

Define Yourself

health and career coaching



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Simple Truth

If you are doing all the talking you are boring somebody.

- Helen Gurley Brown

Checkout defineyourself-coaching.com website for suggested reading, past newsletters, and self-discovery classes.

You are always welcome to e-mail me with any questions or thoughts.

Be Irresistibly Attractive

Attract like a magnet what you want in life without seducing. Find practical ways to radiate what's best about you. Here is a peek at the principles that bring you more of what you want and less of what you don't want in your life.

1. Become more irresistibly attractive to yourself.
2. Become the type of person that responds immediately.
3. Add value for the joy of it.
4. Have a profound effect on others.
5. Have a great life instead of a lifestyle.
6. Promise little, deliver a lot.
7. Over respond to every event.
8. Become incredibly selfish.
9. Unhook yourself from the future.
10. Build a super reserve.
11. Create a vacuum that pulls you forward.
12. Get your personal needs met.
13. Tolerate nothing.
14. Show others how to please you.
15. Face your weaknesses.
16. Perfect your environment.
17. Appreciate how perfect today is.
18. Become unconditionally constructive.
19. Orient yourself around your values.
20. Simplify everything.
21. Master yourself.
22. Recognize and tell the truth.
23. Have a vision.
24. Be authentic.
25. Master your craft.

If this sparks an interest, I am facilitating this class in Redondo Beach at the Knob Hill Community Center starting this April. You can check www.redondo.org/recreation/classes in their summer schedule, or for more information check my website www.defineyourself-coaching.com/secondarypages/classes.html

My aim in coaching and in the classes is to touch people in a way that helps to boost or rejuvenate their vitality for an incredible life.

This newsletter is soon to be distributed via e-mail only.

Subscribe or unsubscribe in “free resources” at

<http://www.defineyourself-coaching.com/>

What's New?

If you've thought about working with a coach but were hesitant to make a long-term commitment, I am now offering an “energy boost” session, just when you need it, only when you need it. This session can be 45 or 60 minutes.

Contact me to discuss further.

Coaching is a Changing Game

One of the outcomes of coaching that clients report is a meaningful, positive change in the way they experience life. This change has a ripple effect throughout the individual, in their relationships, organizations, families and communities. Gandhi believed that we must be the change we want to see in the world, that we must work from the inside out. What change can you effect? What difference do you make in the world?

We must understand that we have to change. We can't change others, only ourselves. When we change, this affects everything and we truly can be the change we want to see in the world.

If there is something you want to change, don't wait for things to be just right to start. Start now. Do what you can with what you have.

Recognize that every step you take, everything you do, or don't do counts.

Be committed. To be the change you want to see in the world, live it. Take personal responsibility for consciously being that change daily, until it is part of you, effortlessly. All the significant changes in history were not driven by armies or governments, but by the imagination and dedication of individuals. Lincoln, Gandhi and Einstein were not alone, but they were the change makers.

Remember this little gem, “If it is to be, it's up to me”.

Distinction: Inspiration versus Motivation

Inspiration comes from within and influences the mind and emotions.

Motivation comes from the outside and is an incentive to take action. It pushes you forward.