



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

The Three D's

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As I reread the sixth book of the Harry Potter series, I stumbled across three powerful words - destination, determination, and deliberation. In book six, Harry and his classmates are old enough to learn apparating, the spell that allows you to disappear from one place and reappear somewhere else almost instantly. (Think of your most embarrassing moment and how handy this would have been!!)

To teach apparating, the professor outlines three important steps. First, concentrate your mind firmly on your desired *destination*. Next, focus your *determination* on occupying that space. Lastly, move with *deliberation*.

Learning to apparate takes time, effort and energy. The students occasionally make mistakes in their execution and splinch themselves. What's a splinch? A random separation of body parts that occurs when the mind is inadequately determined. Ouch!!

To sum up, getting where you want to go by apparating requires destination, determination, deliberation and an occasional splinch. Honestly, when I read this, I thought it sounded like JK Rowling was talking about life in general not just disappearing and reappearing somewhere else.

To me, apparating seemed a metaphor for changing some aspect of our life. When we desire a different outcome or a change, we first decide what to change and what we want the result to be. Thus, we define our *destination*. Next, we *determine* what actions need to take place in order to reach our desired outcome. Once we determine what to do, we act *deliberately* and with intention. Ideally, we get what we want. However, sometimes, we splinch ourselves meaning we may get only part of what we intended or experience unforeseen growing pains along the way.

Personally, I experience this 3 part-process in managing my business, in maintaining a healthy lifestyle, and in relationships. I splinch myself often, which results in an opportunity to learn and grow. For example, I envision how I want to eat and exercise. I plan out what to eat and when to exercise according to my vision. Then with mindfulness and awareness, I follow through on my plan. Often, all goes according to plan. Sometimes I am swayed by unexpected goodies, lack of sleep, work commitments, or stress. These things create the splinch that allows me to refine my goals and actions and increase my success.

Do I wish I could just apparate into whatever success I desire? Absolutely!! But, since that isn't likely (yet..I'm going to keep trying), I continue using my destination, determination, and deliberation to take me where I want to go.

Upcoming Workshops

Workshop for Women – Sunday, August 12th, 1:00-3:00pm

Feeling frazzled and tired? Are you always on the run? When is the last time you took time for yourself? Take a couple of hours to stop your world and gain perspective. Learn how to eliminate energy drainers and how to say “no” gracefully. Discover why “selfish” is NOT a dirty word! Meet and connect with other women as we discuss how meeting your needs fits in with significant others, children, friendships, careers and all the rest that is your life.

Fees: \$40 per person. *Bring a friend and pay \$60 for both to attend!*

Women Rock – Friday September 21st, 7:30-9:30pm

This 2-hour program will help you tap into your mental and physical strengths as you discover how the rock wall is a metaphor for life and life’s challenges. Feedback from this program is **phenomenal!** The women who have participated have learned about their strengths, expanded their comfort zones, understood how they face challenges, and discovered new ways to overcome obstacles. Join us for a ROCKIN’ night and walk away feeling empowered!

Carolyn Smith, Mary Kay Cosmetics, <http://www.marykay.com/csmith6> says – “[After the event]...The days to follow changed--I now feel I can do anything I attempt to do in life. It is all in my mind and how I allow my brain to talk to myself. Thanks so much for this awesome experience!”

Fee: \$25 members/ \$35 non-members

Women Rock will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Please call 410-544-2525 or 410-757-7326 to register.

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