about traffic and rude drivers. Don't they know I have somewhere to be!? I usually drive 5-10 miles per hour over the speed limit. I have somewhere to be, you know. Then, as I'm driving, I'm thinking...constantly. What should I make for dinner? Did I remember to put the dog in his crate? Ugh, I really don't like this song. I need to call this person when I get home. That reminds me, did I send that email? Why is my stomach growling when I just ate lunch? Where am I going again...oh, yeah, right. The constant stream of chatter revs me up, raises my stress level, and pulls my attention in a hundred different directions with all the things I need to accomplish. Imagine how strange it felt to be sitting there in the convertible and just be there, mentally and physically, with no other objective in mind.

Where was I when this delicious moment occurred? Somewhere on the endlessly curving Hana Highway on the island of Maui. The Highway to Heaven, as some call it, connects the tiny town of Hana to the rest of the island. The sixty miles of road wind past waterfalls and breathtaking views of the land and sea. Signs boast the whopping fifteen miles per hour speed limit. As if these constant reminders to slow down aren't enough, the 620 curves and 46 one-lane bridges force you stay in the present moment and enjoy where you are. Getting in a hurry is likely to put you over the edge of a cliff or into someone else's car.

During the 3 hour journey, I realized that although having goals and direction is important, I do not always need to push myself to achieve them at 100 miles per hour. While I am racing along on my mission I might be missing what is going on around me. Do I really know how my friends are doing? Have I really listened to my husband tell me about his day? Do I really want to be inside cleaning when I could be outside playing? Do I really need to sacrifice my sleep to finish this project?

I realize now that slowing down a little on the road of life does not mean I won't arrive at my destination and accomplish my goals. It simply means I arrive a little later. My mission needs an extended or flexible deadline so I don't miss out on the beauty of every day life.

New Book!!

ANNOUNCING: Another Book By Joanna Brandt and Friends

Grief, Loss, and Healing is a collaboration of experiences and wisdom offered to comfort you in your grief and loss. Grief arises from any loss - the loss of a marriage, job, pet, loved one, or dream. We offer our stories and perspectives to help you navigate your grief and loss and come to a place of healing.

Loss is inevitable. Grief is natural. Healing is gradual.

My chapter, "***Drifting on the Waves of Grief***," focuses on the waves of emotion that flow over and around you when you lose your parents. Gaining your footing and staying above the waves is an ongoing challenge. This chapter evokes yet another wave of emotion that continues to part of my healing process.

Cost \$14.95 plus postage. Order ***Grief, Loss, and Healing*** online at <http://www.lulu.com/content/1180337>

Also Available:

The Best Ways to Erase Stress in 15 Minutes or Less online at: <http://www.lulu.com/content/507233>

Upcoming *FREE* Tele-Interview

You're Invited to a Free Tele-Interview on Wednesday, October 24th 8-9pm EST

If you can't make the call, sign-up to get access to a free recording

Listen in as Joan Schramm of Momentum Coaching (www.achieve-momentum.com) interviews Suzette Langley of Passion for Life Coaching (www.passion-for-life-coaching.com) on "Taming the Stress Monster".

You don't need a week at a spa to get the benefits of proven stress-relief techniques. Suzette will bring her top three tips for dealing with stress and will tell us how to get ready for the busy holiday season without losing our minds (or our cool). She'll also spend some time answering your questions, so bring your toughest challenges to the call.

This is a FREE telephone interview – there's no cost to participate, except your normal long-distance charges (about what you'd spend to call your Aunt Mildred in Chicago on her birthday). If you can't make the call, sign-up to get free access to the recording afterwards.

BONUS OFFER – Both Joan and Suzette have a special bonus for two lucky callers, so make sure you're on the line for your chance to WIN!

Follow this link to register <http://www.achieve-momentum.com/taming.html>

Upcoming Workshops

Find Your Balance - Monday, October 8th, 7:30-8:30pm

Feeling out of balance? The Wheel of Life Assessment helps you assess balance and fulfillment in your life. Discover which areas of life you are thriving in and which areas need support. Learn how to use your strengths to build balance in your life. Fee: \$20

Workshop for Women - Sunday, October 21, 1-3pm

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.

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

Holiday Stress Survival Plan - Wednesday, November 7th, 6:30pm-7:30pm

Do you dread the holidays? Do you hate the rush of events and the endless holiday tasks? Does January 1st 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.

Fee: \$20

Holiday Eating Survival Guide - Thursday, November 15th, 7-8pm

Avoid gaining those unwanted pounds over the holiday season. Learn practical tips and tricks that allow you to eat your favorite holiday treats without the excess weight. Fee: \$20

All workshops will be held at the Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold. Register online at <http://www.bigvanilla.com/arnold/lifecoaching.html>, or at Big Vanilla's Front Desk, or call 410-757-7326.

Last Chance for Women Rock in 2007! Friday October 19th, 7:30-9:30pm

This 2-hour program will help you tap into your mental and physical strengths as you discover how the rock wall is a metaphor for life and life's challenges. Feedback from this program is **phenomenal!** The women who have participated have learned about their strengths, expanded their comfort zones, understood how they face challenges, and discovered new ways to overcome obstacles. Join us for a ROCKIN' night and walk away feeling empowered!

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

Jennifer Perry, Mary Kay Cosmetics, www.marykay.com/jperry46 says - I loved "Women Rock". Meeting other women and learning how they overcome challenges was great. And all the cheering and support helps you to get to the top of the mountain!

Women Rock will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Register online at <http://www.bigvanilla.com/arnold/spaspecialevents.html>, at Big Vanilla's Front Desk or call 410-544-2525 or 410-757-7326.

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