

# A SIMPLER LIFE...

Issue 16

Aug 2007



## Learning is the key...

SIMPLICITY  
LIFE COACHING

*Find the joy and let go of the struggle!*

*Helping you to De-stress, Simplify and Create a Life you Love!*

Dear Simpler Life Readers,

Well, advertising seems to be telling us summer is over and to get ready to go 'Back to School'! I can't believe it's that time already! So this month's theme is mistakes – and learning...

Our first **"Social Book Club" meeting** (where we share the secrets of some of the best personal development books - and you don't even have to read the book) was a hit!! Next date is Wed Sept 26<sup>th</sup> from 6-8pm at Opus Hotel, Yaletown.

Other Events include **"Get Set for Success!"** at Lululemon, PARK ROYAL Village on Mon Sept 10<sup>th</sup> from 7.30-9pm.

And **"Boost Your Energy"** at Lululemon DOWNTOWN Vancouver on Sun Sept 16<sup>th</sup> from 8-9.30pm.

Get more details about all of these on the Events page at [www.simplicitylifecoaching.com](http://www.simplicitylifecoaching.com).

Finally, the **new tool on the website this month** is the "3 Step Bridge" to help you GET MOVING when you feel stuck or overwhelmed! Look for \*NEW\* under "Tools for you" [www.simplicitylifecoaching.com/tools\\_resources](http://www.simplicitylifecoaching.com/tools_resources)

If you know someone looking to get unstuck, for **less stress** and **more passion and joy** I'd love to hear from you! Contact details at the end of the newsletter.

As always, thanks to my family, friends and fab clients!

I hope you have a great rest of August and look forward to chatting with you again soon! Warmly, *Emma-Louise*.

### THOUGHT FOR THE MONTH

*"Whatever humans have learned had to be learned as a consequence only of trial and error experience. Humans have learned only through mistakes." Buckminster Fuller*

## "The Mistakes Within"

*We make choices ALL the time, therefore we must make mistakes sometimes too. Yet, why are we so hard on ourselves when we do?*

Obviously the truly enlightened among us would simply say there are no mistakes, everything happens for a reason.

But it can be hard to see what the great learning is when we are still dealing with the tough negative consequences of our rash outburst or worse - our careful and well thought out decision...

While it may be hard sometimes to see the learning - there is ALWAYS one in there. Sometimes it is easy to trace back the consequences to your actions and see what you could have done differently. Other times the connection is more vague...

Sometimes the learning is that we need to get more sleep and look after ourselves better so that we are more alert and attentive (after I've added icing sugar to my cheese sauce instead of flour, or driven the wrong way up a one-way street).

Sometimes the learning is that we need more patience (after I STILL manage to poke myself in the eye with the tweezers because I'm rushing to get the cat hair out).

Sometimes the learning is to trust ourselves and our intuition more – we KNEW on a deep level that the job/food-choices/boy or girlfriend was not going to work long-term and yet we chose it anyway.

Sometimes the learning is that the world is constantly changing – so stop fighting it! How many of you have researched every specification, store and price for an item – bought the best one for the best price – only to find out the next day/week/month that some new gadget came out which would have been better OR some store was selling it even cheaper...

And finally sometimes the learning is that we simply can't EVER know EVERYthing. We just have to make the best decision we can with the information we have at the time. Then move forwards and LET GO!

The trick with 'mistakes' is to think about them enough to figure out the learning but then move ON with your life. Then, simply apply the learning next time...

The last word though is around self-forgiveness. The law of averages dictates that sometimes you will get it wrong. And the law of human-ness (yes, I made that word up) dictates that in some cases you will make the same mistake over and over again – and keep making it until you TRULY GET the learning **AND** are READY AND WILLING to apply it.

And unless you are imbued with super-powers this applies to you too – so get over it! Let go of making the perfect choice. Do your best, if necessary - learn - then forgive self. Now isn't that easier?

## RECOMMENDED READING

1. **Blink - The Power of Thinking Without Thinking**  
*Malcolm Gladwell* ISBN: 0316172324  
We make choices in a blink and are influenced without realising. Learn more about your brain - amazing!
2. **Give Me Time**  
*Mindgym* ISBN: 0316731692  
Packed with ideas for the time-starved. Exercises and quizzes to help you get to know you!

*PS. Don't forget your local Library - you might be able to read these recommended books for free!*

## ENLIGHTENING LUNCHBREAKS

[www.storewars.org](http://www.storewars.org)

If you like Star Wars you have to see this! A short film using vegetables as Star Wars characters to help us buy and eat organic. Pun-tastic. Meet Chew-broccoli and Darth-tater! "Use the Farm, Cuke".

[www.hiveminder.com](http://www.hiveminder.com)

This is a cool on-line (did I say free?) tool to help you manage yourself and others! Hiveminder is a webservice to keep track of all of your to-do lists in one place. You can even share tasks with friends, family and co-workers. Whether planning your honeymoon, streamlining your business or just trying to make it through the day, Hiveminder may be able to help you!

## There is no such thing as... An "Error"

*Is there such a thing as an error? Or are errors simply choices made with unwanted consequences?*

If we consider something that many would consider a gross error - the man who fell asleep on the Herald of Free Enterprise (a European car ferry). He didn't close the bow-doors and the ferry sank with over 300 deaths. Was this an error? Or was it simply a choice with completely-unwanted consequences?

Well, no-one chooses to accidentally kill people. But at the VERY least (like so many of us!) he did choose to go to work knowing he was tired.

Now if he worked as a gardener, maybe he would 'just' have chopped off his own leg instead of impacting so many others. Or if he worked as a barman, perhaps he would have given you the wrong change or splashed lemonade on you!

The point is that we all make choices daily - and there are always consequences. Hopefully our choices give us the results we wish for. Sometimes despite our best efforts they won't.

Yet when we learn to TAKE FULL RESPONSIBILITY for the choices we make every day - and own the consequences, this is how we mature and grow.

**LAW OF FAILURE:** There is no failure, only feedback. No mistakes, only learning. No errors, only results.

## MAKE YOUR DECISIONS EASIER!

Often our stress is caused by overwhelm. Too much information, too much choice and usually too much analysis!

While being careful where you use these tips (eg. negative consequences that could arise) here are **5 ways to make your decision making easier:**

1. **Don't think - just pick!** Trust your instincts instead of logic for a change!
2. **Just get started - but start small!** There is often no substitute for experience. So, instead of over-analyzing or over-thinking, start small until you feel like going big!
3. **Act 'as if' you had decided.** Instead of actually DOING it, start on paper. Test your theories until you're ready!
4. **Just do it - with someone else!** Nervous? Why not try it first with someone else you feel safe with?
5. **Let go - let luck decide!** Close your eyes, point your finger and see where it lands!

*Why not try one of these and see?*

*"The man who makes no mistakes does not usually make anything"*  
*Edward J. Phelps*

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If you know **someone else** who might enjoy this e-zine, simply **forward it on** or they can **sign up on the website** at [www.simplicitylifecoaching.com](http://www.simplicitylifecoaching.com)

## CHALLENGE OF THE MONTH!

The aim of this box is for you to help **Change the World** - one action at a time...

Inspired by Naomi Shihab Nye in this month's Oprah magazine, your challenge for this month is to **Communicate with one person who does not expect to hear from you!**

It could be an update you have been putting off, some praise, a short sentence or even a quote you think they might like via email, a letter, a postcard, e-card, phonecall or fax!

### 🌟 LEVEL 1 - Gentle

Communicate with **ONE** person a **MONTH** who does not expect to hear from you!

### 🌟 LEVEL 2 - Challenging

Communicate with **ONE** person a **WEEK** who does not expect to hear from you!

### 🌟 LEVEL 3 - Extreme

Communicate with **ONE** person a **DAY** who does not expect to hear from you!

*Remember that CONNECTION (whether to ourselves, others or something bigger than us/nature) is what gives us meaning. So, go on, get in touch!*