

THOUGHTS FOR THE

good life

PUBLISHED BY SUSAN SPRITZ MYERS, LIFE COACH 847.242.0351

Many thanks to all of you who let me know how much you enjoy Thoughts for the Good Life. Thank you also for forwarding names of your friends to add to the mailing list.

*I would love to share **your** good life thoughts with readers as well. This spring I am offering four hours of free coaching to one randomly selected reader. All you have to do is mail or e-mail me by July 15 what your good life looks like. The winner will be selected that week and notified promptly!*



Be well and enjoy!

Susan

"A coach may be the guardian angel you need to rev up your career." MONEY MAGAZINE

Who is Inside Waiting to Come Out?

Recently, I had the good fortune to hear Anne Lamott speak. Anne is a wonderful, creative character, published author, food and book critic, and writing teacher. She asked the audience, "Who is waiting inside of you to come out? Is there a creative endeavor waiting for you to start? Are you busy being productive, organizing your life or waiting for the kids to leave the nest before you begin? Do you believe you first need big blocks of time for yourself?" Anne says, "Find one hour a day to write, paint or do whatever calls you. Even if you do bad work, just do it." She reports that she writes eight pages to get one good one. That's quite a thought in this world where we are constantly striving for productivity and efficiency.

For those of us who don't have a book ready to leap from our loins, what does this insight mean? Anne's words may work there as well. She says, "Give yourself space to allow the creative thoughts to surface from with-

in. Pay attention to your thoughts, dreams and feelings. Really listen to what's within and wants to come out. Create a daily discipline like keeping a journal, walking in nature or just sitting quietly to daydream. Give yourself time to get in touch with what's really important to you when you aren't busy being that person the rest of world wants you to be. Shine a light in the dark corners." What could be there for you?

Winter Newsletter Lost in Space

The winter issue of this newsletter did not reach many of the designated mailboxes. The mailing company reports that it was safely deposited to the post office, but the trail gets lost there! So if you didn't receive *Thoughts for the Good Life* in February, let me know and I'll mail you an issue. If you think you may have received it, but don't remember, there was a fun tale about children learning about forgiveness from slimy potatoes.

Why hire a coach?

Often people assume coaching is for those who have lost their way in the world. Although coaching can help one find direction, it is also a wonderful support for those who want to make things happen in their lives. A coach listens to what scares the daylights out of you when you want to accomplish something new. A coach encourages you to set the bar just a little higher than is comfortable and then smiles as you reach it with complete ease. A coach sees what is truly amazing about you, especially when you can't see it yourself.

WHICH COACH SHOULD I HIRE?

There are many different coaches and coaching styles out there. Find one that feels comfortable to you. When shopping for a coach, interview several and see where the best fit is. Many coaches give a free 30-minute sample so you can experience their style. Where can you get the names of coaches? You can go to the International Coaching Federation website (www.coachfederation.org), for a free referral service. Or ask a coach, they will usually give you names of several other coaches to interview.

WHAT SHOULD I ASK A COACH?

Here are some questions you can ask a coach about his/her practice:

- What coaching training have you had?
- What is your policy about confidentiality?
- What are all the costs of coaching?
- How would you describe your coaching style?
- What can I expect from the process?
- Can I call past or present clients for reference?
- Is there a recommended duration for the coaching commitment?

Be candid about what you want to get from coaching. Notice which coach makes you feel most comfortable and with which you're willing to be honest about yourself.

"If you can't change the circumstances, change your perspective." UNKNOWN

Are Your Closets Dragging You Down?

Often when I give presentations on life balance, I ask the audience to rate their satisfaction in specific areas of their life. When I ask how satisfied they are with the order in their home, office or car, the participants frequently respond with a uniform moan and an uncomfortable giggle. Why look at the order in your closets as an indication of the balance in your life? The theory is that the physical space in which you live can significantly influence your daily energy level. Think about how differently it feels to sit down in the morning to a reasonably tidy desk or a complete mess. How does your home feel after a major purge? If you haven't done a spring cleaning, now is the time.

Coaching is getting more and more attention in the press lately. Are you reading about coaching and wondering how it can be a support in your life? Call me and let's talk about how together we can bring out your best.

Here's an interesting story. A recent client felt that he was constantly scattered and that his job wasn't going very well. In fact, he hired me to support him in his sales position. He reported that he had a closet in his second bedroom that was overflowing with clutter. Additionally, his desk at work was a nightmare. He had piles and piles of paper and was having trouble staying focused on getting the job done. We talked about his physical environment having an impact on his scattered feelings. He spent a good part of the weekend cleaning out and organizing the closet and the second bedroom. The following week he reported he was thrilled with the newly organized space. As a side note, he also mentioned how much energy he had for work after the closet purge.

Then he hired a professional office organizer to help him establish a system to deal with the sea of paper in his office. Within a very short period of time, he went from receiving concerns from management that he might not be the right guy for the job, to becoming one of the top sales people in the company. Colleagues began calling him to ask about his strategy for producing record sales. Was there a coincidence between organizing his physical space and the increase in his sales success? Maybe. It is certainly worth looking into! How satisfied are you with the order in your home, office and car?

Thoughts about clutter:

- *If you haven't worn an item within the last year, donate it to a friend or charity.*
- *Be decisive. Don't pile papers. Immediately decide what to do with them: act on, file or throw them away. Once a year go through documents to ensure that they are still necessary and up-to-date.*
- *Clearing the clutter in your physical space can help you get "unstuck" in other areas of your life.*
- *When you clear away the clutter, you make room for great things to come into your life.*

I hope you enjoyed this newsletter. If you want me to forward a copy to a friend or don't wish to receive future copies, please call, fax or send me an e-mail at SSpritz@aol.com.

Be well and enjoy! Susan Spritz Myers Tele: 847.242.0351 Fax: 847.242.0352

P.O. BOX 383 GLENCOE, IL 60022

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