



*business and life coaching*



**October 2010**

**Issue 1  
Volume 5**

Greetings!

I hope the Fall season finds you happy, healthy and in good contact with all the people and activities that bring joy and meaning into your life.

**In This Issue**

**Create Your Perfect Autumn**

**Autumn Special!**

**5 Tips on Transitioning into  
Autumn**

**Quick Links!**

## **Create Your Perfect Autumn**

It happens every October: You step outside on an Autumn Sunday afternoon and you can't believe it. Gone are the heat and humidity of summer, replaced by crisp, clear, clean air that fills your lungs in a way you haven't felt in months. You really notice it, and you can't help but smile.

The first cool days of Autumn are like a tiny piece of perfect dessert-delicious but short-lived, gone before

you've had your fill. Create Your Perfect Autumn and enjoy life to its fullest this season.

Ask yourself-does the basement have to be cleaned today? It's still early in the season-is your football game really that important? Would you rather finish that work project today, or enjoy a perfect afternoon with your family, friends and neighbors?

Think back on your own childhood. What are your happiest Autumn memories? Playing inside on a beautiful day, or outdoor activities with your family, which took advantage of the gorgeous weather?

Take time to create some new memories.

Today could be the day to choose the perfect pumpkin for your Halloween jack o' lantern.

Many cities and towns have autumn-themed festivals in October, from Harvest Homecomings to Oktoberfests. These festivals provide all kinds of activities for everyone to enjoy, not to mention great food.

Is football too much a part of your Sunday to give up? Then, organize a touch-football game. Have everyone bring some food, for a neighborhood cookout, afterwards.

Wind is usually a part of perfect autumn weather. Maybe today is the day to go fly a kite, really!

The easiest way to enjoy a perfect day is to go on a long walk. Whether you venture to a state park, with its scenic trails and educational facilities, or make a neighborhood trek.

Breathe it in and enjoy it.



### 5 Tips on Transitioning into Autumn

1. Food choices: Eat juicy fruits and vitamin filled veggies.
2. Food preparation: Warm it up.
3. Exercise: Be gentle.
4. Sleep: Early to bed and early to rise.
5. Clothing: Layer, layer, layer.

[Quick Links](#)

[Our Website](#)

Connect on Social Media!

[Facebook](#)

[LinkedIn](#)

[Join Our Mailing List!](#)

**Free Energy Leadership  
Index Assessment**

**Coaches.**  
Training Institute

## Autumn Special Offer!

**Free Energy Leadership Index Assessment with the purchase of ANY coaching package. 4 session, 8 session or 12 session packages. Usually only offered with the 12 session package.**



## Quote of the Month

**Nothing is secure but life, transition,  
the energizing spirit**

*Ralph Waldo Emerson*

**Deborah Sakelaris**

Rodas Coaching

312-798-7404

**[www.rodascoaching.com](http://www.rodascoaching.com)**

**[deborah@rodascoaching.com](mailto:deborah@rodascoaching.com)**

