



Awaken from Wandering

The Newsletter

March 2008

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To receive a **Free Subscription:**

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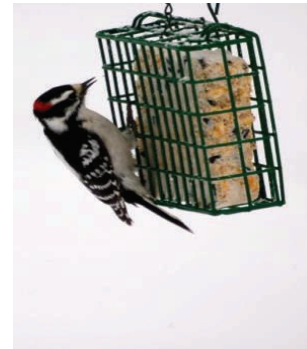
100 Days of Mastery

I have embarked on a 100-day challenge that will allow me to work at and practice my writing. I selected writing because I have always been passionate about it and I wanted to create space in my life to work at it in a formal way. I started my challenge on 7 February and will finish in May. Every day I will spend at least an hour formally working at my writing. This is in addition to the time I spend journaling every morning.

As part of this challenge, I am going to figure out how I come up with ideas and how I organize those ideas. So far, the work has been amazing and I have discovered ideas for articles that I had squirreled away on scraps of paper and buried in my journal. I have also found that having permission to do what I am most passionate about has been incredibly freeing and has empowered all parts of my life.

What would your 100-day challenge be? What support would you need? What tools and space would you need to accomplish it? What would be your roadblocks? Can you clear them away for the next 100 days?

I would love to start a free teleconference group to support anyone who would like to start a 100-day challenge. Email me by 12 March if you would like to do your own 100-day challenge. I will email you some things to help you in defining your challenge and ways to track your progress. I will also set up weekly support calls to help you as you spend 100-days mastering something you are passionate about.



Writers' Group

I have just created two special interests groups (SIG) that will meet monthly as a telephone conference call. The Writers' SIG is a community of members who are passionate about writing or who want to become passionate about writing. The intention of the community is to share wisdom and experience with one another and to provide a safe space to allow members to create passion in their own lives around writing. It is free to join the group. You will just have to pay for the long distance call. The two groups meet at the following times:

1. Starting on 26 March it will meet on the 4th Wednesday of each month at 3:00 PM ET.

2. Starting on 12 March it will meet on the 2nd Wednesday of each month at 7:00 PM ET.

These are ongoing groups. Please stop in and help us define the focus of the group.

Please email me if you would like to join either group or would like more information.

elizabeth@awakenfromwandering.com





Awaken From Wandering, LLC

Helping people create sustainable lives.

Creating Passion in Your Life

What areas of your life get you excited? We all need to have something in our life that we are excited about, something that refuels us and keeps us energized. Without it, life becomes one heavy step after the other, our life sucking energy out of us with each passing day. How much of your current life attracts you passionately? How much of it feels like you are dragging along. Have you ever noticed that when you really love to do something, you find a way to get over the difficult parts? You find ways to make things come together, to solve the problem. However, when something is drudgery and you are not interested, the problems and difficulties feel like huge hurdles.

If you are not sure what you love to do listen to yourself as you talk about different things. Can you hear the excitement in your voice or do your words just sound kind of flat. If you cannot find anything, ask a good friend to help you. They should be able to tell the things that you talk about that excite you.

If your life and work are not the way you want them how can you make your choices again and change what you have? Are you not sure how to get started? Start by describing in detail your perfect day. Would you be alone or would it include others? Who would they be? Can you describe in detail what you would do on your perfect day? What would be most important in that day? Leave out anything that feels like you should do it. When you have fully described your day, look at what you have listed. Are there things that you have listed that you already do? What can you do to make the other items come true? See if you can create one perfect day this month. Get clear about what is most important. Allow yourself to feel it before it happens. Set a day aside (put it on the calendar) and plan for it. When you have planned it, let it go and let the day unfold. Be open to your experiences. Purposefully create a life that brings you excitement and passion in what you do.



COACHING Journey PACKAGES

The 90-Day Expedition

-Personal Development-

Warning: This journey may lead to mind-blowing self-discoveries.

This expedition is not for people in a comfortable rut.

If you are self-motivated and willing to explore the unknown this expedition is for you.

Includes:

Twelve weekly scheduled 50-minute sessions

Personal Foundation field work

Opportunities for huge personal growth

Unlimited email and voice mail support

Priced at \$920

The 30-Day Energy Hike

-Kick Start a Dream-

You have an idea and you are motivated to explore it

You are ready to push yourself

You recognize the value in having a success partner to keep your energy high

Includes:

Four weekly scheduled 50-minute sessions

Work/life balance field work

Unlimited email and voice mail support

Priced at \$270

The Power Walk

Follow-up support as needed.

You have successfully completed an Expedition or Hike

You want some support from time to time to keep you awake and not wandering

\$85 per session

Includes:

One hour session scheduled as needed.

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The first trial session is always free. If you would like to schedule a free trial session email or call today. I offer scholarships to reduce fees for highly motivated people who cannot afford the full price.

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