



May 2010



### Greetings!

Bloom into being this month by making great choices - Choose to live the life you want!

See our special offer at the end of this newsletter and enjoy the month of May.

## Catabolic vs. Anabolic Choice

Many of us walk around feeling like we have limited choices in many aspects of our lives. Take notice of how many times a day you say the words have to, should, and need to. Whenever you feel like you must do something, you're a victim to your thoughts or circumstances.

In fact, when you're faced with a task or something to do, there are five basic ways you can respond, and of them, only one is by full conscious choice.

The five ways of responding are "I won't," "I have to," "I need to," "I want to," or "I choose to."

When you say "I won't" do something, you're saying that you have no power, that life happens to you, no matter what you do or believe. You don't believe that you have a choice. You also don't really think there's anything in it for you - so why do it?

If you say "I have to," you're looking at the short term perspective. You "have to" complete the task in front of you, or else you will experience dire consequences. You feel forced to do it, and that you have very little to no choice.

The third response, "I need to" is a more powerful place to come from. Here, you're aware of your choices and you seek to find the opportunity in the challenges presented to you. This perspective brings more chance of success, but it's still catabolic, (negative) because you don't feel like you're fully at choice.

So these three responses involve either non-action, or action by force. Since you are not energetically brought into a situation, goal, or project, and because you are bringing catabolic energy to it, you are also bringing a recipe for failure. So in these catabolic levels, even though you may think you are choosing to do something, at your core, you chose not to do it, or not to do it well.

The next response, "I want to," is anabolic, (positive) because it indicates that you are mostly at choice. But, "want" still comes from a place of lack.

Issue 10  
Volume 3

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### 5 Tips on Making Choices

1. Believe in yourself
2. Consider your priorities
3. Know your values
4. Surround yourself with the type of people you want to be
5. Adopt a mentor

### Quick Links

### Our Website

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The most powerful response is "I choose to." When you respond this way, you feel you have complete choice. There's a powerful connection between who you are and what you do.

So how do you get to choose to? Simply come from a place of having everything, and choosing to experience, rather than fill a need. Easy? Not at all, but you can choose to try it.



## Month of May Trivia!

May is named after the Greek Goddess, Maia - Meaning Great Mother

### May Special!

Sign up for a 12 week coaching program and receive  
The Energy Leadership Assessment Free (A \$500 value)

### Check Out Our Latest Programs

#### 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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