

THE SIMPLE LIFE

Issue 12

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Acceptance 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!

I can't believe that 2006 is nearly over! It has been a busy year for me – and pretty much everyone I have talked to. Is it my imagination or does life just keep speeding up? Or maybe that's just me getting older...

Anyway, as well as the new branding – the new website will be up Friday! Hurrah! I plan to update it monthly with new tools and/or articles. And I can't believe that it's gone live and there are already some updates that need doing...

Please check the new website out on Friday 22nd at www.simplicitylifecoaching.com. All feedback and comments appreciated – that's how we improve!

If you might like some tips on setting **New Year's Resolutions** – check out the published article on the new website under "In the Media". I also have some great plans and offers for next year, so watch this space!

Maybe you know someone looking for **balance, inner peace** or maybe just wondering **who they are** and **what they want from life**. Whether you're simply looking for more information or just a quick chat, please get in touch! Contact details at the end of the newsletter.

As always, thanks to my family, friends and clients.

Have a wonderful holiday season and I look forward to chatting with you again in 2007!

Emma-Louise.

THOUGHT FOR THE MONTH

"The real art of conversation is not only to say the right thing at the right place, but to leave unsaid the wrong thing at the tempting moment."

Dorothy Nevill

"The Family Within"

With the Christmas holidays nearly upon us it's time for many of us to spend a few days in close proximity to our nearest and dearest. It might be something you look forward to or perhaps it feels more like torture. Whatever the reality for you, there are some tips below to help you enjoy your family over the holidays!

1) Let go of expectations. With expectation there is always a risk of disappointment – the expectation not being met. Most of us want our holidays to be fun, joyful, warm, festive. Then we are disappointed when this picture is not met. When we let go of expectation we open ourselves to possibilities. We learn different ways of being - and doing things. And if your family ends up fighting over Christmas – it's probably because everyone has expectations of their own. Don't add yours to the mix. Instead relax, look for the positives and see what there is to learn from the situation...

2) Focus on you! Know what's important to you and make an effort to meet your own needs BEFORE giving to others. If you know you need 8 hours sleep to feel good, don't get up early after a late night just to be a good 'host' or 'guest'. If you don't like eating lunch at 3pm because you get hungry, make sure to have a healthy snack at noon. If you find you get worn out with all the entertaining/ participating, take time out for a stroll or have a soak in the bath to relax. No-one wants you around if you're grumpy! Know your limitations, set your boundaries and make it happen!

3) Don't Judge Others. Interestingly we can only notice in others what we are capable of ourselves. Not that we do it – we just have the *ability*. So, what does your judgement of others tell you about you? Do they have a quality you want for yourself – and they just keep rubbing it in? Or perhaps you have worked hard at NOT doing what they're doing – why can't they do the same? Or maybe they simply have different values – and are not respecting something important to you. Judging someone leaves you powerless to change your experience. Instead, take responsibility for *your* beliefs and judgements and accept that other people's will be different. This naturally leads to a happier holiday!

4) Be Giving. And I don't mean Christmas gifts. Give the gift of listening, forgiveness, appreciation, acceptance. We can't change others, only ourselves. Instead of reacting to your Uncle making that joke AGAIN, give him laughter. Instead of being resentful that your sibling is not helping clear up, show appreciation to your host by making their life easier. Instead of switching off as your aunt drones on (as usual) about how successful your cousins are, nod appreciatively. As you accept others and give them your attention see what happens and how good you feel about yourself...

RECOMMENDED READING

1. **Work The Pond**
Darcy Rezac ISBN: 0735204020
Those Christmas and New Year parties mean plenty of new people to talk to, so why not learn how to make meeting new people easy AND fun!
2. **Difficult Conversations**
Stone, Patten and Heen ISBN: 014028852X
By the acclaimed authors of "Getting to Yes" a book that dissects difficult conversations and gives us insight as well as useful strategies to learn and develop. Endlessly useful in business or at home.

ENLIGHTENING LUNCHBREAKS

www.humanmetrics.com

A variety of personality tests - some free, some just a few \$'s. One valuable free test is a version of Myers-Briggs (Jung personality typology) widely used in business all over the world. Any fellow ENFJ's get in touch! And remember these tests are just indicators - not reality!

www.fenomenalcalendar.com/

Great - a calendar for 2007 that celebrates women with curves! You go girls!

There is no such thing as... "It's Their Fault"

Often when things go 'wrong' we assign blame. We think this helps us to understand and move forwards. In reality, this may prevent us from seeing where we contributed to the situation - and that means the problem can arise again in the future.

When we judge others we tend to focus on their shortcomings (and the more you look, the more you notice!). Instead, letting others be who they are is the height of kindness and loving others.

If you find yourself 'blaming', a wonderful tool to help you learn is to, "Pick up the Mirror, not the Magnifying Glass." Ask:

1. How have I contributed to this situation?
2. What is great about this?
3. How does what I focus on add to the situation?
4. If I were to relive the situation as someone who takes FULL responsibility for my actions and feelings, what would I do differently?
5. Where am I resisting reality (things I can't change)?

It's not that other people's behaviour is right. It's that we only hurt OURSELVES by letting their behaviour take away our peace of mind.

THOUGHT: "There is nothing either good or bad, but thinking makes it so." Shakespeare (Hamlet)

5 WAYS TO COPE...

You always have a choice how to deal with difficult people and situations...

- ☆ **Complain and Suffer...** A perfectly valid option if you want to ensure you are 'right' or be a 'victim'.
- ☆ **Avoid the situation altogether...** If you won't, can't or have already made the effort to work it out - to no avail - give yourself some distance, time and/or space!
- ☆ **Love yourself...** Give yourself the love and acceptance you need - then it won't matter what other people think, say or do. See how you handle those difficult people with ease!
- ☆ **Accept people the way they are...** They might not change but *you* can - change the way you see them that is. Lose the negative thoughts and impact on *you* by *accepting them*.
- ☆ **Model the way to be...** Just as others impact our behaviour - we also impact theirs. Don't react, give the benefit of the doubt, be patient and remember - it's *always* about them...

"Being listened to is so close to being loved that most people cannot tell the difference." David Oxberg

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Contact: Emma-Louise Elsey

Phone: (604) 990-9068

Email:

emma@simplicitylifecoaching.com

If you know someone who might enjoy this e-zine, simply forward it on or ask them to send a blank email to newsletter@simplicitylifecoaching.com

REMEMBER

We're good at making life hard for ourselves. Instead here are **5 top tips that reverse traditional wisdom**:

1. **Procrastinate:** Sometimes when we don't know what to do it may be best to do nothing! Wait for life or your intuition to make the decision for you.
2. **Stop trying so hard:** When we try too hard to do things, we get in our own way. Instead, try trusting that the answer will come...
3. **Cry over the spilt milk:** Bottling up how you feel especially during busy times in our lives can lead to 'regrettable' outbursts. If you're feeling upset, have your cry, get over it and move on to enjoy life!
4. **Choose how you feel:** Zen wisdom says, "I can have lost my favorite teacup and be miserable or I can have lost my favorite teacup and be all right. Either way my teacup is gone."
5. **Plan your spontaneity:** Book a day (or ½ day) in your diary. This is a time of NO PLANS and just doing what YOU feel like on the day!

Why not try one of these and see what happens?