



**August 2010**



### Greetings!

Beat the Dog Days of Summer by adding variety, it's the spice of life.

## Appreciate Variety and Anticipation

For most people, variety is truly the spice of life. Many people complain of boredom and burnout because they do the same things again and again. Changing your life, even slightly, can go a long way to making you happier. After all, life is change, and change is inevitable.

Knowing how to make change work for you is a valuable key to happiness. Sign up for a class, explore new interests, meet new people, and pursue your passion. Set a goal and make it happen!

Anticipation, at first, may seem contradictory to "being in the moment," something that's often thought of as being essential for happiness. After all, how can we be in the here and now when we're thinking about the future?

There's a line in the song "Anticipation" by Carly Simon - "We can never know about the days to come, but we think about them anyway..." That's true for almost everyone-but the way that you think about future events is what separates those who are unreasonably happy.

The anticipation of a future enjoyable event produces anabolic, positive, thoughts and feelings, and just knowing something exciting is going to happen can help us experience more happiness. Often, the anticipation is even more enjoyable than the event. It's important to have things to look forward to, be they events or goals, as we can experience the anticipation in the present moment.

Worry about a future event produces catabolic, negative, thoughts and feelings - even if the dreaded outcome never comes to pass. When you worry, you also experience anticipation in the present moment - but that anticipation is draining and distracting. How much happier could you be if you let go of worry?

Another aspect of "appreciating anticipation" is expectation. When you expect, you're making a judgment about something occurring in a particular way - you're attached to the outcome. Anticipating what is to come, while letting go of the expectation of exactly how it will come, is what allows you to be in the here and now while anticipating the future.

You can be unreasonably happy by trying new things, and looking forward, without judgment or

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### 5 Tips on Creating Variety

1. Clear all distractions - i.e. turn off phone, computer, TV, etc...
2. Write down 100 things you want to do in life
3. Visualize daily what you want
4. Keep your mind focused
5. Make a realistic plan

### Quick Links

### **Our Website**

Connect on Social Media!

**Facebook**

**LinkedIn**

expectation to what is to come. Why not try it for this month?

[Join Our Mailing List!](#)

## Quote of the Month!



"All that we are is the result of what we have thought." ~Buddha

**Coaches.**  
Training Institute



## August Special!

**Sign up for the 12 session coaching package and receive 4 coaching sessions to give away to friends and family. (a \$1000 value)**

[Check Out Our Latest Programs](#)

**\*NEW\***

**Group Coaching Teleclass**

**Tuesday's in September (beginning September 7, 2010)  
6:00pm - 7:00pm**

**\$200 for all 4 sessions!**

**Space is limited, sign up today by e-mailing  
[Deborah@rodascoaching.com](mailto:Deborah@rodascoaching.com).**

**[Take the Energy Leadership Assessment and change your life](#)**

Call for details on how to sign up for the online assessment and for your debrief/coaching session. 312-798-7404



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