

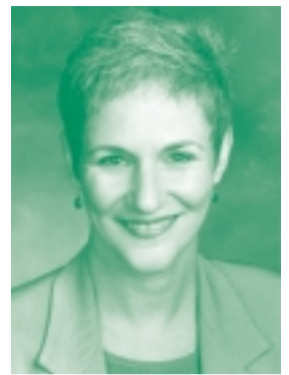
THOUGHTS FOR THE

good life

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With Labor Day advancing, I like to relish the lazy days of August, knowing that the "back to school" feeling is just around the corner.

As an adult, I feel a deep desire to return to the quiet, still days of summer in my youth. Yet my daily home and work responsibilities haven't taken a break. My goal is to weave all of them together, with some grace and ease. I hope the summer finds you well and enjoying the sweetness of the season.



Be well and enjoy!

Why hire a Coach? Coaching is a great way to address how your beliefs and confidence levels play out in your ability to be successful – whatever your goals. Call today (847.242.0351) to arrange a free 30-minute sample session. We can determine if we are a good fit for a coaching relationship.

A Coaching Tale

Ron started coaching over a year ago because the job that he once loved had become very frustrating and he wanted some perspective on the possibilities open to him before making a decision to leave and seek new employment. Ron is a physician who runs an inner-city community health clinic for a large county health system. He delivers clinical services to patients and shares the responsibilities of co-directing the clinic with an administrator - and that's

where his frustrations came in. His co-director didn't equally share the responsibilities of managing the clinic and their working relationship had deteriorated to hostile exchanges.

Through coaching, Ron clarified that his first choice was to remain in public health, where he gained great pleasure from providing medical care to those in real need. He also loved

actually was quite fast given how slowly the health system makes changes. Coaching provided Ron with a process and a strategy to stay focused on his plan and to handle the organizational snags that presented themselves constantly.

The focus of the coaching work has now moved to supporting Ron in developing his leadership style and building a cohesive team to run the clinic. Ron is pleased to have "reinvented" his job so it is once again a source of pleasure and he is able to continue with his commitment to community health.

So What is a Balanced Life, Anyway?

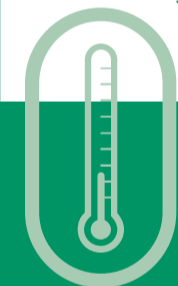
There is so much written about living a balanced life. What does balance really mean? Is there a formula for the amount of time we should spend on different aspects of our lives? As I coach individuals and speak to groups, I have arrived at a simple description of balanced life. *It is simply feeling present, whole and grounded in whatever activity one is doing at the moment.*

For example, when you attend a networking event, are your thoughts and attention completely engaged in the opportunities that surround you? Or are you thinking about the "to do" list waiting for you at the office or at home?

The question of balance 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 during the day? Notice when you aren't completely attentive to those around you because your mind is engaged elsewhere.

Starting today, check in with yourself throughout the day. Notice when you are present in the moment and truly available to enjoy whatever you are doing. That's what a balanced life feels like. If you always rush and feel distracted, maybe saying "no" occasionally will help you avoid squeezing another obligation into your busy life. Make each day a pleasure – no matter what's on your schedule.

Reprinted from a previous newsletter by request.



HAPPINESS BAROMETER

Give yourself a test. Quickly list the things that make you smile and feel content. Don't think - just jot down as many as you can. Now, scan your list. How many are already part of your daily routine? If the answer is "not many," see how you can work one or two of them in this week. Remember: life isn't about getting to the finish line with the most stuff or money; it's about enjoying the route along the way to your goals.

the fact that the job permitted him to research and publish medical papers on topics he was passionate about. First we worked on improving Ron's part of the working relationship with the administrator. When it became clear that it wasn't possible to turn the situation around, Ron put a plan into place to have the associate removed from the job and find a positive replacement. He accomplished both goals within about six months, which

Always leave enough time in your life to do something that makes you happy, satisfied and even joyous. That has more of an effect on economic well-being than any other single factor. **PAUL HAWKEN**

Kolbe

SOME PERSONAL INSIGHTS

In each issue of *Thoughts for the Good Life*, I share a client's story about how Kolbe's assessment has helped him or her increase success with greater ease. This time, I'll tell my own story. Kolbe calls me an Innovator: I am most engaged and alive when seeking a challenge and using my intuition, and am constantly dreaming up new opportunities for myself and my practice. I am willing to do some research, although not much. I resist structure and get bored quickly when tasks require me to be consistent and thorough. Solving problems tactically or spatially is an "instant exhaustor."

My work life is designed to fit my innate way of operating as best I can. I am happiest when I am free to create new opportunities to sell and deliver my coaching and Kolbe services. Managing the details of any business is an essential ingredient to success, yet this requires mental energy that exhausts me. Kolbe's Selection program, Right Fit™, provided the insight to hire an assistant who complements my innate mental energy perfectly and rounds out my business team. Beth provides the consistent, thorough mental energy to deliver my creative projects. Having her on my team has freed me to return to my natural way of operating, which is when I have the greatest opportunity for success.

Insight about your innate talents can help you shape the way you and your team operate. Call me to learn more about how the Kolbe tools can help you create more ease as you pursue your goals.

"Kolbe helps small business owners focus on the things that got them excited about having a business in the first place."

*Dan Sullivan
President and Founder, Strategic Coach*

what clients say...

“ Since I began coaching with Susan, my perspective is clear and my business goals are in focus. Also, knowing my Kolbe test results has made such a difference to me in understanding my strengths and weaknesses and ultimately how I handle the 'must do' tasks of my business that aren't particularly 'juicy' to me. ”

*Jan Shunk
Owner and Director of Operations
Carmel Music & Entertainment*

CROSSING THE LINE: A CONFIDENCE BUILDER

Many times when I begin working with new coaching clients, they express a desire to increase their confidence in their professional pursuits. What is confidence, anyway? It is the ability to take action or create something new even when you are afraid or uncertain how to do it. It is also not being stopped by what others will think.

When a client wants more confidence, we start with little steps in many different areas of his or her life. Most of us function within a perceived comfort zone, often held back by invisible lines, or boundaries, we choose not to step over. For homework, I ask the confidence seeker to define those boundary lines and then daily to step over one of them. For example, is there a conversation with someone that you have been meaning to start, but which you can't seem to bring yourself to initiate? Take a step today. Most people report, in hindsight, that they gave the event much more power than it deserved and they are delighted (and relieved) to have moved past it.

Susan Jeffers, PhD, author of *Feel the Fear and Do it Anyway* (Fawcett Columbine 1987), says it is much more of a challenge to live with the nagging thoughts of not taking an action, than it is to deal with the momentary fear you may experience when you do take the action.

The excitement that comes from stepping beyond one's personal boundaries can be incredibly empowering and often provides motivation to continue raising the bar on the risks one is willing to take.

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Please pass this newsletter along to folks who would enjoy it, or let me know and we'll send them a copy. If you don't want to receive future issues, let us know that as well. Be well and enjoy!
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