

THOUGHTS FOR THE
good
life

PUBLISHED BY SUSAN SPRITZ MYERS, CPPC 847.242.0351

WHAT IS CPPC?

CPPC stands for **Certified Professional and Personal Coach**, I am pleased to report that I recently was awarded CPPC status from the Coaches Training Institute. Coaching is currently an unregulated service in the U.S., so why get certified? It is my belief that coaching is a learned craft with specific skills to be developed and honed. Continued education as a coach is important to my development as a professional and my commitment to clients.

We are deep into October, and before you know it, we will be baking pumpkin pies and wrapping gifts for the winter holidays.



How have you spent this first year of the new millennium? Are you pleased with what you have accomplished so far? Now is the time to make those changes you intended in the Year 2000.

Many thanks to those who let me know how much you enjoyed the last newsletter or asked me to send it on to your pals. I love the feedback; it always makes my day. What makes you smile as you go through life?

Be well and enjoy.

How Does Fear Stop You?

When people ask me what type of work I do with my clients, I often respond that I support individuals in stepping through their fears. The inquirer looks at me inquisitively. Many of us don't consciously think about how our fears play out in our day-to-day lives and actually hold us back from living to our fullest potential. Be honest with yourself. What ideas or dreams have you failed to act upon? Think about the reasons you give yourself about why you have chosen not to act. Might fear be a factor?

Fear can label itself as a lack of self-confidence. New clients often say they want to increase their self-confidence. The need to increase self-confidence might stem from the desire to take on a risky endeavor or leave an unfulfilling job or relationship.

Many of us live in self-created comfort zones and generally do not move out of that zone. One way to increase confidence is to step out of the zone and over the imaginary lines. We start by looking at what smaller lines you can cross to begin to flex the confidence muscle. What lines could you step over this next week? Is there an uncomfortable conversation you have been meaning to have with a co-worker or spouse? Notice how your confidence shifts after you have had this conversation or taken a challenging action. Often clients report how amazed they are at the ease with which an originally perceived difficult task was completed.

One client was shocked at how much physical fear surfaced when she enrolled in a scuba class before a vacation. The fear of using the equipment was so overwhelming that she seriously thought about quitting the class. Instead she returned to class each week, noticing that her fear was diminishing and that her ability to breathe was easier and easier. She was delighted that she had decided to conquer a surprisingly big fear. Her next step is to use her increased confidence to support her in making some significant career changes.

Fear also disguises itself as laziness. I often ask clients

to do an exercise completing the sentence, "If I were not afraid, I would..." with as many scenarios as possible. Recently a client did this exercise. She had only completed five sentences, so I inquired if there was more to add to her list. She thought about it for a moment and then said, "There is something else, but it isn't fear that keeps me from taking action, it's laziness." For months she intended to make a monthly budget, now she recognized that it really was fear that had kept her from looking at where her money actually went each month. The revelation got her into action and she completed the budget the following week. After discovering she was spending \$200 more than she took in each month, she trimmed her expenses to be in line with her salary and began making a monthly contribution to a money market. Taking action released her from the nagging fear that she was financially out of control.

Complete the exercise yourself. Finish the sentence with as many endings as possible.

Let your imagination dance. Then share your list with a trusted friend or significant other.

If I were not afraid, I would _____.

Any surprises on your list? How about committing to taking on one item on your list this month?

Pick a simple one to start, then come back for another one next month.

Before we leave this discussion about fear, let's look at it from another perspective. Susan Jeffers Ph.D., and author of *Feel The Fear and Do It Anyway*, says that the real issue is how we hold fear. We all have fear. Some people are paralyzed by it and view it as pain (helplessness, depression and paralysis). Others hold their fear from a position of power (choice, energy and action). Are you paralyzed by fear or do you find it exciting and motivational?

"It only takes one person to change your life —you." RUTH CASEY

“Freedom is actually a bigger game than power. Power is about what you can control. Freedom is about what you can unleash.” HARRIET RUBIN

Ed Shea—Relationship Coach

As part of my coaching practice, I often refer clients to other professionals when a specific need arises. Recently I had the good fortune to not only refer clients, but to experience Ed Shea's services first-hand. What is a relationship coach? Ed also works with individuals and couples from all over the country via the phone on specific relationship topics. He works with singles, couples and individuals who have recently lost a spouse or partner to death, divorce or a break-up. Ed has been a relationship and family therapist for 23 years and is a certified coach.

I don't usually use this newsletter to promote an individual's practice, however, my sense is that Ed's passion and commitment is a gift to his clients and I like to share this good stuff with you. Call Ed at 630.530.1060 and tell him you read about him in my newsletter. He will give you a 30-minute sample session.

A Woman of Substance

Recently a coaching colleague lost her 53-year-old husband, whom she had married just last fall. His death was a complete surprise and huge loss for her. Her husband had a heart attack and died while working out at the health club. At the time, she was unreachable at a local meeting. Her children and their spouses collected at the hospital while a neighbor waited to bring her to the hospital when she returned home. When she arrived at the hospital and heard the shocking news, she was completely enveloped in a circle of love.

A few days after the funeral, I visited with her, and was absolutely amazed at her peacefulness. She was serene and completely accepting of what had happened. She acknowledged the peace comes from her faith in God and the complete love and fullness she feels from her family and friends. Yes, she knows this will be a difficult transition: she is in her early fifties and has never lived alone. She said, almost with a hint of adventure, she is ready for what the next chapter holds for her. I smiled in awe at her strength and internal peace.

Shameless Marketing Plug:

“Susan is a skilled, energetic and intuitive speaker. Susan's upbeat energy, vivacity and sense of fun is quite contagious!”

DIANE SCHOLTEN, SCHOLTEN AND ASSOCIATES

Susan Spritz Myers speaks regularly to groups on a wide variety of life-managing topics. Call Susan today to inquire about a presentation at your company, association or professional group.

A CLIENT'S PERSPECTIVE

I have been an entrepreneur for three years now. My business has been growing steadily, but recently I have had a hard time saying no. Life was crazy. While my billable hours were way up, my physical health and well-being were at a low.

Susan Spritz Myers was just the support I needed. Together we have put my life back on track. Shoulder pains that kept me up at night are gone; I've enjoyed a full season of yoga on the beach; and business is still booming.

Susan helped me define my boundaries and then commit to them. Through her encouragement, I followed through and finally got that cleaning lady I've been talking about for years, a telephone headset I have been putting off for months, and I am outsourcing certain tasks of my job that do not need to be done physically by me. I can breathe easier now.

Having balance in my life is wonderful and it leaves room for creativity and time with family and friends. Thank you Susan for your constant focus and gentle reminders.

CORINNE HODGES

I hope you enjoyed this newsletter. 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

P.O. BOX 383 GLENCOE, IL 60022

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