



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

A Year In Review

January 2008

The tradition of setting New Year's resolutions dates back to the ancient Romans. On the ancient Roman calendar, Janus, the god of gates and doors, represented the new year. Depicted with a two-faced head - one face looking backward; one looking ahead, Janus represented beginnings and endings. With two faces, Janus reviewed past events while keeping an eye trained on the future. To the ancient Romans, Janus symbolized resolutions as the Romans sought forgiveness from their enemies and exchanged gifts at the beginning of each year. When the modern calendar was adopted, the name January was derived from Janus. (As a side note, I learned this information from a junior high social studies fair project. You never know when you will use the information you have learned.)

Today, we continue the ancient tradition of setting resolutions for the New Year. But, in doing so, we overlook half the equation of what January means. We plunge ahead and miss the opportunity to review the year we have completed.

What can we learn from evaluating the year gone by? Reviewing the past year helps us define what we accomplished, what challenges we overcame, and where we want to go next.

Below are a few questions to get you thinking about where you are and where you have been. Use a journal to answer the questions or write a letter to yourself. Consider having a discussion group with friends to gain even more perspective on how the year progressed. Reflect on actions taken, how you felt, what you liked, what you disliked and what you learned.

1. What did I accomplish in 2007?
2. What did I learn? (new skills, knowledge, insights)
3. What challenges and obstacles did I overcome?
4. If I had the year to do over, what would I have done more of? What would I have done less of?
5. How did I change and grow as a person?
6. What do I love about my life?
7. What did I have fun doing?
8. What am I grateful for?
9. What are the 3 most significant events that happened to me in 2007?
10. Write a headline that summarizes my life in 2007.
11. What are my dreams for 2008?

In keeping with the theme of ancient times, the Greek philosopher, Socrates, said "An unexamined life is not worth living." To continue making positive changes, we must know where we are and accept what is so we can accurately define what we want to be different. May these questions lead you to new self-discoveries and awareness that will create a year filled with success and happiness.

Upcoming Workshops

Why Is Change So Hard? Tuesday, January 22nd, 6:30-8:00pm

Do you have something about yourself or your life that you want to change? Despite your desire, are you struggling to make that change happen? Discover what makes change so hard and learn 7 ways to overcome your barriers to change. Fee: \$30 per person

Workshop for Women – Sunday, February 10th, 1:00-3:00pm

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!*

Spring Cleaning – Thursday, March 13, 6:30 - 8:00pm

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

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.

Women Rock for 2008

Women Rock – 3 Friday Dates Announced!!

February 8th, March 14th, and April 18th, 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

Women Rock will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Please call 410-544-2525 or 410-757-7326 to register.

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