

THE SIMPLE LIFE

Issue 14

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Self-Knowledge 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 Simple Life Readers,

Well, we are now well into March – and the clocks ‘they are a-changing’. It’s lovely to be on Summer Time and have our lighter evenings back! So, it’s a perfect opportunity to reflect on how we spend our time. And to help you, this month’s newsletter is all about saying “No”...

So, news hot off the press - is that I have finished the new Coaching programme “Free Yourself & Get Happy!”. Pop to www.simplicitylifecoaching.com/free_yourself_get_happy

for more details. Until the end of April or until I have 10 participants – there is a *very* special offer trialling the Coaching Programme. Space is limited so if you think you might be interested, just get in touch - soon!

The **new tool on the website this month** is an enquiry for you: “Where do I go next in my life?” Look under “Fun Exercises” on the “Tools for You” page.

www.simplicitylifecoaching.com/tools_resources

Maybe you know someone looking for more **fun, passion and joy** or someone simply wondering **who they are and what they want from life?** Whether you’re looking for more information or just a quick chat, I’d love to hear from you! Contact details at the end of the newsletter.

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

I hope you have a great April and look forward to chatting with you again soon! Warmly, *Emma-Louise*.

THOUGHT FOR THE MONTH

"By adding something new every day, we gain knowledge. By taking something away every day, we gain wisdom." Lao Tzu

“The No Within”

As a child, one of our first words is “No”. As children we use “No” often, so self-absorbed are we in getting our needs met and focused on what we want.

Quite rightly, adults teach us that we need to consider other people’s wants and needs. As children we need to learn we are NOT the centre of the universe and that other people have feelings too.

In addition, for our own safety and development we learn that others ‘know what is best’ for us. Our “No” loses its potency. We do what we are told in order to be protected, loved and fed. Our “No” is often unacceptable to grown-ups.

Now, as adults, the world of “Yes” has opened up for us. Whatever you want as a career, whatever hobby or subject you want to learn about, whatever activity you want to do, wherever you want to travel. It’s all available to us - like never before in history.

Technology enables us to be in contact with everyone at all times – whether via phone, email or instant-messaging.

And there is SUCH a huge range of choices available to us everyday – whether the type or brand of food we eat, which insurance policy to choose, which car or house to buy, which TV, internet or cellphone provider to use.

There are things people expect us to do and things we want to do. We are in a state of information, choice and action overload. We have a super-abundance of options and it is stressing us out!

So, one of the most empowering skills we can re-learn – is how to say “No” both to ourselves and others. In the busy world we live in there will ALWAYS be a better option somewhere! There will ALWAYS be more to do than time available. You simply need to decide what really matters to you and let go of the rest!

The re-learnable skill of saying “No”, of learning to honour YOUR values, is what makes the difference between those who truly enjoy life, and those whose lives are constantly stressed, busy doing one thing after another, after another...

Remember that by saying “Yes” to something, you are automatically saying no to other things. By saying “Yes” to long working hours you are saying “No” to family or self-time. By saying “Yes” to going out every night, you are saying “No” to being rested and at your best during the day.

Why not start to be conscious about your choices and change the criteria? Say “Yes” to those things that enrich and enliven your life, and say “No” to the things that drain you.

Over the days and weeks ahead, perhaps you will think about it. By saying “No” what could you be saying “Yes” to?

RECOMMENDED READING

1. **Success through a Positive Mental Attitude**
Napoleon Hill & W. Clement Stone ISBN: 0091887542
First published in 1961! A gem of a book by two of our best contemporary positive thinkers. Ageless formulas to help you achieve success.
2. **Who Moved My Cheese?**
Dr Spencer Johnson ISBN: 0091816971
A short, simple parable about two mice, their 'cheese' and how we handle change.

PS. Don't forget your local Library - you can read many of these recommended books for free!

ENLIGHTENING LUNCHBREAKS

www.timeday.org/posters.asp

Take Back your Time is a project which addresses our overwhelm! Too many things to do and a 'time famine' threatens our health, relationships, families, communities and the environment. I LOVE these downloadable posters! Maybe you'll pick one that speaks to you, print and put it up at work - by your desk or the coffee lounge to remind you to have fun...

www.trashyourtv.com

This is so relevant to how we live and are headed as a society that it's in the newsletter again! Why not get more informed?

There is no such thing as... "Guilt"

Guilt and saying "No" are often partners in crime. And yet guilt is actually one of our easier emotions to deal with - if we learn to tune into ourselves.

Simply put, we feel guilt when we do something that goes AGAINST one of our values. So, guilt is really a useful sign to help us look after ourselves better.

Let's say you place a value on kindness and then say "No" to helping someone out. Or you're tired - and perhaps are more brutally honest than usual. You will probably feel guilty. You met your value of 'health and well-being' or 'honesty' but did not meet your value of kindness. You simply had a conflict of values.

3 Steps to letting go of guilt. Next time you feel guilty:

Step 1 - Recognise which values you are meeting and NOT meeting. Acknowledge that you made a choice. Life is complex - and the perfect choice may not exist.

Step 2 - Now consider the choice. If you truly made the right choice for you - allow yourself to ACCEPT it...

Step 3 - If you regret your choice you have 3 options:

1. Un-make your decision or change your mind!
2. Learn from it. Let go & do differently next time!
3. Make amends - apologise! If it's too late for that, release the guilt by doing something meaningful - maybe donate time or money to a related cause.

THOUGHT: A little guilt is good - it keeps us on track!

IN SUPPORT OF "NO"

To hold the word *no* in my mouth like a gold coin, something valued, something possible.

To teach the *no* to our daughters. To value their *no* more than their compliant *yes*. To celebrate *no*. To grasp the word *no* in your first and refuse to give it up. To support the boy who says *no* to violence, the girl who will not be violated, the woman who says *no, no, no, I will not*. To love the *no*, to cherish the *no*, which is so often our first word. *No* - the means to transformation.

We are born in caul and veils, and our lives as women are fierce and individual dances of shedding them. We are stepping higher, higher now, into the thinnest air. It takes about a decade of wild blue dancing to shed just one. If we are lucky and if we dance hard enough, will we be able to look each other in the eye, our faces clear, between us nothing but air?

Louise Erdrich.

From The Bluejay's Dance: A Birth Year

"Just because we increase the speed of information doesn't mean we can increase the speed of decisions. Pondering, reflecting and ruminating are undervalued skills in our culture." Dale Dauten

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SAVE PAPER

If you would prefer to enjoy this e-zine electronically simply send a blank email to

newsletter@simplicitylifecoaching.com

CHALLENGE OF THE MONTH!

Talking about new perspectives on life is one thing - but taking action is what makes it REAL! So here is an opportunity to make a difference in your life...

Feeling stressed or overwhelmed? Well, why not **experience more TIME FOR YOU?**

Here are 3 Levels for your first Challenge. See what you can learn about yourself!

🌟 LEVEL 1 - Gentle

Say "No" 3 times in ONE WEEK when you would normally say "Yes"

🌟 LEVEL 2 - Challenging

Say "No" 3 times EACH DAY for one week when you would normally say "Yes"

🌟 LEVEL 3 - Extreme

Say "No" 3 times EACH DAY for 3 weeks when you would normally say "Yes"

TIP: In part this exercise is about learning to trust your gut-feelings and think about YOUR priorities and values. If you don't put yourself first, no-one else will!

It takes (on average) 3 weeks to change a habit. Here's your opportunity...