



Awaken from Wandering

The Newsletter

June 2008

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To receive a **Free Subscription:**

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Is Your Schedule Spinning You In Circles?

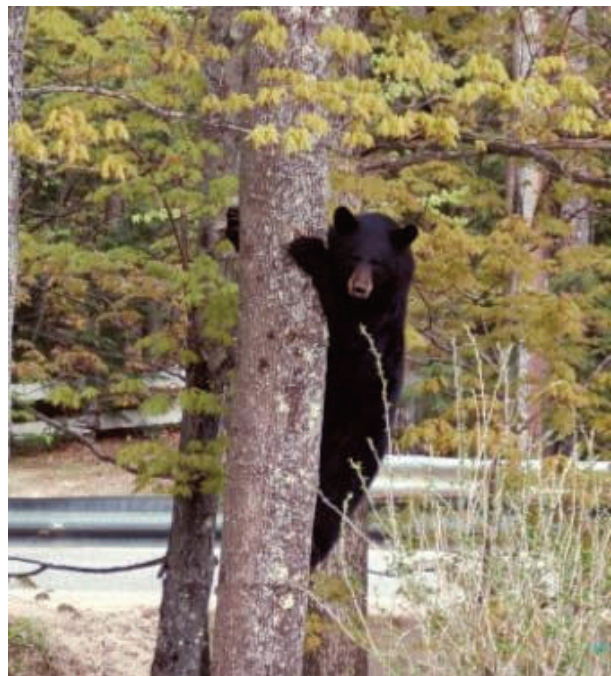
I was specifically asked to include something in this news letter about how life is getting busier and busier and just won't slow down. I actually have heard a lot of people talking about this and have had some problems keeping a handle on my schedule at times. The world seems to be moving faster and faster and at times it does seem like there is no way to stay on top of it all. Even doing fun activities at times feels like just another thing to add to your schedule.

So let's talk about what is on your list of things to do. Do you have a list? Is it written down or is it just a mental list? How do you prioritize the items on the list? Are you spending lots of time trying to manage and control your 'to do' list? If you are spending most of your time thinking about how to manage your list, it is time to stop and take a few deep breaths.

What I have found for me is that there is a huge clock in my head that drives me forward toward some imagined finish line. I must get things done before my time is up, yet I really don't have any idea what this finish line is and I don't have any knowledge about how much time I will ultimately have. The other thing that has become clear is that there will always be things that need to be done as we move forward through life. How do we take ourselves out of the to-do list race and how do we stop giving those lists our energy and life? Take another few deep breaths.

Taking yourself out of the 'to do' list race may not be as hard as it sounds. You can only do so many things at one time and do them well. If you get to

set your priorities then do what you feel needs to be done first. Focus on that task in the moment and give it your full attention. Forget about everything else. If you find your attention drifting to all the things you have to do just keep bringing yourself back to the present by taking a few deep breaths. Remember there will always be things to do. Living, doing, breathing is what life is all about. Living in the future by creating an imaginary finish line is what creates all the stress and think about it do you really want to be at that finish line completely done?



The Next 100 Days

In February I started on a 100 of exploration. I was exploring bringing my writing into my life more fully. I explored my relationship to my writing and discovered some things about myself in the process. Before I started I created a snap shot of where I was. Yet I do not have to look at the before and after details to understand how I have grown and changed. As I sit daily to write for my [BLOG](#) or one of my other writing projects, my life has become richer. I have also noticed that I am no longer satisfied with allowing myself to just get by. If I want something to change in my life I know that I am always at choice. I choose moment by moment what my life looks like. If I really want something I just need to make the decision to act in the moment to move toward it. There are still hurdles to cross and fears to walk through yet somehow it seems like there are possibilities.

I have started a new 100-day challenge in May. My new challenge will allow me to explore my social capital. Social capital is my network of people. The challenge aspect is not about the people in my network, the challenge is for me to grow and learn about myself and how I interact with my network. It will be a focused discovery process that I am sure will leave me as profoundly changed as my first challenge.

The next 100 Day Challenge starts in June.
Please [email me](#) for details. This is a FREE program.

I have made lots of changes to my web site check it out at:
www.awakenfromwandering.com
Stop by my BLOG and see the latest postings: <http://www.journey-coach.blogspot.com/>

Mind, Body, Spirit Coaching Fees

The 90-Day Journey to the Center of You *-Personal Development-*

- * Make the present perfect
- * Expand your personal boundaries
- * Understand the dynamics of change and say yes to change

Includes:

Twelve weekly scheduled 50-minute sessions
Personal foundation field work
Opportunities for huge personal growth
Email and voice mail support between calls

Priced at \$750 (\$62.50 per session)

The 30-Day Centering and Opening

- * Learn how to open to your heart and what you want
- * Say yes to yourself
- * Find what you have been missing in your life

Includes:

Four weekly scheduled 50-minute sessions
Work/life balance field work
Email and voice mail support between calls

Priced at \$270 (\$67.50 per session)

Support as Needed

- * You want some support from time to time to keep you awake and not wandering
- * You are not sure what package is right for you

Includes:

50-60 minute session scheduled as needed.
Priced at \$85 per session

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The first trial session is always **free**. Email or call today to schedule a free trial session.

I offer scholarships to reduce the fees for highly motivated people who cannot afford the full price. Call or email to see if this option is right for you.

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