

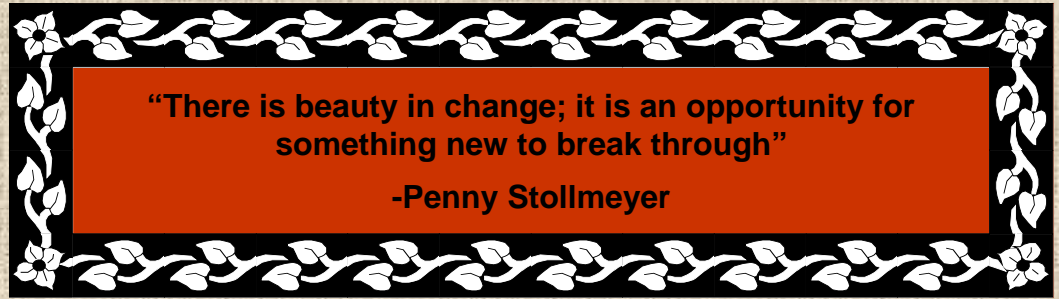
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LIVE 4 YOU COACHING

A Time for Thanks



A new season has arrived. The leaves from the trees have fallen, changing into bright red, orange, and yellow colors. The air is colder along with the night approaching early, as the light fades. The world around us is constantly changing. While we are living in a time of economic uncertainty, it is also a time where a historical election brings a renewed feeling of hope and change. How do we stay focused when we are full of mixed emotions and worries about what lies ahead? I like to look at these times as an opportunity for self-reflection and to reassess what is important to me in my life. Too often in life, we focus on what is not working for us, what we have to do, and what we have not done yet. It is easy to fall into this trap because we are driven by a belief that we have to always be **DOING** something. Think about it for a minute.....When was the last time you took some time to “just be”? When was the last time you experienced life opposed to pushing through it? These questions remind me to just breathe and take the time to be **PRESENT** in my life. What would it mean for you to be present in your life?



Thanksgiving is approaching. Soon we will be gathering with friends, family, and loved ones to share delicious foods, memories, and blessings of the day. The worries and concerns around us are put on hold for a little while to enjoy the holiday. It is a time to be happy and give thanks. A funny thought came to mind as I wrote this: Why just give thanks once a year? Why not give thanks everyday? Do we need a special day to remind us about the good things in our life? Maybe we do. It is certainly nice to look forward to the holidays. Not only do they hold special meanings for us but they also allow us to take a day off! How might you feel if you put aside a day on a weekly or monthly basis to be grateful? How could this benefit your life? What could you do to create more holidays in your life?

Focusing on the good and what is working well in our lives helps us stay positive through challenging times. I challenge you to start today and make a list of all the things you are thankful for in your life.

This is also a great opportunity to give thanks to those around you. There are many people that affect our lives on a daily basis and we are just too busy to notice or acknowledge them. What can you do to show your thanks and put a smile on someone's face? The reward is priceless!

- ♦ Send flowers to a friend who is always there for you**
- ♦ Call your mother/father to thank them for all that they do**
- ♦ Send a thank you card to a client/customer for their business**
- ♦ Take a day to spend quality time with loved ones**
- ♦ Treat a coworker to lunch who has been helpful to you**
- ♦ Thank the mail carrier, cashier, or bus driver for his/her service**

You get the idea! Now what can you do?

“To live life to the fullest is to believe your life is already full”

-Penny Stollmeyer

I thank you for taking the time to read my newsletter. I wish you much peace and happiness for a bright future.

Feel free to contact me at pnstoll@live4youcoaching.com or visit my website at www.live4youcoaching.com.

