



business and life coaching

January 2011

Happy New Year!

Greetings!

This is YOUR year to create passion, joy and success in work and in life.

How will you make 2011 the best year of your life?

Spend some time getting reconnected to who you are.

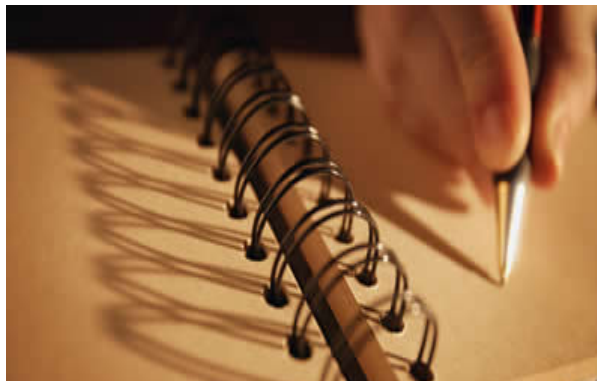
Answer these questions:

- a. What am I good at?
- b. What do I love doing?
- c. What matters to me in work and life?

If 2011 is going to be a successful year, it is important to start it off by knowing yourself. This year starts right now! Make this truly your best year ever.

Forget New Year Resolutions: Create your life contract instead

Create a life contract with yourself stipulating: "Here are five or seven things I would really like to achieve in my life. I hereby promise



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12 Week Group Coaching Series

Gain Clarity, Take Control

What do you want to accomplish this year?

Start 2011 creating the life you want by finding passion, joy and success in everything you do.

Coaching that fits your budget. 12 week group Coaching Series. 1 Hour-long coaching call, every week, for 12 weeks.

Cost: \$250

Beginning:

Wednesday, January 26th,

1:00 pm -2:00 pm CST

myself that I'm going to try to accomplish them." Write these things down on paper. When you



write down your thoughts like this, you have taken the first important step toward changing your life and making it more rewarding and memorable. Getting started will require some thought, and moving forward will require some action. The following tips can help you get started.

1. **Open your mind (and shut the door).** You may have no clue what types of things to include, but that's only because you haven't devoted enough thought to it. All of us have dreams and notions of things we'd like to try-your list probably exists in the recesses of your imagination, waiting to be coaxed out. Close yourself off from the daily grind for an hour with a pen and pad (lock yourself in the bathroom if you must) and you'll start to develop ideas.
2. **Make it uniquely yours.** I don't believe in generic lists taken from books of "things everyone should do." Your list should be different from everyone else. Maybe you want to go back and earn your college degree, retrace a journey your grandparents once made or build something with your own two hands. The possibilities are endless (which is part of the challenge of making such a list; you have to make choices). Overall, it's important to create a list based on experiences that have special meaning to you.
3. **Themes can help.** If you need to spark ideas, divide your list into these themes: Face Your Fears, Get Lost, Test Your Limits, Rediscover Your Childhood, Express Yourself and Aim for the Heart. Most are self-explanatory, except maybe the last one, which is about seeking an experience that helps others or makes someone else's dream come true. Think of an interesting idea that ties in with each of these six themes and you'll have a great list.
4. **Go public.** Stashed away in a desk drawer, a list is easy to forget about or ignore. Once you've written it, keep it in plain sight. Keep copies all over-on the fridge, near your desk-so you constantly see it and are reminded of your dreams. Show it to your spouse, your kids and your friends. Soon they will start encouraging you to take action.
5. **Lose the guilt.** I know, I know. You're a "responsible adult." People depend on you. If you're off having fun, how will everyone survive? Answer: They will manage. And maybe everyone will be better off. By leading a fuller life, you'll make yourself a happier, healthier person and a better spouse and

Weekly topics:

- Master your life
- Discover your passion
- Set goals
- Create your map
- Work through your energy blocks
- Appreciate the variety in your life
- Create a stress-free environment
- Get rid of guilt, self-doubt, and worry
- Limiting beliefs
- See everything as an opportunity
- Happiness
- Live your dream

[Click here to sign up](#)

Career Corner

5 Networking strategies to implement this month



1. Join a professional organization
2. Participate in online social media
3. Conduct informational interviews
4. Practice, out loud, what to say
5. Volunteer

parent. Your loved ones will probably be thrilled and supportive (and willing to fend for themselves for a day as you go chase a rainbow). Don't be surprised if they begin to follow your inspiring example and make their own dream lists.

- 6. **Make time for dreams.** Your life is big, and there's room in it for work and dreams. It's simply a matter of how you prioritize. If you consider fulfilling your dreams unimportant, you'll never find time. You must choose to rank them above, say, cleaning out the shed. Remember, having an adventure is not a waste of time; rather, it's one of the best ways to maximize our limited time on earth.
- 7. **Failure is not an option.** Fear of failure often stops us from trying something that is challenging. But when you set out on any type of personal adventure, you really can't fail. Just by going out and trying it, you guarantee yourself a memorable experience regardless of outcome.

HAPPY 2011! MAKE IT YOUR BEST YEAR EVER!!

Happy New Year!

Recipe for a Happy New Year:

- Courage
- Perseverance
- Bravery
- Hope



Sincerely,

Deborah Sakelaris
Rodas Coaching

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