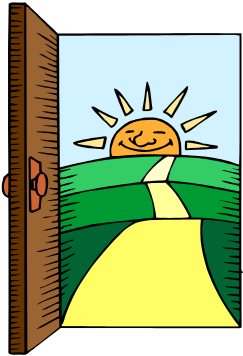


THE SIMPLE LIFE

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Introducing Simplicity Life Coaching

Helping people de-stress, simplify and re-prioritize their lives through better understanding of themselves and others

Hello, my name is Emma-Louise Elsey.

I moved to the North Shore from England in July last year. Since moving here, as well as setting up home and enjoying all that Vancouver has to offer, I have been working towards launching my life coaching business.

I am now very excited to introduce:



Simplicity Life Coaching Ltd.

Simplicity Life Coaching offers coaching to help you simplify, de-stress and re-prioritize your life. You will gain a deeper understanding of yourself and others as you define what is truly important to you in life and take positive steps towards your goals and dreams.

For more information please contact me for a complimentary discussion - the details are at the bottom of this news letter. I look forward to working with my fellow Vancouverites.

Emma-Louise.

THOUGHT OF THE DAY

Rejection = People who temporarily cannot appreciate true class!

Thanks to Mike Lipkin for that one!

"The Power Within"

I attended the conference "The Power Within" on Friday 18th March where noted authors and speakers shared their thoughts on how we can improve ourselves and our lives. I would like to share some highlights with you!

The first speaker, **Mike Lipkin**, who had tremendous passion and humour, said there are 3 main trends in the way we live, work and play:

- 1) A deep craving for simplicity – have more and do less.
 - 2) A deep desire for idealism and meaning in our lives.
 - 3) A deep need to connect with each other on a human level.
- These are beliefs that I share and reflect in my coaching work.

As a society I believe we focus too much time and effort on our weaknesses and faults. We're all aware of our less than good points – but do we know what our strengths are?

Marcus Buckingham, management 'guru', said we should determine what our unique strengths are and capitalize on them. Where do you think you will gain greater success: by focusing on turning a -6 score to a zero or by turning a +6 score into a 10? *See over for an exercise you can perform with a friend to identify some of your strengths.*

Loretta LaRoche, author of "Life is Short, Wear your Party Pants", was wonderfully irreverent, saying we all need to 'lighten up' to enjoy life more and recognize our 'inner absurdity'. In fact research shows again and again that humour and laughter have a direct positive impact on our health and how we perform and feel in our lives.

Producer of the hit shows 'Survivor' and 'The Apprentice' **Mark Burnett**, shared some of the secrets of his success. The key thing I took away is that if you're always waiting to be 100% certain before you do something – you'll never do anything! One of my favourite quotes is "The man who makes no mistakes does not usually make anything" by Edward J. Phelps. *Next time you're undecided on whether to do something, try asking yourself "What's the worst than can happen?"*

The last speaker was **Dr Phil**. He invited us all to mark down today's date and promised that a year from now our life would be different. It could be better, or worse, but it will not be the same; "You cannot not choose" because even doing nothing is a choice. In fact research tells us that the number one motivator in people's lives is fear – ie. instead of building our lives around what we want, we spend our lives avoiding what we don't want. No wonder so many of us are seeking meaning in our lives! *So, next time you're avoiding doing something remember that the fear of doing something usually far exceeds the reality of actually doing it.*

RECOMMENDED READING

1. **Now, Discover Your Strengths: How to Develop Your Talents and Those of the People You Manage**
Marcus Buckingham, Donald Clifton
ISBN: 0743207661
Title says it all. Price Includes an 'on-line' test to give your top 5 signature strengths
2. **Life is Short - Wear Your Party Pants**
Loretta LaRoche ISBN: 1401901492
I've not read this yet, but if her speech was anything to go by it will be hilarious. Also on CD
3. **Feel the Fear and Do It Anyway**
Susan Jeffers ISBN: 0449902927
Excellent book - inspires you to overcome your fears and just do it! Also on CD

INTERESTING WEBSITES

<http://www.reflectivehappiness.com/>

Martin Seligman, renowned academic dedicated to the study of positive psychology

There is no such thing as Rejection

Rejection is a concept invented by 'us humans' to make ourselves feel bad.

If you think about it, when someone rejects you - nothing has really changed: Before you asked you had no dinner date - and after you have been rejected - you still have no dinner date. Rejection is just a concept we have concocted to make us feel badly about ourselves.

So, if someone says no, just say to yourself 'Next!'

FACT: Jack Canfield's wildly successful book "Chicken Soup for the Soul" (which is now also a TV series) was rejected by 144 publishers before finally being accepted!

FACT: Stephen King was famously only published after he had given up. His wife picked his manuscript out of the trash and unbeknownst to him sent it off. He is now a worldwide phenomenon.

STRENGTHS EXERCISE

1. Find a friend to do this exercise with you.
2. Think of 10 people you like and/or admire and list their strengths.
3. For each person in turn, say: "I acknowledge [Fred] for being [strength 1], [strength 2], [strength 3]" etc
4. Then, say "I acknowledge myself for being [all the strengths you have identified in your list above]" ¹

¹ This can be a powerful exercise which leaves you feeling good about yourself. Step 3 gets you thinking about strengths without limiting yourself. The exercise works on the basis that we notice in others what exists in ourselves.



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REMEMBER

Life doesn't have to be a struggle.

Try making a list of the people you spend time with. Then, against each one:

- ☆ put a + if you feel good about yourself around them
- ☆ put a - if they are 'toxic' or 'drain' you
- ☆ now start spending more time with your 'greats' and stop spending time with the 'drainers'
- ☆ We apparently spend most of our time each year with just 5 people. If one of those is a 'drainer' you may want to think again.

*You only have one life,
spend your time wisely!*