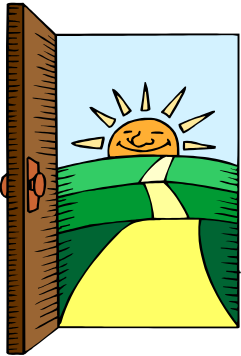


# THE SIMPLE LIFE

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## Let Self-Acceptance Be a Goal...



### Simplicity Life Coaching Ltd.

*Find the Joy and Let go of the Struggle. Helping you better understand yourself, what you want from life and holding you accountable as you take steps towards your goals!*

Recently, during a session, one of my clients had a big 'awakening'. They suddenly realized they had given up on 'being their best' and that this was seriously impacting how they felt on a day-to-day basis. Interestingly, as is often seen with coaching clients, it wasn't fear of failure that was the issue, but a fear of success!

In fact, the fear of what others might think and feel about them often causes people to hold back on who they really are. And yet, when we suppress who we really are we short-change not only ourselves, but those around us.

Life is about balance so let's aim to be our best, and learn from those occasions when, on reflection, we could have been or done better. Let self-acceptance be a goal and move towards a more joyful life! As always I am inspired by my family, friends and clients - thank-you.

If you enjoy this e-zine and think coaching might be of interest to you or someone you know, our contact details are at the bottom of this newsletter. Maybe it's just for more information or a quick chat, either way simply pick up the phone or email me!

*Emma-Louise.*

### THOUGHT OF THE MONTH

"I'm not afraid of storms, for I'm learning how to sail my ship." *Louisa May Alcott*

## "The Authenticity Within"

*Throughout life there is one constant - change. Each day we are building who we are - whether we realize it or not. Why not choose to be authentic, to become yourself?*

The self we created to please our culture and other people began when we were small and firmed up in our 20s as we worked out how to be liked, rewarded and successful.

So, what happens when we realize there will always be someone who doesn't like us, always somewhere we don't fit and to top it all off we realize deep down we are not being entirely authentic? I wonder if you have reached the stage where you ask, "Who am I really?"

In order to move forwards we need to let go of the 'self' we created in order to fit into the world. And when we don't yet know what to replace it with these changes can leave us feeling confused, angry, frightened or at a loss.

One place to start is to take in and accept the suppressed and unwanted parts of our personality - the unvarnished truth. No-one can be 'nice' all of the time and sometimes we might be selfish, afraid, self-destructive, or needy. When we focus exclusively on our good points we are not being 'real', it's when we also acknowledge the 'dark side' of ourselves that we find balance and authenticity. Only then can we re-integrate as a whole - accepting that both 'good' and 'bad' exists side by side, that we all have unique 'weaknesses' as well as unique strengths and talents.

And one of the best things about accepting all aspects of ourselves is that we stop wasting so much time and energy seeking the approval of others. We now have something far more important - our own approval.

We also become less defensive. The negative thoughts and opinions of others simply become irrelevant. We have seen, acknowledged and absorbed our worst and no-one can tell us things we don't already know, don't want to hear or own up to. People can no longer offend us because we know and accept our worst.

Once we have accepted all aspects of ourselves, it no longer matters when people say critical or even 'untrue' things about us. We see that this is about them, and what they are not yet willing to see in themselves. And maybe we'll find compassion for them - because we have been there.

This is our one and only journey through life, why not resolve to make the best of it? You may notice that as you accept all that you are and have experienced you start to REVALUE your life. Eventually you may begin to re-approach life with a greater sense of wholeness, renewed vigour, confidence and excitement. This is RENEWAL... You are literally becoming yourself!

## RECOMMENDED READING

1. **Feel the Fear and Do It Anyway**  
*Susan Jeffers* ISBN: 0449902927  
An excellent book that encourages us to face our fears: The time and effort we spend worrying could be spent doing something about it! Take action, knowing you CAN handle the consequences!
2. **Now, Discover Your Strengths: How to Develop Your Talents and Those of the People You Manage**  
*M. Buckingham, D. Clifton* ISBN: 0743207661  
A great book that encourages us to focus on our strengths instead of our weaknesses. In our strengths lies the opportunity for our greatest growth. Includes an on-line test to give your top 5 strengths.
3. **Be Your Own Life Coach**  
*Fiona Harrold* ISBN: 0340770643  
Fiona is one of the UK's leading life coaches and in this book, among other things, she helps us to be our best, face our demons, take responsibility and learn to cultivate our gorgeousness, now!

## INTERESTING WEBSITES

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

The website of Stephen Covey, famous for his "7 Habits of Highly Effective People". There is a life 'mission builder' as well as various personality 'tests'

## There is no such thing as... "Perfection"

*Perfection is the continual judgement of ourselves or others as deficient. It is one of those things so many people seek, only to be constantly disappointed.*

One guaranteed way of making ourselves miserable is to set unachievably high standards and then beat ourselves (or others) up when we don't meet them. Sound familiar?

There are those that say something can always be improved, therefore perfection is unattainable (so stop trying and let go!). And some say perfection is already in every moment, every person and every thing that exists. So, which is it? Well, choose whichever works for you.

Perhaps the answer instead lies in choosing to be the *best we can* in any given moment. That way, when you look back you can say "I did my best". What purpose would it serve to beat yourself up for doing your best? If we knew a better way of dealing with something we would have done it, so look instead for the learnings...

- ♥ **THOUGHT:** "It is not perfection we must seek, but freedom of the heart." **Buddha**
- ♥ **THOUGHT:** As Oprah famously says "When we know better, we do better."

## 'TOLERATIONS' EXERCISE

Life is as easy or as hard as we make it. Let's turn self-knowledge into power...

1. Suppose you made a list of the things you are tolerating and "putting up with" (at work, in your personal life or both)
  - *What are you accepting, allowing to happen or perhaps taking on that is dragging you down?*
  - *This could be situations, other people's behaviour, incomplete items, unmet needs, frustrations, issues, crossed boundaries, your own behaviour or something else.*
2. Over the next month, just begin to notice when they occur. Add anything else you think of to your list.
3. When you're ready you'll naturally start dealing with them, fixing them and taking back control of your life. Simple!

*"Life is not about finding yourself. Life is about creating yourself."*  
**George Bernard Shaw**

Simply call or email to find out how coaching could help you or to arrange a complimentary trial session



**Simplicity Life Coaching Ltd**  
North Vancouver, V7K 1P1

Contact: Emma-Louise Elsey  
Phone: (604) 990-9068  
Email: [emma-louise.elsey@telus.net](mailto:emma-louise.elsey@telus.net)

If you know someone who would enjoy this e-zine, simply forward it on or ask them to send a blank email to [newsletter@simplicitylifecoaching.com](mailto:newsletter@simplicitylifecoaching.com)

## REMEMBER

It is hard to work on improving yourself when your repressed 'dark side' is always there - battling for recognition...

**One evening an old, wise grandfather tells his grandson about a battle that goes on inside people:**

He said, "My son, the battle is between two wolves inside us all. One is 'Evil': It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is 'Good': It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The grandfather simply replied, "The one you feed."

*When we are open and accepting of negative feelings they are less frightening and have less power over us. We move through them and grow more quickly. Often, simply by being open, we also become aware of positive aspects of ourselves we weren't previously aware of.*