

THOUGHTS FOR THE
**good
 life**

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“You learn in life that the only person you can really correct and change is yourself.” KATHARINE HEPBURN

Unusual Approaches to Fear

In the last issue of *Thoughts for the Good Life*, I wrote about how fear stops each of us. I encouraged you, as Susan Jeffers says, to feel the fear and do it anyway. So what steps have you taken to step past your fear?

The client I wrote about, who chose to work through her fear at scuba class, has since used her increased confidence in numerous ways. First, she experienced phenomenal deep water dives in the South Pacific on a recent vacation. Then she took an even bigger risk. She left a prestigious, high paying job that no longer worked for her. The practice and confidence she gained by moving through her fear outside her job was a great support and reminder when she made a significant change in how she earns her living.

With my second baby on the way, I find myself squarely facing the pain of experiencing labor and delivery again. My fear has loudly reared its ugly head and expresses itself nightly in vivid, scary dreams. I find myself being blown out of airplanes and chased by gunmen. I often wake in a panic.

The action I have taken to address my fear and move into a more peaceful approach for the impending birth is to learn hypnosis with my husband. The idea is that through hypnosis my being and muscles will relax and I will not fight the muscular contractions that will push out the baby.

To be honest, the fear has not completely left. However, I feel good that I have taken action to face a challenge I must experience. The practice has also created a wonderful togetherness with my husband.

I encourage you to find new and unusual ways to support yourself with the upcoming challenges you face. Sometimes a fresh or different approach to an obstacle can help you through it. What new ways can you overcome a block or fear that is stopping you?

TIME TO HIRE YOUR COACH? Coaching—personal, professional or corporate—is getting more and more press coverage each day. Companies are hiring coaches to work with their employees to increase productivity or as an employee benefit to retain good employees in a challenging environment. Individuals hiring coaches for their own personal agendas are on the rise as well. Have you thought of working with a coach? How could coaching help you? The benefits are as numerous as the reasons clients hire coaches. Clients report that coaching brings an objectivity and freshness to looking at their lives and offers them support as they move through obstacles that hold them back professionally or personally.

If you haven't thought seriously about working with a coach, now is the time. Most coaches offer a 30-minute complementary session to see if you connect with their style. Call me for a sample session or check out the International Coach Federation's free referral service at coachfederation.org.

Winter has certainly come in with a force this year. I like to think that my internal moods aren't driven by the outside elements, but this year I must admit, I am dreaming of the arrival of springtime. My belly is full with a little girl — scheduled to make her earthly debut in the last days of March. I long to see the whites of her eyes and the budding on the trees. I want to open the windows in the house and enjoy the spring breezes. I tell myself each day is a gift and I must enjoy the process of the new arrivals. We all have been told, the journey is as important as the destination. Sometimes it's tough to be patient while on the journey! What are you looking forward to in the coming months? Are you enjoying the moments along the way?



Be Well and Enjoy

Two Tough Questions:

Pat Ewert sent me this fun quiz and I thought it was worth sharing: The answers are on the back. Read both questions before turning it over.

QUESTION 1: If you knew a woman who was pregnant and already had eight children —three of whom were deaf, two who were blind, and one mentally retarded and she had syphilis, would you recommend that she terminate her pregnancy?

QUESTION 2: It is time to elect a new world leader and your vote matters. Here are the facts about the three leading candidates:

Candidate A: He associates with crooked politicians and consults with astrologists. He's had two mistresses. He also chain smokes and drinks eight to 10 martinis a day.

Candidate B: He was kicked out of office twice, sleeps until noon, used opium in college and drinks a quart of whisky every evening.

Candidate C: He is a decorated war hero. He's a vegetarian who doesn't smoke, drinks an occasional beer and hasn't had any extramarital affairs.

Which of these candidates would be your choice?

So What's a Balanced Life Anyway?



There is so much written and spoken about living a balanced life. What does balance really mean to us? Is there a formula for the amount of time we should spend in different areas of our lives? As I coach individuals and speak to groups, I have come upon a simple thought as to how to live a balanced life. It is simply feeling present, whole and grounded in whatever activity you are doing at the moment. For example, when you are attending a networking event, are your thoughts and attention completely engaged in the opportunities that surround you? Or are you thinking about the list of to-do's waiting at your office or home? Conversely, when your physical being is home or in the office, is your attention fully there? Are you reliving conversations that happened yesterday or are you thinking about how you will get

through this week's hectic schedule?

The question about feeling balanced, isn't about which activities you choose or the level of your involvement. It's about how you show up for those activities. Are you constantly thinking about the next task? Do you feel stressed and distracted for your day? Notice when you aren't completely listening to those around you because your mind is engaged elsewhere.

Starting today, check in with yourself throughout the day. Notice when you are present and truly available to enjoy your day. That's what a balanced life feels like. If you always rush and are not present, maybe saying no will help you from squeezing another obligation into your busy life. Catch yourself and bring yourself back to the moment. Make each day a pleasure – no matter what's on your schedule.

Next Issue — Article on Kolbe Assessment Tool

"As a small business owner, I was wearing too many hats: sales, marketing, accountant, purchasing agent, human resource manager, operations manager, etc. The one hat that I was not wearing was owner. Susan Spritz Myers and the Kolbe tool were extremely helpful in re-channeling my energy to identify my business priorities. It has made a huge, positive impact in my attitude and satisfaction."

PAT BUTKUS, OWNER
FRITZ AND ZOES CATERING COMPANY

Do you know what your natural instincts are and how to approach your personal and professional life to work with those instincts? The Kolbe A™ Index gives you new insights into how you and those on your team perform, as well as helps you understand why working against your natural instincts can drain your mental energy. The next issue of *Thoughts for the Good Life* will feature how this fascinating tool can give you the freedom to be yourself.

QUIZ ANSWERS

Answer 1: If you suggested terminating the pregnancy, Beethoven would not have been born.

Answer 2: Candidate A is Franklin D. Roosevelt.
Candidate B is Winston Churchill.
Candidate C is Adolph Hitler.

Pretty interesting, isn't it. Stop and think before you judge another!

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

“Continuous effort – not strength or intelligence – is the key to unlocking our potential.” WINSTON CHURCHILL

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