



business and life coaching

January 2010

Issue 7, Volume 2

Start the New Year creating the life you want!

Make January the month to begin finding passion, joy and success in everything you do!



Shake Off Your Emotional Baggage

This New Year I would like to challenge you to learn to make conscious choices, choices that are made in the present moment, without all the emotional "baggage" we carry around.

You can think of that baggage as being packed in four kinds of suitcases - the "Big 4" energy blocks that we carry around with us that dictate how we see the world and that hold us back from reaching our unlimited potential.

The first suitcase contains your limiting beliefs. Beliefs can either help you or hinder you; limiting beliefs are those that hold you back from success. If you do not believe something is possible, you're not likely to attempt it. Even if you do attempt it, you won't devote much energy to achieving that goal.

Limiting beliefs are general beliefs about the world, your environment and situation, and the people around you that stand in your way. More often than not, you accept a limiting belief as true because you've learned it from someone else, or from an "authority," such as the media, a book, or a movie. You assume that it's "just the way it is."

Here are a couple of common limiting beliefs that hold many of us back. How about you have to work really hard to achieve success? Or that successful people are lucky? Or that you have to have money to make money?

In This Issue

[Shake Off Your Emotional Baggage!](#)

[Thought for the New Year](#)

[January Special Offer](#)

[5 Tips for Keeping New Year's Resolutions](#)

[Quick Links](#)

[Upcoming Events](#)



Five Tips for Keeping New Year's Resolutions

1. Be Realistic
2. Plan Ahead
3. Reward Yourself for Accomplishments
4. Stick to It
5. Keep Trying

Quick Links

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There are several ways to challenge limiting beliefs. You can explore the effect the belief has had on your life, look for proof of its truth (or lack of proof), or modify the belief or aspects of the belief to better serve you. Simply examining the belief with questions like "How true do I believe that is?" and the rhetorical "Where did I get that idea?" can also work remarkably well. Once you overcome limiting beliefs, they can no longer hold you back.

This month, think about examining the contents of your limiting beliefs suitcase. Unpack it, and see how much lighter you feel.

In the next issue, we'll continue with the next of the Big 4, the assumptions we make.



Thought for the New Year:

The New Year is full of time. As the seconds tick away, will you be tossing time out the window, or will you make every minute count?

**January
Special!**

**50% percent off the Energy
Leadership Index Assessment and
Debrief/Coaching Session**

Upcoming Events

Learn How to Successfully Launch a Business

Deborah Sakelaris, Professional Certified Coach, and owner of Rodas Coaching joined by Nicole Brucker, Owner, The Sapient Solution, LLC
Kristen Prinz, Owner, The Prinz Law Firm, P.C.
Kristina Wayne, Owner, Law Offices of Kristina

Get started on your dream of owning a business. This session will provide you with life and legal lessons.

Where: Union League Club

Date: February 24, 2010

Time: 5:30pm - 7:30pm

Cost: \$35

Appetizers and drinks to be served

Please RSVP to Deborah@rodascoaching.com or 312-798-7404



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