

A SIMPLER LIFE...

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Doing is the key...

SIMPLICITY
LIFE COACHING

Find the joy and let go of the struggle!

Helping you to De-stress, Simplify and Create a Life you Love!

Dear Simpler Life Readers,

Well, the holidays are upon us... And with the new calendar year beckoning I thought it would be a good time to address getting unstuck and taking action – all in readiness for creating an amazing 2008!

2007 has been a tough but very busy and successful year. The more I take action to follow my dreams the better it gets. While pushing outside your comfort zone is definitely tough sometimes, I can't recommend it enough. So take action!

Our successes this year include **"The Social Book Club"** (where we share the secrets of some of the best personal development books - and you don't even have to read the book) which gets professional women together for friendship and learning over a cocktail or two! Other Events include **seminars** for all 3 Lululemon Vancouver stores and both the YMCA and YWCA. The feedback has been awesome!

There are now **8 complimentary tools on the website** and a shopping cart will be launching soon so you can pre-pay for seminars and buy the tools and workbooks that will be arriving in the coming year...

So, if you know someone looking to get unstuck, build their self-confidence and find **more passion and joy** in their lives I'd love to hear from you!

As always, thanks to my family, friends and fab clients!

I hope you enjoy the holidays and look forward to chatting with you again soon! Warmly, *Emma-Louise*.

THOUGHT FOR THE MONTH

"Progress always involves risk; you can't steal second base and keep your foot on first." Frederick Wilcox

"The Action Within"

How many of you KNOW what you need or want to do – but just don't do it?

Taking action seems to be both the most freeing AND the most frustrating part of self-growth and moving towards our goals.

I've lost count of the number of clients who say just signing up with a life-coach was really hard but once it was done they felt amazing. That's because taking action actually feels good!

So often we KNOW what we need to do to move forwards (end that relationship, get a new job, speak to our boss about the training/pay-rise/promotion, go to the gym). But we just don't do it.

So, what holds us back? Apart from ourselves I mean. Well, it's usually fear in one form or another. It could be fear of the consequences, fear of change, fear of what others will think, or even a fear of hard work! Laura Berman-Fortgang, a top life-coach, says there are 3 reasons we don't move forwards:

- 1) **Adrenaline.** We're going through life so fast we don't have time or space to be disciplined about what really matters.
- 2) **Self-Worth.** At the deepest level do you believe you are WORTH doing these great things for yourself?
- 3) **A lack of Structure.** We make demands of ourselves but don't set aside the time or create the support we need to make it happen.

And I'd like to add one more that I see a lot:

- 4) **Fear-based thinking.** Worrying and overwhelm from thinking about everything you need to do or everything that could go wrong. Have you got into analysis paralysis?

There is a SIMPLE answer to get you moving - just do SOMETHING. Anything. It can be as small as you like – a phonecall, taking 15 minutes to do some web research, write a list or buy a book. If you want some help, go to the Tools page on the website at www.simplicitylifecoaching.com and use the 3 Step Bridge Tool.

Often people are stuck because they're unsure – so if you're REALLY feeling trapped, try simply EXPLORING possible actions. Just because you explore them doesn't mean you have to act on them. So what's stopping you now?

If you allow life and your circumstances to stop you doing what you want to do, then you've given your power to someone or something else.

So, with 2008 beckoning I encourage you take back your power, grab your enthusiasm and ideas and do something, anything. I can guarantee you'll start the New Year feeling fabulous if you do!

RECOMMENDED READING

1. The Five Love Languages series
Gary Chapman ISBN: Various
Spending time with your loved ones? Reviewing and rethinking the year? Why not take the opportunity to 'unstick' a relationship by looking at how and what you're communicating to those you love...
2. The Glass Castle: a memoir
Jeanette Walls ISBN: 074324754X
An amazing memoir that whatever your upbringing will make you thankful your parents were normal... A page-turning tale of love, solidarity and determination.

PS. Don't forget your local Library - you might be able to read these books for free!

ENLIGHTENING LUNCHBREAKS

www.oxfamunwrapped.ca (Canada)
www.oxfam.co.uk (UK) Click on Oxfam unwrapped
Looking for a different kind of Christmas present to give this year? Try Oxfam unwrapped. 'Kid' your friend by buying them a goat, some manure or a beehive - to support a family in a developing country. Your friend will get a card and a fridge magnet informing them of their generosity. Something for everyone - starting at \$15.
www.tenthousandvillages.com (US & Canada)
This is a great website full of fantastic AND ethically produced gift ideas! Starting at \$12!

There is no such thing as... "Being Stuck"

Being 'stuck' is a belief - nothing more.

There is ALWAYS something you can do, even if it just to ponder and reflect on it over lunch or during your yoga class, talk to a friend or write a list.

Sometimes we FEEL stuck - but that is not the same thing. Often by the time we feel stuck our self-confidence has taken a battering. Or life seems too busy or overwhelming to make any big changes.

Your life is probably bearable. But the thing is that when life is comfortable or bearable - that's what we do - we bear it. We're not happy, but we're not unhappy enough to do anything about it. Is that a life?

It often takes a major incident, or for us to hit rock-bottom before we will make the required changes to get unstuck. And in the meantime we simply exist.

Think what are you missing out on; passion, joy, excitement, a life LIVED. Remember there is no such thing as an unrealistic goal, only unrealistic deadlines. Start small if you have to - but life isn't going to slow down for you. While you wait for tomorrow to be clearer, better, to be ready, life is passing you by...

You're not stuck, you just think you are.

THOUGHT: Inspiration does not beget action. Action begets inspiration. Chinese Proverb

VALUE YOURSELF...

The holiday season seems to get busier each year. Here are some tips to value your time more - and I don't mean by multi-tasking...

1. Stress-proof your morning (and be happy all day long!). Get up just 15 minutes earlier and start your day with a short walk, bath, yoga or a quiet cup of tea in bed. Yum!
2. Treat yourself. To a massage, manicure, hair-cut, hair-colour or even just a wash and blow-dry. Relax and let someone ELSE make your life easier.
3. Remember to do important tasks before they become urgent. Now is (especially) the time of year for prioritising, planning and (eek!) lists.
4. What can you say "No" to? Reclaim your calm with a night in...
5. Ask for help (or an angel!). What can you delegate to someone else - children, a friend, colleague or relative? Just because YOU don't enjoy it doesn't mean they won't be willing to help...

Simple but effective. Pick one and treat yourself!

*"Even if you're on the right track, you'll get run over if you just sit there."
James Allen*

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If you know someone else who might enjoy this e-zine, simply **forward it on** or they can **sign up on the website at** www.simplicitylifecoaching.com

CHALLENGE OF THE MONTH!

The aim of this box is for you to help **Change the World - one action at a time...**

ALL OF US can become "Instant Angels" as we step in to offer the gift of ourselves to others who need our help. It could be paying parking for someone who doesn't have change, staying late and helping someone finish up that report, baby-sitting so a friend can go Christmas shopping or helping someone out in an emergency.

So, inspired by Susan Jeffers (author of "Feel the Fear and Do it Anyway"), here is your **Challenge** for this month.

Be an Instant Angel for someone:

- ✿ **LEVEL 1 - Challenging.** Aim for 1 angelic act over the next month.
- ✿ **LEVEL 2 - Extra.** Aim for 1 angelic act every week.
- ✿ **LEVEL 3 - Extreme.** Aim for 1 angelic act each day.

TIP: It can be a big act or small act, financially generous or a couple of dollars. The trick is for it to be unexpected, spontaneous and in the moment. 'Tis the season to ENJOY!

