



This is Your Life

This Is Your Life Newsletter

February 2007

Welcome to my monthly e-newsletter. As always, feel free to pass this on to friends, family or colleagues. If you or anyone you know is interested in learning more about *This Is Your Life* coaching, please go to my website: www.lifecoachmkay.com, email me: marykay@lifecoachmkay.com or give me a call: 608-239-1066.

I appreciate your referrals and your feedback. I love what I do and want to serve you as best I can.

Hi everyone!

Winter has arrived in Wisconsin and while we had two weeks of GORGEOUS winter weather, it's COLD now. And I'm heading north for a women's ski retreat in northern Minnesota--it's really cold up there!! I know....I know....normal people go south in the winter. I'll be doing that later with my family and some friends. But, for now, my girlfriends and I will just have to increase the layers, decrease the time outside and look forward to the hot tub and hot drinks when we're done. No matter how cold it is, I still say winter is SO much better with snow! Stay warm!

Happy Valentine's Month! Be nice to yourself and to those you love. As in the James Taylor song, "Shower the people you love with love, show them the way you feel." Enjoy!

With Love,

MKay

ANNOUNCEMENTS

Last notice for *Creating the Work You Love!* This Thursday, Feb.8 5-8:30 at Meriter West Gate downtown Madison. If you want to enjoy your current profession better or move toward something new, this is a great event to attend. Tama Kieves is a fun, inspiring and very motivating speaker plus you will have access to Career Coaches and other schools and businesses that focus on training and other career related assistance. **Contact Keri Coffman-Thiede at amazingu@merr.com or 608-592-1765 to register.**

Big news!! I'm introducing **Relationship Coaching** to *This Is Your Life Coaching*.

While I did a lot of work with couples as a psychotherapist years ago, I've been looking for a relationship model that fits with my coaching philosophy-forward thinking, positive and growth-based. I've finally discovered a model I really like called *Loving with Intention*, created by a Master Certified Coach, Lisa G. Kramer. I've trained under her and have decided to use this model in my business.

Like individual coaching, LWI trusts that the answers come from within you and focuses on the future-what each of you want for yourself and what you want for your relationship. You each get an opportunity to create and share your visions with each other, work on communication and develop a mutual vision that you work on together. **You** are the expert of your relationship. **You** are the driving force and **you** set the agenda. My job is to help you keep focused and support you as you find your own answers. It's also a lot of fun!

If you or someone you know would like to experience growth in their relationship, give me a call. I'm especially excited about working with couples with young children. As you parents out there know, relationships change **BIG TIME** when kids come along. Relationship coaching is a fabulous way to explore and negotiate each person's needs, goals and roles for this new stage of a relationship.

As always, I work in person or by phone and the introductory consultation is **FREE!**

Article: Small Treats-Happy Life!

By Mary Kay Aide

"One of the secrets of a happy life is continuous small treats."

-British novelist, Iris Murdoch,

"Oh look! My package came!" Or someone compliments you or offers to give you a hand. What a good feeling! Think about the small treats that make your day a little better-a hug, finding a \$20 bill in an old coat pocket, a purring kitty on your lap or your dog greeting you at the door. Have you ever watched busy traffic stop for a family of ducks crossing the road? Just thinking about these things warms my heart.

So many people think it's the big things that bring happiness, like having lots of money, a great job, big house, but do they really make a difference in day to day living? A coaching colleague did a presentation last month for the Madison Chapter of International Coach Federation and she cited research that revealed there are three traits that most influence life satisfaction-depression, positive emotions and cheerfulness. It seems that overall life satisfaction has little to do with the amount of money a person has, their lifestyle or their career. It seems your mood, attitude or perspective makes more of a difference.

So, what if you filled your day with continuous small treats? How would your life be different? And what about small treats you do for others? How about simple things like, taking a cup of coffee to your spouse in the morning, leaving an encouraging note in your child's backpack, telling a co-worker something you appreciate about them or sending a card to a friend, just because you feel like it. What effect would that have in your relationships, work and family lives?

Here's an experiment: Make two lists. List #1-write down all the small treats you can do for yourself; and List #2-write the small treats you can do for those around you-your friends, your partner or your children. Each day, take action on at least one thing from each list. You can even do more than one if you want! ;-)

Perhaps we'll learn that it really isn't the money, the house or status that makes a difference in our happiness. Perhaps we'll learn through this experience that it's the day to day acts of kindness that make us truly happy.

To your happiness.....Happy Valentine's Day!

MKay

This Is Your Life newsletter is emailed to clients, former clients and anyone who's interested in personal growth.

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