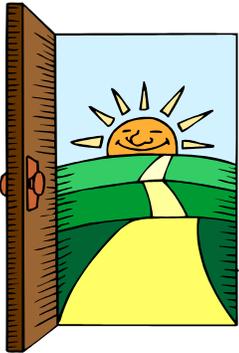


THE SIMPLE LIFE

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Self-Worth is the key...



Simplicity Life Coaching Ltd.

Find the Joy and Let go of the Struggle. Helping you de-stress, simplify and prioritise what you want from life and yourself!

It seems many of us these days are seeking self-esteem, self-respect or self-confidence. I believe it all boils down to one thing, self-worth. If we believe we are worthy – then by definition we esteem and value ourselves. If we truly value ourselves then self-respect and self-confidence come naturally.

Each and every one of us, by definition, is unique and special. Self-worth is not about your abilities, your job or your possessions; it's about you believing you are great simply because you exist. That you're great already, not at some point in the future - but right now. How freeing would that be?

When we value ourselves and believe we are worthy and deserving of the good things that happen to us, it's another step towards a more joyful life! As always I am inspired by my family, friends and clients - thank-you.

If you know someone who is looking for inner peace or to work on becoming their authentic self, then our contact details are at the bottom of this newsletter. Whether you want more information or just a quick chat, simply pick up the phone or email me!

Have a wonderful festive period, *Emma-Louise*.

THOUGHT OF THE MONTH

"Happiness is having a sense of self - not a feeling of being perfect but of being good enough and knowing that you are in the process of growth, of being, of achieving levels of joy." *Leo Buscaglia*

"The Deservedness Within"

I have often wondered if what underlies a lot of the fear, guilt and sadness so many of us carry is the feeling that we don't deserve the good things that happen to us.

Maybe we don't feel deserving of the love we receive from our partners, the success that we want or simply the compliment we just received. I wonder WHAT exactly would need to be different in order for us to DESERVE what the world or universe is giving us? Do we really need to earn it?

Well, what if we had already earned it? Just consider that for a second. Yes, we all make mistakes, errors of judgement, we all have regrets – this is what makes us human. But perhaps we have ALREADY earned the good things that happen (or will happen) to us, simply by being ourselves.

Think of all the love we have already given to others, the compliments we have paid and through various actions (whether large or small) the contributions we have made to another's success.

We could choose to see the good things that happened to us as the universe simply repaying us what we have already given to others. Call it Karma, call it whatever works for you.

Someone once told me that I was a 'wise young sage'. When I think back to that compliment it still makes me glow. Do they know that? Well, maybe they do after reading this or maybe in this busy hectic world we all live in, they have already forgotten. So, do they then deserve the success, compliment or love they are given? Looks to me like they have already earned it!

I also wonder if you have ever felt disappointed because you wanted to give or help someone and they turned you down? So many of us find it easier to give than receive, but if there wasn't anyone to receive and enjoy what we have to give, what would be the point of giving?

Learning to receive is a crucial part of our development, because when we receive with graciousness and pleasure we not only affirm the giver, but we also re-affirm our own self-worth. So, next time something good happens, try smiling, saying thank-you (to the person, universe or whatever faith you believe in) and then return the gift by simply enjoying the moment.

Life is short. Perhaps you will begin to recognize the giving you already do. And as you also learn to enjoy receiving you may notice you find a greater ease with yourself and life.

RECOMMENDED READING

1. **Soul Without Shame**
Byron Brown ISBN: 157062383X
A book that unmasks the 'judge' within each of us. It helps us to break free of our 'inner critic' which judges both ourselves and others.
2. **Awaken The Giant Within**
Anthony Robbins ISBN: 0743409388
If you like 'thick books' you'll like this one. Anthony Robbins is famous worldwide for his inspiring seminars, tapes and books. He forces us to look inwards at how we shape our world and challenges us to move beyond our own self-imposed limitations.

INTERESTING WEBSITES

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

This website aims to help you nurture mind, body and spirit. There are some interesting articles on self-improvement, healthy living, relationships etc.

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

And if you like quotes, perhaps you will enjoy browsing this site!

There is no such thing as... "Bad Manners"

These days, people come from a diverse range of backgrounds and cultures. Society is more relaxed and definitions of 'politeness' no longer work with everyone and every situation.

When did you last hear yourself say "They SHOULD have said thank-you" or "They didn't think" and felt wounded or hurt? Well, as long as we expect certain behaviours from people there will be times when we are disappointed. And when we choose to feel 'wounded' the only person we hurt is ourselves.

What if next time, instead of reacting to a perceived injustice we simply let it go? Maybe 'the offender' was just stressed, busy or tired. Wouldn't life be more relaxing if we chose not to expect anything? Instead we could be pleased when someone does remember to thank, consider or appreciate us.

If polite behaviour was considered to be putting others at their ease, then simply allowing someone's 'bad manners' to pass would be the ultimate in 'good manners'. After all, the only person whose behaviour you can change is your own.

♥ **THOUGHT:** "Etiquette - a fancy word for simple kindness." Elsa Maxwell

SAYING 'NO'

'No' is a powerful word. Whilst the life-coaching process encourages you to be positive and pro-active, sometimes this means saying 'No'.

If something or someone in your life is draining, perhaps ask yourself why you are saying 'Yes'. If the reason is not good enough, or you find you are constantly rushing around, saying 'No' may be just what you need.

If you sometimes find it tough to say no, try these 3 simple strategies:

1. Buy some time and ask, "Can I think about it?"
2. Ask if you can check your diary and then get back to them.
3. Practice saying "No". You could make it fun by role-playing with a friend, or simply practice on your own, even in front of a mirror.

When you say 'No' you create space in your life to say 'Yes' to something else. Time is only precious when you value how you spend it!

"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

Simply call or email to discover how coaching could help you or to arrange a complimentary discovery session



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If you would prefer to enjoy this e-zine by email, simply send a blank email to newsletter@simplicitylifecoaching.com

REMEMBER

Our deepest fear is not that we are inadequate,
Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us.
We ask ourselves: "Who am I to be brilliant, gorgeous, talented, fabulous?"

Actually, who are you not to be?
You are a child of God.
Your playing small does not serve the world.

There is nothing enlightening about shrinking so that other people around you won't feel insecure.

We are all meant to shine as children do.
We are born to manifest the glory of God that is within us.

It is not just in some of us; it is in everyone.

And as we let our light shine, we unconsciously give other people permission to do the same.

From Marianne Williamson's
"A Return to Love"