

THE SIMPLE LIFE

Issue 13

February 2007



Self-Love 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 Simple Life Readers,

Well, hopefully you have had a good January and settled nicely into 2007. I certainly have!

And maybe you have had a chance to check out the new website at www.simplicitylifecoaching.com.

I want this website to be a resource – somewhere you go to find tools, interesting articles and places to visit and also somewhere to both inspire and ground you – to help you enjoy life and feel at peace! So, all feedback and comments appreciated – that's how we improve!

This month I have added a new tool for you – the "Urgent/Important Matrix" to help you understand how you spend your time. See "Fun Exercises" on the "Tools for You" page. www.simplicitylifecoaching.com/tools_resources

So, news. I am on the verge of launching a new Coaching process and there might even be a special offer for Simple Life subscribers to go with it, so watch this space!

Maybe you know someone looking for more **balance**, **inner peace** or maybe just wondering **who they are** and **what they want from life**. Whether you're simply looking for more information or just a quick chat, please get in touch! Contact details at the end of the newsletter.

As always, thanks to my family, friends and clients.

I hope you have a great February and I look forward to chatting with you again soon! *Emma-Louise.*

THOUGHT FOR THE MONTH

*"Life can only be understood backwards;
but it must be lived forwards"* **Soren Kierkegaard**

"The Valentine Within"

*February is the month when love is in the air, thanks to Saint Valentine. But - when did you last **give yourself a Valentine?***

This may seem like a strange question. And yet your relationship with you is pretty important – you're the only person you spend your ENTIRE life with.

Focusing on ourselves is often seen as being frivolous or self-absorbed. The paradox is that if we do not cultivate our relationship with ourself it impacts not only our lives, but also the lives of those we love. Until we learn how to look after ourselves we have less energy, patience and attention to give to others.

Perhaps imagine for a moment that you really got to know yourself. You have prioritized YOUR life around what is truly important to YOU (not what others think). You value yourself enough to say "No" when necessary. You trust your own judgement and do what YOU love – maybe not all the time, but enough to create joy in your life.

Now, take this a step further and perhaps imagine a life where you truly accept yourself. You see your 'weaknesses' as the necessary flaws that make you human, unique and special. You acknowledge and use your strengths on a daily basis. You are kind to yourself, remembering that 'mistakes' are how you learn. You know that rest, peace and quiet are important for both your mind and body.

How does that feel?

OK, so maybe some of you are concerned about becoming selfish or arrogant?

Well, arrogance is thinking you are *better* than everyone else, "having an exaggerated opinion of your own importance or abilities". And selfishness is where you put your needs first AND *disregard* the needs of others.

Self-love is simply recognizing who and what you are - and accepting yourself as a work in progress. Self-love is the ability to focus on your good points instead of placing a glaring searchlight on your faults. Self-love is knowing that when you look after yourself you become a better person to be around. Self-love is simply about you valuing YOU!

What would it be like to look into the mirror and see a person who is imperfect but has great potential? Even Buddha said: *"It is not perfection we must seek, but freedom of the heart"*.

All it takes is a shift in the way you think about yourself. I don't know whether you've noticed, but when we change how we think our actions cannot help but follow.

RECOMMENDED READING

1. **The Secrets of Happiness**
Ben Renshaw ISBN: 0091887542
A small and simple book with 100 tips to help you find happiness and fulfilment!
2. **Living Your Best Life**
Laura Berman Fortgang ISBN: 0007111835
An easy to read book with plenty of questions to ask yourself, and 10 strategies divided into 3 simple stages to help you live your best life!

PS. Don't forget your local Library - you can read many of these recommended books for free!

ENLIGHTENING LUNCHBREAKS

www.myfootprint.org

If you haven't done this already, complete the quiz and see what your environmental footprint is...

www.trashyourtv.com

This may be a step too far for some, but even the stats on the home page may give you something to think about. Are you a TV addict? Why not take the quiz and find out. Think what you could do differently with your life if you reclaimed just 1 evening a week back from the television...

There is no such thing as... "A Broken Heart"

A broken heart is a physical impossibility. Yet most of us intuitively know what this means and how it feels.

Interestingly, we usually see a broken heart as caused by something external - a person. After all, how many of us broke our own hearts?

Well, in a way everyone did. We each created the hopes and dreams that were not met. Yes, maybe the other person helped to create them, maybe not. Still, if YOU hadn't had those thoughts and created those feelings, there would simply be nothing to be disappointed or broken-hearted about.

What if instead of a broken heart you simply had different hopes, wants and expectations to the other person? You wanted them, they wanted Shelia or perhaps Fernando. You wanted them, but they stopped wanting you. You wanted them but so did illness or death.

There is only one constant in life - Change. Why not try enjoying what you have right NOW in this moment, instead of focusing on what is missing. It will change soon enough anyway.

THOUGHT: "God grant me - The serenity to accept the things I cannot change, The courage to change the things I can, And the wisdom to distinguish the one from the other." Reinhold Niebuhr

LOVE YOURSELF

Whether alone or in a relationship, here are **5 ways to be your own Valentine:**

- ☆ **Say "No"**. Saying "No" allows you to say "Yes" to something fabulous you want to do instead!
- ☆ **Treat yourself** with an inspirational card, picture or simply some flowers. Place somewhere you will see and enjoy often!
- ☆ **Take yourself out for coffee**. Pick somewhere warm and cozy, perhaps with a nice view. Now relax quietly and simply answer this question "Who do I want to be in life?" Write it down and put somewhere you will see often.
- ☆ **Be a VIP**. Book a spa treatment, spend a work-day skiing or stay at home watching old movies! Do it just for you and feel wonderful!
- ☆ **Write down 30 things you LOVE doing** - from small (eg. smelling flowers) to big. Pick 3, ponder how you could build them into your life then FIND a way to make it happen.

Try treating yourself and see how much better life feels!

Passion emerges when your essence expresses itself. How do you stop yourself from fully expressing who you are?
Unknown

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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 cannot give what we do not have.

If we look to the great leaders, philanthropists and sages of this world (people who have given most to humanity) we find that they also recognize the importance of taking time for themselves.

3 reasons taking time for you is essential:

1. **Find Clarity**. Many of us are too busy to even stop and think what to have for dinner! Make your decisions and choices quicker and easier by taking time out for you - and getting *clear* about what you want from life.
2. **Reclaim Energy**. When we tirelessly give without looking after ourselves, we slowly run out of life-energy. We lose our spirit, feel sluggish and life becomes uninspiring. Take time for you - and find yourself *re-energized!*
3. **Peace**. Our minds may be driving us on - but our heart *always* wants peace, ease, simplicity, freedom. This alone causes an inner-conflict that quietly drains your energy and can make you angry and resentful.

Take time for you and you will find yourself making time for others!