



LIVE 4 YOU COACHING'S **Self-Care For The Soul**

“LIFE IS NOT ABOUT WHERE YOU ARE;
IT’S ABOUT HOW YOU GROW”

Spring Into Life

Spring is my favorite season. The Anglo-Saxon word for April was Eostre-monath, meaning the month of openings. Flower buds begin to open, small animals that hibernate come out of their burrows, birds fly home again, and the bees and butterflies appear to gather nectar from blossomed flowers. The cold air fades, bringing warmth and gentle breezes to life again. For all of the baseball fans out there, let the games begin! Along with many celebrations this month is the Easter holiday. When I think of Easter, I’m filled with thoughts of bunnies, eggs, baskets, candy, and beautiful bright colors but the true meaning represents so much more. Easter is the celebration of the message of new life and new beginnings. All things must come to an end for the rebirth phase to begin.

For a garden to grow and bloom, you have to pull all the weeds, cultivate the ground, and plant new seeds. Plants will grow and flowers will bloom with continued watering and care. How can you apply this to your own life? What would you like to renew in your life?

Many of us are tired, anxious, and stressed-out and would love to feel energized again. With the right amount of nurturing, you can balance your mind, body, and spirit. You must begin with a clean slate.

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Join me and Sally Jones, CEC (friend and colleague) for an interactive and fun workshop:

Envision Your Hidden Treasures

Princeton Yoga and Wellness Center

June 13, 2009

2-4 pm

You will learn how to define and manifest your ideal images for life by creating your own treasure map. Don’t miss out on bringing your treasures to life!

Please contact me for more information and to register.





SO, HOW DO YOU WIPE THE SLATE CLEAN AND BEGIN THE RENEWAL PROCESS?

1. Begin by becoming self-aware.

Recognize what is holding you back.

Find your weeds! What areas of your life are they affecting? Once you recognize the source of a problem, you can begin to fix it. You can't control everything around you but you can control how you let things affect you.

2. Get to the source of the weeds in your life. What is missing? Rid yourself of negative energy, patterns, and habits. We carry stuff through life and every time we attempt to take a step forward we feel pulled back again. When you release negativity from your life, a weight will be lifted, feeling renewed and re-energized

3. Reignite your inner light to begin a more positive life. Focus on self-awareness and setting small, manageable goals. You will begin to feel motivated, stronger, and more confident.



4. Nurture your light with love and care, allowing it to shine. Tend to your needs, reminding yourself that this is necessary for you to grow and prosper. Remember, pull out the weeds as needed and enjoy your life!

“YOU CAN LIVE A LIFETIME WITHOUT GROWING OR LIVE ONE DAY FULLY GROWN”





There are many rainy and cloudy days in April. We all know the saying, “April showers bring May flowers.” I started thinking about what it is like when you feel like there is a dark cloud hanging over you. How do you chase the clouds away when you are feeling down? I’d like to share my thoughts with you.

There are many reasons why we feel down. It could be because of a job, relationship, finances, health issues, family conflicts, exhaustion, worry, stress, etc. Many times we don’t even know why we feel down, we just do. During these times it is important to remember that things usually happen for a reason, even if we don’t understand the reason right away. Even when things seem gloomy, you have control over how much you allow your feelings to take over. Allow yourself to experience your feelings then move forward.

- Think about what you would like to do with your life. Write it down. Push yourself to do one more thing daily than you usually would. It feels good to accomplish tasks. This will boost your energy level.
- Eliminate as much drama as you can from your life. Don’t overanalyze situations. Just accept them as they are. Too much thinking about everything is draining. You need to preserve your energy to feel good.
- Cope with issues in life by simplifying them, breaking things down into smaller parts (one step at a time). Organize your thoughts. Journal them if it helps.
- Every time a negative thought appears, counteract it with a positive statement/affirmation. Be gentle with yourself. Everything you experience in life contributes to who you are and who you want to be!

For more information about Live 4 You Coaching’s services contact:

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