

THOUGHTS FOR THE

# good life

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## So What's Next?

The 21st century is here. We have passed January 1, 2000 and life continues to chug away. Who do you want to be in this century? Are your daily actions in line with your personal values? What's next could be as simple as eating with more consciousness or as challenging as making a major change in your world of work. So ask yourself, what's next for me? Then tell someone you trust to hear what's closest to your heart.

*What does the good life mean to you? For me, it's those moments when I feel most alive and connected to my true spirit: Linking graceful ski turns together on a sunny, Colorado morning; my young son sleeping peacefully by my side or the connection I feel to spirit as I take a moment to breath deeply as the morning sun dances on my face after a brisk walk. Send me your moments and I'll share them in upcoming issues.*

*Be well and enjoy!*



## A True Life Coaching Tale. by Cheryl Jefferson

Nothing in life is wasted, but there does come a point when enough is enough.

I reached such a point in October 1997. After 25 years of working in broadcast news, advertising and film production, I found myself in a Fortune 500 job that was only about money and security. There was no fulfillment, happiness or joy in sight. All I could see in the future was days of gray—literally—in a gray cubicle doing meaningless work forgotten the moment it was done.

Part of the problem was that everyone I knew was in the same boat. None of us were asking—nor did we know how to ask the right questions. I had heard about life coaches and thought such a person could help me ask those questions and find some answers. I interviewed several and decided on Susan Spritz Myers.

I knew where I wanted to be—a best selling novelist and screenplay writer of socially significant works that would be on the shelf and screen long after I was gone.

I already had three things going for me—I had published a well-received non-fiction book; I had an agent; I had won a major writing fellowship and residency.

With my goal identified, Susan and I worked out the steps I needed to take to get there. We determined that I needed to eliminate debt, save money, leave my draining, dispirited corporate job and pick up more writing credits.

Using Susan's invaluable insight and with her function-

ing as my second pair of eyes, I negotiated a significant severance from my employer. As we worked through this, I met with my agent to inform her of my decision to leave corporate America and write full time.

Within two weeks, my agent offered me a non-fiction book project, which provided another writing credit, allowed me to eliminate debt and put money toward my writing fund. Between this book and my severance, I positioned myself to work full time on my fiction career.

*Writing Your Authentic Self*, the new book, also afforded me the opportunity to share Susan's skills and advice with others, as she is interviewed in the book.

I am now living a life that is significantly closer to where I want to be. My personal life is wonderful. With Susan's help, I have given myself the gift of unencumbered, financially secure time to become the world-class writer I know I am capable of being.

## Writing Your Authentic Self

by Lois Guarino and published by Dell Publishing and the Omega Institute

**Keeping a journal is a wonderful way to communicate with your true self, get in touch with creative passions or just get the negative thoughts out of our heads. Many people say they don't know where to begin. Cheryl Jefferson ghostwrote *Writing Your Authentic Self*. As the back cover so beautifully describes, the book shows you:**

- How to capture experiences, record your dreams, embrace your memories, and free your muse—even if you have never written for pleasure.
- How to find the best journal format to express your true self.
- How to have your journal teach you... about your goals, your challenges, your strengths, and perhaps your real calling.

*Writing Your Authentic Self* is available at local books and on Amazon.com.

"Most of the shadows of this life are caused by standing on one's own sunshine." RALPH WALDO EMERSON

# Listen to Your Body.

Our bodies are amazing barometers of what works and doesn't work in our lives. Notice when you are energized or completely spent. How does your diet, the work you do and the people in your life impact the way you feel each day?

## DIET

After you eat a meal, do you feel tired and foggy or energetic? Do you ever eat lunch and find yourself unable to concentrate for the afternoon's activities? When you wake in the morning, how do you feel? If you are not clear-headed and energetic, think about what you ate and drank the day before. The answer could be in your diet. Watch for patterns and listen to the messages your body sends you.



## WORK

How does your body react to the work you do each day? Do the minutes drag by and you actually feel a heaviness

to your being? Or do you lose a sense of your physical body and take on a feeling of flowing through the day? At the end of the day, your work can leave you invigorated and excited for more; or it can feel more like you've been through the meat grinder. Stop and think how your body responds to your workday.

## PERSONAL RELATIONSHIPS

Now, think about your personal relationships. Do you ever spend time with a friend or family member and realize your energy is completely drained? Are there other times when you spend an entire day with someone and realize you are sorry to see the time together end? Think about how you react to your relationships.

Ask yourself, who do you want to spend your free time with? Certain people encourage you to be more of your true self. Others discount your thoughts and feelings. Notice how your physical body responds to the people in your life. It is constantly communicating to you. Turn up the volume and listen. It might just surprise you!

## Take a Load Off.

A teacher once told her students to each bring a clear plastic bag and a sack of potatoes to school. For every person they refused to forgive in their lives, they chose a potato, wrote the person's name and date on it, and put it in the plastic bag. Some of their bags were quite heavy. Then they were asked to carry this bag with them everywhere for one week, putting it beside their beds at night, on the car seats by them, even next to their desks.

The hassle of lugging the bags around made the students aware of the weight they were carrying spiritually. They had to pay attention to the bags all the time, trying not to forget or leave them in embarrassing places. Naturally, the condition of the potatoes deteriorated to a nasty smelly slime.

This is a great metaphor for the price we pay for keeping our pain and heavy negativity! Too often we think of forgiveness as a gift to the other person; however, it is clearly for ourselves! *Author Unknown*

*Has your New Year's resolution already faded with your celebration activities?  
A powerful coach recently said, "Forget about resolutions, hire a coach!"  
Keep those powerful thoughts and commitments to yourself alive each week with the support and accountability coaching gives you.  
Call me and we can talk about moving your resolutions into your reality.*

*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](mailto:SSpritz@aol.com).*

*Be well and enjoy! Susan Spritz Myers Tele: 847.242.0351 Fax: 847.242.0352*

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