

# A SIMPLER LIFE...

Issue 18

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## Follow your dreams...

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,

OK, so the last newsletter was on getting unstuck and taking action and in this issue I take this a step further – by looking at following your dreams – and laziness!

I don't know how many of you have read "The 4 Hour Workweek" – but the author inspired me to write about the laziness so many of us indulge in - that of settling - accepting things the way they are, the way society says they should be...

I also wanted to share my dream with you – to reach as many people as possible and help them get unstuck, build confidence, find happiness and inner peace. Essentially to help them create a life they love just like I have. And my dream is to extend this reach by selling and licensing tools, workbooks, e-books and much much more from my website.

Why am I sharing? Well, the point of this issue is to take action and follow your dreams - one step at a time - even if it doesn't feel realistic at the start. Start small, be patient, but be open to possibilities. And allow yourself to dream – because you never know where it will lead.

To help you this month, there's a free one-sider mini-report to help you set more meaningful goals. Go to [www.simplicitylifecoaching.com/tools\\_resources](http://www.simplicitylifecoaching.com/tools_resources) and look under Special Reports & Articles.

So, if you know someone looking to get unstuck, build confidence and create **more passion and joy** in their lives I'd love to hear from you! As always, thanks to my family, friends and fab clients!

Warmly, *Emma-Louise.*

## THOUGHT FOR THE MONTH

*"Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning."*

*Gloria Steinem*

## "The Laziness Within"

*In the Western world most of us no longer have to worry where our food and shelter comes from. But we manage to keep ourselves trapped like little ants, working ever harder because we keep wanting more – bigger houses, better cars, more 'stuff'...*

In the West we live in a culture that rewards and celebrates personal sacrifice, measuring time spent, status symbols and dollars earned - instead of happiness, freedom and joy.

Tim Ferriss (in one of this issue's recommended books) redefines laziness as "enduring a non-ideal existence, letting circumstance, society and others decide life for you." He even goes so far as to say that **being busy is actually a form of laziness** – lazy thinking and indiscriminate action. Interesting eh?

How could you create your own happiness, live joyfully and feel free? What are your dreams? We all have them – however fuzzy. I'm not talking about random events like winning the lottery – but things that are within your control. Maybe writing a book, travelling the world, having your own vineyard or working from the beach.

Maybe your dream is simpler. It may be to earn the same amount of money but work 4 days a week instead of 5, or work 3 days a week and give 1 to charity. Whatever your dream is, it will be as unique and inspiring as you are.

I propose that NOT taking action, allowing the busy-ness of life to take you over is the real definition of laziness.

All too often we wait; for the timing to be right, to have enough money saved up, or for the kids to be a certain age. The list goes on. But the timing to follow our dreams will never be right – these end up just being excuses to put off taking action.

*"... life never calms down long enough for us to wait until tomorrow to start living the lives we deserve." Sarah Ban Breathnach*

The final redefinition of laziness is specificity – or lack thereof. If you're not specific about what you want you won't be able to move towards it. What a great way to avoid taking action - now that's lazy!

Let's look at it this another way: What's the worst that could happen if you follow your dreams? What's the negative cost to you of NOT following your dreams – emotionally and mentally? Isn't it worse to slave your life away into your 60s only to have a serious illness at 70 (or even earlier)?

If you continue to let societal norms dictate how you live your life I'm sure your life will be OK. But will it be fabulous, joyful, exciting? Whatever your dream - I bet someone out there has already taken responsibility for their happiness and figured out how to do it. So what's stopping you?

## RECOMMENDED READING

1. **The 4 Hour Workweek** *Timothy Ferriss*  
Timothy challenges our thinking on what life is all about. Are you a 'deferrer' or the 'new rich' who seek happiness now rather than waiting? Practical, irreverent and yes - sometimes downright childish - this book WILL get you thinking differently...
2. **A New Earth** *Eckhart Tolle*  
I know, I know - Oprah has gone crazy about this book. So, if you're an Oprah fan - great. If not, don't let that stop you!!! I have a lot of Ecky's stuff. Some of it is a bit 'out there' BUT he has a way of explaining some deep spiritual ideas around happiness that make sense in a way many other authors just don't capture. Go for it!

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

## ENLIGHTENING LUNCHEBREAKS

[www.pincgiving.com](http://www.pincgiving.com)

An ecommerce website for donations and fund-raising! Now doesn't that make life easy?

[www.happynews.com](http://www.happynews.com)

This is a website (surprisingly enough!) that only has happy news. Sections for Science and Technology, Environment, International, Arts & Entertainment, Business and more. Enjoy!

## There is no such thing as... "an unrealistic goal"

*Yes, sometimes our deadlines or the standard we set may be unrealistic, but the goal itself - never! And don't let anyone tell you otherwise!*

So, let's say you have a goal that SEEMS unrealistic. Many people - consciously or unconsciously - think "It'll never happen so I won't even try..."

But the more unreasonable your goal - the more exciting and inspiring it is! How's that for motivation?

And, we tend to OVERestimate what we can achieve in 3 months and UNDERestimate what we can achieve in a year. And it's the same with 1 year and 5 years, and with 5 years and 10 years.

If you start now, start small, you WILL get there. OK, so it may take longer than you expect. But strange, synchronous happenings often occur when you follow your dreams that mean you achieve your 'unrealistic' goal sooner than you thought reasonable...

But if you don't even try - well I guess I'll give you that one - that really is an unrealistic goal...

Remember your mini-report on setting meaningful goals at [www.simplicitylifecoaching.com/tools\\_resources](http://www.simplicitylifecoaching.com/tools_resources)

♥ QUOTE: "The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it" Michelangelo

## QUESTIONS TO HELP IDENTIFY YOUR DREAMS...

Take a moment to ponder these...

1. What would you do with your life if you won \$100 million on the lottery? Not in the short-term - but with your life...
2. Think back to a time you felt joyful & enthusiastic. Where were you, what were you doing? Who were you with? (and I'm not talking about chilling on the beach recuperating from your life...)
3. What are you avoiding?
4. What would you do with your life if you KNEW you couldn't fail and no-one would judge you?
5. You have a magic wand. Wave it. What happened?
6. What do you yearn for most?
7. Imagine yourself as an angel. Cute, strong, wise, wings, halo - I don't mind. What advice would you give yourself? What suggestions would you make about how you live your life?

*Allow these questions to float around. See what comes up over the days and weeks ahead!*

*"We rise to great heights by a winding staircase of small steps" Francis Bacon*



*Find the joy and let go of the struggle!*

Vancouver, BC, Canada

Emma-Louise Elsey  
+1 (604) 990-9068

[emma@simplicitylifecoaching.com](mailto:emma@simplicitylifecoaching.com)

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](http://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...

So, let's look at those unrealistic goals and dreams of yours. Pick something outrageous to dream of and just start exploring possibilities...

**Get excited about your life and:**

- ✿ **LEVEL 1 - Gentle.**  
Aim for 1 action towards your outrageous dream EVERY month.
- ✿ **LEVEL 2 - Challenging.**  
Aim for 1 action towards your outrageous dream EVERY week.
- ✿ **LEVEL 3 - Extreme.**  
Aim for 1 action towards your outrageous dream EVERY day.

**TIP:** Just because you EXPLORE options doesn't mean you have to follow them. Try just looking into your outrageous idea... Your actions could be as teeny-tiny as spending 5 mins of your lunchbreak surfing the internet, making a quick call to inquire about costs or starting an ideas journal and jotting in for 5 minutes every day.