

# THE SIMPLE LIFE

Issue 15

June 2007



## Appreciation 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, summer is now officially here (at least in the Northern hemisphere!). With the longer, lighter evenings – what better opportunity to spend time with and appreciate our friends? Hence the topic for this month's newsletter!

Latest developments! I have teamed up with colleague and fellow coach Elena to bring you "The Social Book Club", a monthly social event where we share the secrets of some of the best personal development books - and you don't even have to read the book!! Next date is Wed June 27<sup>th</sup> from 6-8pm. Get more details and flyer at the Events page at [www.simplicitylifecoaching.com](http://www.simplicitylifecoaching.com).

The **new tool on the website this month** is to help you TAKE BACK CONTROL when you feel overwhelmed! Look for \*NEW\* under "Fun Exercises" on the "Tools for You" page.

[www.simplicitylifecoaching.com/tools\\_resources](http://www.simplicitylifecoaching.com/tools_resources)

Maybe you know someone looking for more **fun, passion and joy**, or 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 June and look forward to chatting with you again soon!

Warmly, *Emma-Louise*.

### THOUGHT FOR THE MONTH

*"The only service a friend can really render is to keep up your courage by holding up to you a mirror in which you can see a noble image of yourself."* **George Bernard Shaw**

## "The Friends Within"

*We've all heard the saying "Friends are the family we choose". But why do we choose them?*

Some of us have many, many friends and some of us just a select few. Many of us are somewhere in between.

In a busy and increasingly impersonal world where families are spread across the country, or even the globe, friends play an ever more important role in our lives. They become our surrogate families or 'community'.

Friends are people to have fun with, commiserate with and to get advice or support from. They are the people who energize and encourage us, people who nurture parts of our personalities that don't get out very often. Friends are also simply people to 'be' ourselves with.

I don't believe we choose friends, we identify them. But like intimate attraction – identifying friends often happens at a sub-conscious level – we're simply drawn to someone.

Sometimes it's through identified similarities – they're like us. And sometimes we're drawn to someone because they have qualities we admire or enjoy being around.

You know that age-old saying that "What you recognize in others also resides in yourself". Well, it's usually used to remind us to be more humble when finding fault with others. But it can also be applied to good qualities. Deep down there is a seed of that quality within you – which if nurtured - would grow!

*Anais Nin said, "Each friend represents a world in us, a world possibly not born until they arrive".*

What in your friends represents a world in you? What in yourself can you identify in your friends? Perhaps take a moment to reflect on your core friendships. What is it about your friends that drew you to them? What do you admire and enjoy about them?

Now, which of those qualities might you like to acknowledge and nurture within yourself?

You could start by simply observing that quality in your friends. And then maybe even ask them how they do it. Try, "You're so at ease with everyone, how do you do that?" or "You're so good at saying 'no', how do you do that?" You may be surprised by what you learn!

Why not? When we stop to notice what people add to our lives, it makes us appreciate them more. And who doesn't love being appreciated?

In the days and weeks ahead, perhaps take a little time to observe and appreciate your friends. They are a mirror to YOUR soul!

## RECOMMENDED READING

1. Friends & Enemies (our need to love and hate)  
*Dorothy Rowe* ISBN: 0006530583  
Want to know more about friends, enemies, love and hate? Hard-hitting, plenty of historical examples. Will make you think!

2. Eat Pray Love  
*Elizabeth Gilbert* ISBN: 0143038419  
A wonderful memoir written as if it was highly entertaining fiction. Follow Liz as she discovers herself in Italy, India and finally Indonesia!

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

## ENLIGHTENING LUNCHBREAKS

[www.actsofkindness.org/inspiration/ecards.asp](http://www.actsofkindness.org/inspiration/ecards.asp)

Why not send a free inspirational e-card to your friends and thank them for being - well - them!

[www.siconversations.org](http://www.siconversations.org)

Interested in where society and the world is going? Visit **social innovation conversations** for in-depth podcasts/audio on a variety of topics like where your cup of coffee comes from, helping businesses create a better world, thoughts on reducing world poverty, sustainability and much much more.

## There is no such thing as... An "Enemy"

*We left 'enemies' behind in the playground - and now, as adults, "enemies" only exist in films. Or do they?*

We have all experienced that person who just doesn't like us - no matter what we do - and no matter whether or not we've done anything to them.

It's hard to deal with - no matter what age or how mature we are. Human nature means we want to be liked.

So what do we do with that person who just doesn't like us - for seemingly no reason - and makes it quite clear?

Well, as long as they're not actively trying to harm you, why not try to get to know them? It's hard to truly dislike someone when they seem genuinely interested in getting to know you.

And if that doesn't work, simply let go and avoid or remove them from your life wherever possible. If that isn't an option decide to forgive them (for the past and future!). If they COULD behave better, they would. And while you dwell on how they behave, the only person you're harming is yourself.

THOUGHT: Abraham Lincoln once dropped a few kind words about the Confederates. A woman demanded to know how he could speak kindly of his enemies when he should rather destroy them. He replied, "What, madam, do I not destroy them when I make them my friends?"

## DO IT DIFFERENTLY!

If you want your life to be different, you will have to do things differently. Here are **5 things to get you started:**

1. **Donate a day.** Choose a charity or event you believe in and donate a day of your time. (Ask if your employer has a policy that allows you to do this and get paid!)
2. **Start each day with purpose.** Pick 3 things you want to accomplish before sleep and just do them!
3. **Create a new habit.** Instead of trying to change something you don't like about yourself, pick a new habit you fancy and just start doing it.
4. **Schedule play dates.** Kids have them, so why not us? Book in a regular monthly 'play-date' with friends and do something fun.
5. **Take something away.** Do less. See if you can spot the 'time-waster' in your routine. Even 10 minutes a day is worth reclaiming: Reflect, relax, or simply switch out the light earlier!

*Why not try one of these and see what happens?*

*"I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back." Maya Angelou*

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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](http://www.simplicitylifecoaching.com)

## CHALLENGE OF THE MONTH!

As we've already discussed - your friendships are a mirror to your soul. What would you like to learn about yourself? **What skills would you like to develop?**

Well, why not do it AND boost a friend at the same time? Take a friend to lunch and notice their qualities. If they have a skill or trait you admire, ask them how they do it. Then listen carefully!

Here are 3 Levels for this month's Challenge. See what you can learn about yourself!

### ✿ LEVEL 1 - Gentle

Ask ONE friend out to lunch this week

### ✿ LEVEL 2 - Challenging

Ask TWO friends out to lunch this week

### ✿ LEVEL 3 - Extreme

Ask one friend out to lunch each week for a month, or until you run out of friends!

*Remember that you can't recognize something in others unless you already have the capability for it in yourself.*

*So, go on, give yourself a pat on the back!*