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

Full Of Life

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"To live life to the fullest is to believe your life is already full"

Summer is officially here! The sun shines through the windows every morning while the birds chirp away, saying "hello." They say that July is the hottest month of the year. You can tell by the way the green of the grass slowly fades away and how the rain surprises us often to provide relief from the heat. July is known as the month of "abundance." As I write this, I can't help but think of the day, recently, when I spent the morning in the park. As I walked around the lake, I couldn't keep my eyes off the sky! It was so beautiful, full of white, puffy clouds that remind me of cotton, along with the bright blue background. I was also surrounded by birds and the beauty of the trees. Did I mention all the ducks, walking around in herds?! I was encompassed by the beauty of nature and know exactly what feeling abundant means. You see, that day I knew my life was full of abundance. For me, it is having inner peace, knowing that there is love and beauty all around me. No monetary value can take its' place.



The definition of abundance includes: *a great amount, fullness to overflowing, affluence, wealth, in great amounts, and degree of plentifulness*

What is your definition of abundance?

On a scale of 1-10, how abundant do you feel your life is?



It is so easy to believe that we are “lacking” in some way, especially if you compare yourself to others. Financial hardship causes us to believe that we are not meant to prosper in life.

At times it may feel like others are afforded a luxury that you are not meant to have. It is even more frustrating when you work hard but continue to feel like you will never get ahead.

If you feel abundance in your life, great, keep up the good work! If not, I’d like to ask you to begin to look at your life in a different way. Instead of focusing on what you don’t have, look at what you do have. With practice, you will automatically see and feel abundance. You will also see that you uniquely possess qualities and things that others may not have.

Begin the process by thinking about “what’s missing” in your life, then replace these thoughts with something you *do* have. I’d like to share some examples from my own life:

What is missing

- I’m not financially where I’d like to be
- I have a physical disability
- I drive a used car and think about what it would be like to have a new car!
- I am divorced
- I would love to live in a house (wanting a backyard and more space for my son)
- I’d like more “quality” relationships in my life

What I do have

- I have a partner who enables me to pursue my “dream job” and all of my needs are met
- I am strong and healthy; I am able to do everything I need to do
- My car gets me where I need to go and I don’t have car payments!
- My ex-husband and I are friends and we have a beautiful son
- I love my apartment and make the best of everything in it!
- I treasure my family (who is close by) , my partner, son, and the friends I do have.

When I completed this exercise, I realized that *what I do have* far exceeds *what is missing*. If I had to continue my list of “what is missing”, I would actually have a hard time!

Now it’s your turn!

What do you see?

How do you feel about *what you do have*?

What stands out for you the most?



“The quality of
your life depends
on the quality of
your being”

If you think about all the areas of your life, it may feel like it is impossible to achieve balance. Most of us have at least one to two areas we would like to improve and believe that balance is only achieved when all areas are in sync. If you are struggling in multiple areas of your life, it can be quite difficult to feel abundant, but abundance is achieved by your thoughts and perspectives.

What areas of your life would you like to feel more abundant?

What has to happen for you to have this?

What do you have “a lot of” in your life that you may not even realize because you are focusing on what you don’t have?

Start your week by thinking abundantly, allowing abundance to flow into your life!

“Abundance is not
something to be achieved
because it already exists in
the mind”

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

Penny Stollmeyer, CEC

pnstoll@live4youcoaching.com

(732) 626-3359

www.live4youcoaching.com