

## COLLABORATIVE LIFE COACHING

September 09 Newsletter

By Jeanne Erikson, PhD



I took two months off my newsletter for the first time in six years to “live deeply” and pace my life this Summer. I traveled, loved, laughed, read, prayed, learned, and cried. I welcomed a sweet grand baby, coped with scary cancer in one of our children, and supported my sister through the sudden death of a grandchild. These events were another wake-up call in my life-- the cycle of life spins quickly. This time off has helped me be renewed in energy, and ready to again inspire others!

### **Living Fully vs. Sliding By**

It is time to turn our focus again to our own growth and renewal. Now that the kids are back to school, and you do not have to spend time preparing for/taking/catching up from vacations, what are you waiting for? If you are stuck in the pattern of thinking “there is never enough \_\_\_\_\_” (fill in the blank with money, time, love, sleep, happiness, belongings, clothes, youth, etc.) there is a cure.

When you look at your life honestly, are you again “sliding by”? “Sliding by” means you go through the motions every day, but feel bored, trapped, and vaguely empty. Have you let the recession put your personal plans on hold? Did you recently take the easy way physically, socially, spiritually, or intellectually? Have you (again) quit growing and thriving? Join the crowd. These are normal adult behaviors. Don't feel guilty, feel motivated.

One of the cures for this "sliding by" ailment is throwing yourself into a project. Projects usually start with inner change. When we are emotionally and otherwise prepared, we then can positively influence our outer world of family and neighborhood. When we are emotionally and otherwise prepared, then we can positively influence our outer world of family and neighborhood. (Yes, I said it twice).

You may think... “Oh, not me. I am just mediocre, and could never do anything special for myself or anyone else.” Mother Teresa is the explanation point to this argument. She was a small, physically frail, elderly, Catholic nun. She admitted she was sometimes very discouraged and spiritually lost. But she found something she wanted to do, and stayed at it. She chose to see the world as a place she could influence. You do not have to be a celebrity, the President, or rich to create either your inner or outer change. In fact, it is probably easier that way.

How can you be inspired to change?

1) Connect with a support system. I have been in a support group of coaches for several years by phone, and I owe my success to these colleagues who have become friends. They accept, challenge, stimulate, and support me through thick and thin.

I am beginning a live, small, whole-life coaching group in Wichita on Saturday afternoons this Fall.

Join us. I am also offering small group whole-life wellness coaching by phone beginning in October. Call me. You can choose to work on your own goals in your own life area(s) in either group. Both groups are affordable, and the support you will get is amazing. Groups add a bonus that will propel you forward.

2) Make a practical plan. This may take bouncing ideas off someone you trust, to brain storm different approaches to old problems.

3) Act boldly. Try new attitudes. Try new methods. Change behaviors. What do you have to lose but boring and meaningless days?

Please get started NOW. Not after the holidays, not after your Fall gardening or the soccer or football season ends, not after your next promotion at work. Powerful living is urgent. That is part of it's power. Make your life count.

Warmly,

Jeanne Erikson, PCC, PhD  
ICF certified coach  
Jeanne@collaborativelifecoaching.com  
316-776-2317