

THOUGHTS FOR THE

good life

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“Work and play are the same. When you’re following your energy and doing what you want all the time, the distinction between work and play dissolves.” SHAKTI GAWAIN

Thank you for your good thoughts about the newsletter. I love hearing from readers and really appreciate you sending names to add to the mailing list. Congratulations to Susan Gille, who won the contest for a complementary four hours of coaching.

This is my school photograph from the fourth grade. I remember, at the time, thinking I was so grown up with my first purse across my chest. I love knowing that the fun-loving girl is still with me and am delighted when she shows up! How often do you invite the kid in you out to play?



Be well and enjoy!

Do Your Beliefs Serve You Today?

What beliefs do you carry as an adult that no longer serve you? A client explained to me that she had been taught to always put herself after others. She remembers her teachings from her family and church and they ring loudly in her ears today. She gives to everyone else, her family, job and professional commitments and has no energy left for herself.

She works for a large manufacturing firm and accomplishes her daily work in less hours than she is required to be on the job. She would love to have a shorter workday but is overwhelmed by the thought of talking to her boss about the situation. She now recognizes that the tremendous cost of holding onto this outdated belief has been her own personal happiness. She is experimenting with putting herself first and finds it incredibly uncomfortable. She recognizes that to get her life, health and energy back, she must do this.

Another client reports that he learned the lessons well from his family to earn a good wage, live within his means and have financial security for the future. Sounds like good advice; what could be limiting about this belief? The client felt a huge conflict when he thought about spending a small portion of his savings for home improvement projects. When we looked more closely, he realized his strong belief that he was only allowed to spend money he earned; savings were for future security. Uncovering this belief has helped him understand himself, relax the purse strings and enjoy some of his rewards today.

Carolyn Myss, a writer and medical intuitive, writes about the impact of our tribal influence on our beliefs. As children, our beliefs were shaped to create a world for our safety and security. Myss writes extensively how tribal belief systems that no longer support our well being can produce negative consequences and significantly contribute to our lack of health. As adults, we must evaluate our ancestral beliefs and decide if they work for us or limit our potential and ability to find true happiness.

What beliefs did you learn from your family and youth that

you want to embrace as an adult? What beliefs might you unconsciously embrace that keep you from being your happiest self?

Here's a fun exercise. Take a clean sheet of paper and label the left side Old Beliefs and label the right, New Beliefs. List your beliefs that no longer serve you, then write what you want the beliefs to be.

Here's an example:

OLD BELIEFS

I must think of others first and always put myself last.

I have to save for the future.

NEW BELIEFS

When I take care of myself first, I will be a better spouse, parent and employee.

I can enjoy the fruits of my labors today and have financial security.

What's on your list? This could be fun to share with your significant other or good friends. Interesting, enlightening conversation will surely come from being candid and honest about your beliefs and their impact on your daily happiness.

Summer's Dog Days

Are you enjoying the lazy days of summer? I remember August as a wonderful time in my youth and I often wonder how I can bring those sweet moments back into my fast paced world today.

As a young girl, I fondly remember walking down to the small public library and perusing the novels until I found a story that appealed to me. Then I would spend the afternoon reading, curled up in a comfortable wooden rocking chair on my family's back porch with a bag of Oreo cookies. I clearly remember the smell of the air and the sound of the wind blowing through the trees as I read without a care in the world.

What are your fond childhood memories from the dog days of summer? How can you invite them back into your life?

Feedback from Readers:

I agree wholeheartedly with your article on organized closets. I spent Memorial Day weekend cleaning out all four of mine and since then, my goals are in sharp focus and energy for them is abundant.

Susan Gille

Coaching Works... A Testimonial

From the first cleansing breath to her cheery closing "have a great day," Susan has helped me focus in a distracted, stressful world. Our relationship has evolved through a change of jobs and the death of a parent, yet Susan has kept the coaching relationship on an upbeat, progressive path.

Coaching helps me get clear about my personal and professional life, enabling me to focus on those aspects that need work. The tools used-from the Wheel of Life, to the 10 Daily Habits and the highly effective Kolbe test- emphasize the skills that Susan has honed as a professional coach. In addition, coaching has provided me with a visual icon. I see myself as a solid oak tree, which I find very grounding in frustrating times or when I've felt a lack of direction.

In short, coaching has enabled me to take a step back from my normal way of thinking and acting. I can focus on what really matters, a healthy balance between work, home and self.

Claire McHugh

Increasing your personal and professional success begins with getting very clear about your definition of a successful life. I would love to partner with you to make your vision a reality. Call me today for a free 30 minute sample of coaching and we'll talk about what your successful life looks like!

Just a quick note to tell you how much I enjoyed your newsletter. Great job. And, by the way, I'm cleaning off my desk surfaces today. Stay tuned for the results.

Randi Killian

There is Only One You

"For the more you know yourself the more you are able to impact other's lives. There is vitality, a life force, energy, a quickening, which is translated through you into action. And because there is only one you, this expression is unique and if you block it, it will never exist through any medium and the world will never have it."

Martha Graham

Golf Taught me About my Intentions...

We have all heard the theory: when we more clearly communicate our intentions, we significantly increase the desired outcome. Yesterday on the golf course that lesson was demonstrated to me in a big way.

I was playing in an event with a good friend and wanted to deliver for our team. We were on the 15th hole; I had hit my drive out of bounds and then had trouble in some long grass. I stood about 90 yards in front of the green facing a large pond of water. I knew the only way to score for our team was to hit a sweet shot over the

pond and have it drop in the hole or within inches of the hole. I took a deep breath, collected myself and said in my mind, "Put it in." I struck the ball and watched it fly into the pond. "Not in there, I meant the hole."

If I had only been completely clear and said in my mind, "Put in it the hole." This is a simple example of how our lack of clarity gets in the way of reaching our goals. Think about how clearly you communicate your intention the next time you stand before an important target or goal.

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