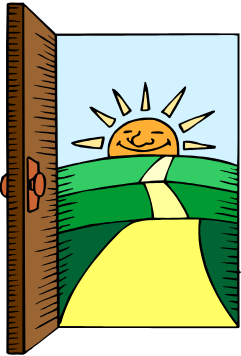


THE SIMPLE LIFE

Issue 11

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Taking Action is key...

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

Hi all, well it has been quite a while since the last newsletter! I have been super-busy re-branding and (finally) finishing the content for my 'proper' website – which will hopefully be up by the next newsletter! I can't wait!

SIMPLICITY
LIFE COACHING

Find the joy and let go of the struggle!

I have also been moving further into new territory – holding more workshops, being a guest-speaker (and even a referral to speak somewhere else as a result!). I have had another article published in a local magazine and been asked to provide more! I have also met more wonderful new people networking and have some GREAT new clients.

This just re-inforces my experience that the more I put myself out there, the more comes back! Which segues nicely into the theme of this newsletter. Take responsibility and take action! You will be surprised when you take charge of a situation and your life, how things just seem to start happening.

So, if you know someone looking for **balance**, **inner peace** or to work on being their **authentic self**, my contact details are at the end of this newsletter. Whether for more information or just a quick chat, simply get in touch!

As always, a big thank-you to my family, friends and clients.

Have a wonderful month, *Emma-Louise*.

THOUGHT FOR THE MONTH

"Most people are about as happy as they make up their minds to be" *Abraham Lincoln*

"The Happiness Within"

Happiness is a very important factor in our lives. So, why is it that so few of us tackle our unhappiness head-on and do something about it?

Now, I want to make it clear that I am not talking about dealing with life crises like losing a loved one or a major illness. What I am talking about here is the fact that some people are happy even though life may be a struggle. And then some people have everything they could possibly want, a seemingly 'great' life, but are unhappy.

Well, happy people recognize that unhappiness is just a "temporary lack of happiness". They know unhappiness is simply a message telling them something AND they believe they can change things. By contrast unhappy people are either unaware of the real reason for their unhappiness and/or don't believe they can change the situation.

Many people, when they feel unhappy either:

- i) FORCE themselves to be happy (often with a guilt trip – there are all those starving people out there!) or perhaps
- ii) DISTRACT themselves, maybe with a movie, a bottle of wine, chocolate, a shopping trip or an evening with friends.

Now these can be useful and easily doable 'strategies' for minor unhappiness moments. But if what's bothering you is an issue you're simply ignoring, it will probably come back and bite you later. And as time passes that bite just gets more painful...

No-one CONSCIOUSLY chooses unhappiness. Given a choice the vast majority of us prefer to be happy. So why not get conscious about your unhappiness – identify the cause – and do something about it? When we begin to see our unhappiness as a necessary part of our growth, we can begin to ask the questions that move us forwards like:

- "What is this unhappiness trying to tell me about my life?"
- "Which aspect/s of my life could I make changes in?"
- "What 3 small steps could I take this week to move me forwards?"

Happy people also know that sometimes we just need to let our unhappiness 'be' for a while instead of fighting it. Learning to 'allow' your unhappiness just long enough to figure out what to do about it can be a very helpful strategy to move you forwards.

Like everything else in life happiness is a balancing act. We need unhappiness in order to appreciate happiness. As *Helen Keller* said "We could never learn to be brave and patient if there were only joy in the world."

Un-happiness is merely a temporary dot on the map of life. If you don't like the location, simply plot a route to somewhere better. Even the planning is a step forwards. Or you can just sit there in misery-town. Your choice.

RECOMMENDED READING

1. The 10-Minute Life Coach
Fiona Harrold ISBN: 0340822015
Fiona Harrold's second book. Lots of short, inspiring chapters to get you going - and thinking differently.
2. The Te of Piglet
Benjamin Hoff ISBN: 0140230165
If you loved The Tao of Pooh, you will also enjoy the Te of Piglet. A different angle - about the virtue of being small (size in this case). We can ALL make a difference...

ENLIGHTENING LUNCHBREAKS

www.eightprinciples.com

Allow 5 minutes to visit this uplifting website. Watch the 8 irresistible principles of fun! Simple and effective.

<http://www.changethis.com/>

This is an interesting website for a browse. There are some very interesting articles and viewpoints about what is going on in the world. Get reading and get connected!

There is no such thing as... "Achieving Balance"

Thinking we can 'achieve' balance can set us up for disappointment. Because no sooner do we 'achieve' it than something changes and we are 'off-balance' again.

So perhaps think instead of balance as something we are either:

- 1) Moving towards
- 2) Moving away from

Does saying "yes" to this project or "no" to that yoga class move me TOWARDS or AWAY FROM balance in my life?

You know you are moving towards balance when you feel good about yourself, choose how you spend your time, when you have energy and your life is heading in the general direction you want.

If you are finding life 'hard', feeling tired or mentally drained for much of the time or feel like you are living someone else's agenda then you are probably moving away from balance.

THOUGHT: Change is inevitable. Resistance is tiring and wastes your energy. Instead go with the flow!

THOUGHT: "Life is like riding a bicycle. To keep your balance you must keep moving" Albert Einstein

HAPPINESS TIPS

Get happier with these tips!

- ☆ Do you know what makes you truly happy? If not, *make a list* (of things great & small) and commit to doing 3 of them in the next week!
- ☆ If you have children or a dog (or can responsibly borrow some!), take them out - do something *just for them*. Watch (and learn) how they enjoy themselves.
- ☆ Say "No" to something you feel you *should* do, and do something you truly want to instead!
- ☆ Schedule a 'date' with someone who *energizes or inspires* you.
- ☆ Scare yourself! Visit a funfair, go on a scary ride and *yell, shout and scream!*
- ☆ Just do it! Do that one thing that's been on your mind, *get it over with!*
- ☆ What is the most fun thing you could do *right now?* Go and do it!

Maybe you'll try one of these and see what happens...

*"When flowing water ... meets with obstacles on its path, a blockage in its journey, it pauses. It increases in volume and strength, filling up in front of the obstacle and eventually spilling past it.... Do not turn and run, for there is nowhere worthwhile for you to go. Do not attempt to push ahead into the danger ... emulate the example of the water: Pause and build up your strength until the obstacle no longer represents a blockage."
from the 'I Ching'*



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If you know someone who might enjoy this e-zine, simply forward it on or ask them to send a blank email to newsletter@simplicitylifecoaching.com

REMEMBER

We feel unhappy when we don't like something in our situation. Eckhart Tolle calls this "resisting reality".

Most forms of unhappiness, negativity or suffering come from resistance - and resistance is always unconscious.

So, the trick is to become AWARE of what you are resisting. Because, as we've already discussed, ignoring your unhappiness means it remains. Nothing changes if nothing changes...

The Simple Deal with un-happiness:

1. Ask yourself "Where am I resisting reality?" and then either:
2. Choose to take responsibility for your life and take action.

OR

3. Simply surrender to what is.

So, either do something about it or let go! But choosing to do nothing and grumbling about it is only going to prolong your suffering!