

Living your Inspired Life!



Newsletter

September 2009

Welcome!

Spring is a time of new beginnings, of renewal, of growth and of hope. This makes it a perfect time to stop and reflect on what it is that you would like to begin or to renew in your life. What will make you feel happy and fulfilled? What can you do right now to nurture that new beginning, or that small seed of hope, to enrich your life going forward?

May this be a time of new beginnings, however small, that fill you with joy and passion for life!

Best wishes,
Anne

The Magic of Me Time

For many people, being "too busy" is part of life and it is easy to slide into the urgency-addiction trap. Making time for yourself is important as it can halt the spiral of imbalance that has consequences for the quality of your life, including your family, your relationships, your career and your health.

Taking time for you is not selfish. It will restore your soul, uplift your mood, increase your health and make you more productive and upbeat. You will be able to achieve more, feel less stress and be better company for others.

Me Time is not so much about getting more done, as about doing more of the things which are important to you. How would you rate your satisfaction with the Me Time and therefore the balance in your life right now, on a scale of 1-10?

If you have a rating below 8/10, then try this simple exercise. List 10 things that would give you a rating of 10/10 if you could have them in your life on a consistent basis. Examples may include having 15 minutes a day to read a book, exercising a couple of times a week, making time for a neglected hobby, meeting a friend for coffee every second week or having a night out with your partner on a regular basis.

What Coaching Is & Isn't

Someone commented the other day that they did not understand why anyone would pay for someone to tell them what to do. This is one a common misconception of coaching.

As coaches, we help people think better – we don't tell them what to do.



Quotes from:
"A Thousand Paths to Hope"
by Jane Garton

"Hope is about choice: it is up to you whether you go forward with hope, stay still as you are, or look back with regret."

Once you have your list, check that each activity is there because it's important to you, not to someone else, and schedule time for each. You may feel silly at first but you need to make space in your calendar for Me Time activities – what gets scheduled gets done. This is not a to-do list. It is a framework upon which you are building balance and scheduling time for what's important to you. Commit to it. Ask for help if you need it. Communicate what you are doing and why to those people it affects.

Introducing small yet cherished activities into your life will have a dramatic effect on the quality of both your life and your relationships. You will feel better, healthier, happier and more in control. Me Time is not a luxury but a necessity, so go on, you owe it to yourself and those around you!

Spotlight on... Increasing Performance in the Workplace

Our area of speciality is the service industry; coaching and training both call centre and front line staff of all levels, in leadership, work and life skills. We help people be more productive by assisting them to see what's in it for them, not just the organisation, when they excel in their work. We have a number of experienced facilitators and coaches, whom we are able to match with your company's unique profile and challenges.

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“Discover what really drives you from within, then match it with real-life activities to give your life new hope and meaning.”

“We are not born with hope. Hope is a learned way of thinking about yourself.”

“Being hopeful takes practice. It involves focusing on the positive aspects of your life.”



Unlocking infinite potential through coaching & training

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