

THOUGHTS FOR THE

good life

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Welcome to my FREE quarterly newsletter, full of fun stuff that will make you think, laugh and hopefully share a thought or two with a friend or colleague. What is the good life? It is whatever you define as your good life. For many it means having the time and energy to do what you love to do. My hope is that this newsletter will give you



ideas or inspire you to make more of your day. Perhaps just start by asking yourself the question, what does the good life mean to me!

Be well and enjoy!

So What is Coaching?

Coaching is a powerful process that helps people create more fulfillment in their personal and professional lives. We look at where you are today and build from there. What works, what doesn't, what you want more of and what you want to eliminate. We have four 30-minute phone appointments a month and make things happen in your life.

Heather Robinson used coaching to create an amazing new career for herself. Here is her story:

In 1997, when I first hired Sue Spritz to be my coach, I was a Director of Product Management at a large direct marketing company. I had the credentials to succeed: a Wellesley B.A. and a Cornell M.B.A in marketing. Nevertheless, I had been trying, without success, to be promoted to Vice President for six years. But this is not the story of how I became a Vice President, it is the story about how I uncovered my soul and found my life's true path.

Our first sessions were involved, and required homework on my part. I vividly remember some of the exercises Sue asked me to do. One had me writing a dialogue between myself and my Higher Self. It seemed crazy at first, but I was stunned at how strong and urging my Higher Self was about the direction I should be taking. Another exercise, called the Wheel of Life, evaluated my feelings about all aspects of my life, including marriage, home, family, health, career and more. During these client intake sessions, I realized that I was not succeeding because I was not on my true path. Sue asked me what my secret passion was, and I told her about a book I had started writing in 1991. She focused in on that, and I realized that it had been a lifelong dream of mine to write. At work, I was reviewed again and not promoted, I knew what direction my life would and should take. I was elated to quit my job in July 1998 and embark on my writing career.

To say that things have changed for me since then would be an enormous understatement.

In addition to developing my writing skills, I began to recognize that I had psychic gifts that I could hone and, with Sue's encouragement, I began to cultivate these gifts. Her ability to find and connect me with resources, (books or people) has always been wonderful, no matter where I was on my road. With Sue's gentle prodding, I decided to combine my psychic and writing skills. In the last year, I have written two 300-page books. Both books are about real unsolved crimes about which I received psychic messages. I regularly work with police departments sharing the psychic messages I receive.

I can honestly say that I am happier, healthier, calmer, more confident and alive than I have ever been before in my life. The coaching relationship was the catalyst that started the reaction, which made me, understand who I was and who I could be.

"How to Make Luck— 7 Secrets Lucky People Use to Success"

by Marc Myers

Many of us have heard or even thought to ourselves, "Well, they are just lucky!" Marc Myers, the executive editor of *Bottom Line/Personal* and *Moneysworth*, has just published *How to Make Luck*. Marc proposes that you can take chance out of luck and put yourself in charge of making good luck. The key steps highlighted in the book are:

Lucky Secret 1: Make life look easy—but don't rub it in.

Lucky Secret 2: Cultivate charisma—Even if you're shy.

Lucky Secret 3: Become known for your childlike curiosity.

Lucky Secret 4: Simplify other people's lives.

Lucky Secret 5: Let powerful people own a piece of you.

Lucky Secret 6: Fireproof your bridges—people have long memories.

Lucky Secret 7: Turn small triumphs into lucky streaks.

The book is available at Amazon.com or try your local library. Because it is new, they may not have ordered it, so request it. My library purchased it after I requested it. Wasn't I lucky!

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face....You must do the thing which you think you cannot do." ELEANOR ROOSEVELT

Slow down, you move too fast.

Many people feel their days fly by and they can't seem to accomplish anything. They are pulled in so many different directions and are overloaded with information. Whether you are a busy executive, a stay-at-home mom or a creative soul looking for the next inspiration, here are some ideas to help you enjoy your day, be more productive and have more fun.

MORNING BREATHERCISE

Set your alarm ten minutes earlier than you intend to get out of bed. When the alarm goes off, continue to lie in bed with your eyes closed. Concentrate on your breath. Breathe slowly in through your nose and out through your nose or mouth. DO NOT think about what you have to accomplish in the day. Just focus on your breath. Continue for ten minutes in a relaxed, reclining position. After ten minutes, get up and go about your day.

I have found that this simple way of starting the day

improves my disposition tremendously. Several years ago I used this technique daily when I was traveling a lot for my job. I was under a lot of stress in order to be productive in a job I no longer enjoyed. One day, one of the guys I worked closely with stopped and asked me what was I doing; I seemed so much happier and I wasn't getting upset about the things on the job that normally upset me. I smiled and reported that the only difference was this little morning breathing exercise. Try it. See if it helps you feel calmer, more relaxed and better able to focus.

DO SOMETHING WONDERFUL FOR YOURSELF EVERYDAY

How often do we stop and do something to please our selves? I suggest you incorporate one activity into your day to please yourself. Don't wait until tomorrow. Make today count. As they say, "live the day like it is your last." That may sound harsh, but I have found that thought very powerful after the recent tragedy with JFK, Jr.

GIFTS TO YOURSELF...

- Call a friend and tell them what you respect about them.
- Take time to write in a journal. Just jot down your random thoughts.
- Make a wonderful meal for your regular dinner eaters, especially if you dine alone!
- Take an extra half an hour in the bathroom and really clean and buff yourself.
- Buy flowers for your desk.
- Send an old friend a card with a sentimental message.
- Call your parents just to ask them what they are doing today.
- Really floss your teeth well at the end of the day.

You will notice that many of the ideas on the list involve reaching out to someone else. These are wonderful gifts to yourself and those in your circle. Share yourself openly and warmly. It will come back to you in magical ways.

As we approach the holiday time, what better gift to give yourself than coaching. You can use it to help you get clear and then get in action. Coaching is a great tool if things are good and you want to stretch yourself to take new risks in any area of your life. It is also wonderful support if you are afraid to leave your safe job, have an idea for a new business, are overwhelmed by your life or want to make changes and don't know where to start. Call me and we will talk about how coaching can benefit you.

I hope you enjoyed this newsletter. I will continue to send it to you, unless I hear from you. If you want me to forward a copy to a friend or don't want to receive future copies, you can call, fax or send me an e-mail message at SSpritz@aol.com.

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

“Learn to get in touch with the silence within yourself, and know that everything in this life has purpose. There are no mistakes, no coincidences. All events are blessings given to us to learn from.” ELIZABETH KUBLER-ROSS

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