




Lewis Life Coach Newsletter February 2010

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A Message from Sandra Lewis, Life Coach...



How quickly February has arrived, and with it, another great opportunity to take a look at how you are choosing to live, what goals you are setting, and how successfully you are moving toward them. Chapter 3 of my book, “Getting it Right: Cutting to the Chase and Creating the Life you Want” contains a Goal Setting template that is easy to use, and extremely valuable in guiding your goal planning and seeing the results you want.

Not everyone is sufficiently organized and at the goal-setting stage. But a goal not formulated and well plotted can rarely be successfully achieved. And so I urge you to make this the month that you throw aside the reasons you’ve procrastinated, and use the present as the gift it is – a time to be enjoyed, and to be used in ways that will clearly benefit your future - which will of course, at some point become your “present” !

The current results of the poll on the Home page of my website suggest that most people have something in their lives that they have not achieved or dealt with as they had hoped. If you find yourself in this category, ask yourself, “Why I am **still** in this situation?” This life of yours is no dress rehearsal – it’s time to create the LIFE YOU WANT !

Make this the month you lose the “one day I’ll change things” - and grab the chance to say “I did it!”

Best Wishes,
Sandra

*Thought for this Month – **the Gift of the Present*** (“One Today is Worth Two Tomorrows”-- Benjamin Franklin)

How often have you listened as someone has lamented about the past ... and fretted about the future? How often have you done this yourself? Has it helped? Made you stand taller and feel energized? Better able to cut through problems and brainstorm your way to lasting solutions? More likely it has drained you, and served to perpetuate a cycle of, at best, uncertainty and procrastination – and at worst - depression and anxiety. And if your Present sits sandwiched between a Disappointing Past and a Fretful Future – what chance does it have?

Today is never going to pass your way again. Tomorrow, it will be called your “past”. In order to reinvent a disappointing past, then, and reduce the amount of fretting about the future, doesn’t it stand to reason that today – your “present” - holds the key to healing your past, and guaranteeing a better future?

Live in the Now and be fully engaged in the present. The past is no place to dwell, and the future isn’t here yet, so what you do today –this very day- and how you choose to think and act – will decide whether you have power and reason for optimism – or not. Make a list of what you have to deal with – long term and short. Decide what positive actions – (no matter how small – a step forward is exactly that!) can be achieved today and do them! Focus on what you are doing, and make this day a day that counts – and one that, tomorrow, will be part of a much better “past”. Feel the pride of accomplishment as you move forward. Check things off your list and feel burdens being lifted, and rejoice in the gift of empowerment you have given yourself, and that you are now armed with, as you prepare to meet your now less fretful future. The present can sometimes be a painful place: pain is the difference between what is and what you want it to be. But no matter what your circumstances, your present can be a place where creativity, laughter, connections and peace reside. Pain can be greatly lessened, and removed completely. Create a new present, and build on your new reality which will heal your past, and bring joy to your future.

Perhaps it is not such a coincidence that “Gift” and “Present” can mean the same thing?

Sandra Lewis is a Life Coach, Author of the book, “**GETTING IT RIGHT: Cutting to the Chase and Creating the Life You Want**”, and Advanced EFT Practitioner. She is member of the International Coach Federation., and specializes in Women’s issues -

Personal Development: Fostering wellness, healthy, happy relationships, empowerment, sound decision making and prioritization, to overcome and solve issues (from everyday problems to major, life-altering situations) that block the path to real success, personal fulfillment and joy.

Career Issues: Tracking and finding the right fit and the best strategy for making a great living in the best possible circumstances. Navigating the smartest path through roadblocks and people issues to get what you need and want from your work experience. Sandra is based in Mississauga Ontario, and works with clients in person, or via Skype, telephone or email. Go to www.lewislifecoach.com for details!

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