



Lewis Life Coach Newsletter January 2010

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A Message from Sandra Lewis, Life Coach...



Welcome to a New Year, and a New Decade! So much of the world as we have known it, has changed over the past 10 years. The way we proceeded and dealt with things then, isn't necessarily the right fit to successfully meet the challenges and opportunities that present themselves to us now, and in the future.

This is an optimum time to re-evaluate who you are, and where and how you want to fit in your world. Coaching can help you clarify what shifts can and should be made to get you on a more exciting, joyful and fulfilling path soon, to make the most of this New Year, and the renewed opportunity to be all you can be!

"Make the most of yourself, for that is all there is of you." – Ralph W. Emerson

With this in mind, I invite you to read on, and think about what it is that YOU are hoping for, as this New Year unfolds. Enjoy this issue with my Best Wishes, and get a head start on making this your best year yet! - Sandra

Thought for this Month - Your Comfort Zone - Are you Ready to Step Out?

The well-worn term, "Comfort Zone", has been described as *"using a limited set of behaviors to deliver a steady level of performance, usually without a sense of risk."* Sounds safe enough, but does that sound like fun to you? Or a great way to grow Who you Are and What you Have? And isn't your life meant to represent YOU, and the gifts, talents and enthusiasm with which you should want to build your present and future? If this is the only life on Earth you are going to have, is a "comfort zone" the most you want to aim for?

Is a comfort zone, then, all it's cracked up to be?

Many people have perfected one area of their life, but in doing so have ignored the other areas, and so live an incomplete, unbalanced, and unsatisfactory existence; others are trying to multi-task themselves into a stratosphere of complete chaos, and feel they are doing nothing really well, but are exhausted, and have little accomplishment- or joy - to show for it.

"You will never plough a field if you only turn it over in your mind." - Irish Proverb

Take a good look at the numerous "parts" of your life. Complete my "Life Tree", and while looking at it, ask yourself - Are you Really All You Can and Want To Be, in each of those areas? Are you as Happy as you would like to be? Are your relationships fulfilling, positive and joyful? Are your health and fitness levels optimal? If you have children, are you the Support and Role Model you had hoped you would be? Do you have a career or interest that you are making the most of, and that is a reflection of Who You Are?

A "NO" to any of these questions, strongly suggests it is time for self-reinvention, either minimal or on a larger scale. The time is NOW to step outside your "comfort zone", and embrace the possibility (and, if you are serious about it - the CERTAINTY), of something MORE.

Nothing in life remains the same. Things get better, or they get worse. Don't allow yourself to be static, for if you don't change, the world will change around you, forcing you to adapt in a way you hadn't wanted. There is always a better choice, and happier solution, and a brighter future. Seize the opportunity to craft your own more perfect existence!

*"If you're in a comfort zone, afraid to venture out,
Remember that all winners were at one time filled with doubt." - unknown*



Navigating one's way through life, avoiding pitfalls, looming obstacles and countless unknowns, can be tough - but for Calgary skier and Olympic hopeful, Brian McKeever, one would assume it would be close to impossible. Brian is legally blind. But with only 10 per cent vision, and more passion, guts and determination than most people realize they possess, this seven-medal Paralympic champion has his "sights" set on the 2010 Canadian Olympic cross-country ski team. In winning Tuesday's 50-km Nor-Am race, he has unofficially reached the qualifying standard for the Olympic team.

At 19, Brian lost his physical ability to see. Now at age 30, he perhaps sees better than most people with 20/20 vision.

Once the team is formally announced at the end of this month, McKeever is expected to become the first winter athlete to ever compete in both the Olympics and Paralympics.

Brian's brother, Robin, acts as his "guide" - a coach, if you will, providing Brian with the tools to make his own decisions, and carve his path to the finish line - ahead of the pack.

A fellow skier has commented that it is no surprise that Brian has achieved this remarkable ranking, and that after a while, "You forget he has vision problems".

Brian knows his eyes don't work. But he sees just fine: he has risen above his perceived limitation, and others' lower expectations of him, and he has created for himself the life he wants to live.

Brian says he hopes his story makes people realize **MOST OF THEIR LIMITATIONS IN LIFE ARE SELF-IMPOSED.**

"People hear some blind guy is trying to make it to the Olympics, and they think that's crazy," he said. "I understand." "[but] I've been competitive with these national team guys my whole life," he said. "These guys are going to World Cups. These guys are going to world championships. They've qualified for the Olympics.

"Why not me?"

As far as I'm concerned, Brian is already there.

Now, what about you? Are you ready to think outside the box?

Please spread the word - email this Newsletter to your friends and family !

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!