

# Define Yourself

health and career coaching



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Danielle Vindez Personal Coach [Danielle@defineyourself-coaching.com](mailto:Danielle@defineyourself-coaching.com) P.O. Box 594, Redondo Beach, California 90277

## In this Issue

### Articles:

- Motivation, the balance between needs and values.
- How do you know you are progressing with needs?

### Distinction:

Personal Needs vs. Biological Needs

### Tools:

#### Better Body Makeover

starts September 17<sup>th</sup> 2007 at 1300 P.C.H. in Redondo Beach, for details see -

<http://www.defineyourself-coaching.com/secondarypages/workshops.html>

## Simple Truth

Mindfulness places us where choice is possible; the greater our awareness, the greater our freedom to choose.

- Gil Fronsdal

## FREE PODCASTS

Episode 1 Healthy Selfishness  
Episode 2 Secrets to Having

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## Motivation, the balance between needs and values.

How is it that yesterday I was on top of the world, and today I am dull, and uninterested. I'd like to blame it on hormones, or the foggy weather, but that would be too easy.

As a coach I know that my motivation comes from living a life immersed in my personal values. I know that when I tap into Inspiring, Discovering, Fun, and Adventure, (my top four values), my life is simple and rich. Then what is limiting my access?

Perhaps an unfulfilled need is overshadowing my values and limiting my vitality. When a need is not completely met, and I have no "needs satisfaction system" in place, to keep that need in check, then I drift along in a leaky emotional boat. My sail may be strong, but the cracks in my hull do not make for a smooth voyage.

Is it possible to patch this waning spirit? Absolutely! Needs can be identified, and satisfied permanently, with work.

Here are some steps to being need-less,

- Accept that I have an unfulfilled need and that this is good, it makes me "cowgirl up" to my responsibility to myself.
- Identify this influential need.
- Understand that this need has existed for a good reason; it has served me, and brought me to where I am today.
- Satisfy the need fully.
- Set up an automatic satisfaction system for this need.

Ex. I use to have a driving need for freedom. When I moved from the corporate world, to being a solo-preneur, my environment became less restrictive. I have fully satisfied this need.

Needs are normal, unique, and a part of us. A need does not have to be a secret hidden deep within us. It is our responsibility, as mature adults, to satisfy our own hunger, and we can ask for help.

## Distinction:

### Personal Needs vs. Biological Needs

Personal Needs are your unique emotional, physical, mental, spiritual, and environmental conditions that when met reflect the best of you.

Biological Needs are about surviving physically as an animal.

## Tools:

**These two classes are held at the Redondo Beach Community Center at Knob Hill and P.C.H.: SIGN UP@ Redondo Beach Community Services 310 318-0610**

**Be Irresistibly Attractive** is based on field tested principles that help you shape your life in the most rewarding way.

The **Lifestyle and Weight Management** class is designed to have you take an honest look at your relationships, careers, health, and behaviors to find the triggers to your eating.

## Equestrienne Fit Tips

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

## How do you know your progressing with needs?

1. If you are going out of your way to get a need satisfied, just as you now go out of your way to get a top quality product, then U R progressing.
2. If you are excited about getting your needs met, instead of hesitant, embarrassed, or distracted, then U R progressing.
3. If you find yourself becoming more motivated, energized, and creative, then U R progressing.
4. If you find yourself factoring in your needs to whatever work, client, project or relationship you now have, then U R progressing.
5. If you open up special parts of yourself that have been hidden, then U R progressing.
6. If you feel more comfortable and confident around others because you know how to get what you want, then U R progressing.
7. If you find you have more time to do the things you choose to do, then U R progressing.
8. If you feel you have mastered a skill that keeps on giving, then U R progressing.
9. If you feel more freedom to move on, and orient your life around your values, then U R progressing.
10. If you understand that there is a distinction between needs, wants, and goals, then U R progressing.

Ask me about some tools or skills that can make change happen faster for you. Partnerships are more effective than lone rangers.