



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

I Got Nothing

March 2008

Have you ever been sailing happily along in your life when you suddenly realize you have blown off course? No tragic or earth-shattering event happened to knock you off course. You simply sailed along, enjoying the breeze in your hair and the sun on your face. In all your happiness and contentment, you forgot to check your location and steer the boat. You find yourself sitting in a cove, a pretty cove, but not exactly where you intended to be. You navigate back to the main waters but your course is no longer defined and you are not sure which way to point your boat.

Now the uneasiness sets in. You ask yourself - Which way do I go? Where do I want to end up? You and your vessel sit on the water, the waves gently lapping the boat, the boat gently rocking. Other boats zip past and a few captains call out to follow them because they know the way. Do they know the way, you wonder. So, you sit and ponder. After some time you find yourself annoyed. Why don't you know which way to sail your boat? Everything was so clear a little while ago. Everyone else seems to know where they are going. What's wrong with you?

Wait! Believing there is something "wrong" with you is a strong assumption. What else can it be then? Maybe the course you were on lost its challenge. You learned the skills to navigate the original course but now you want to move to the next level. Your diversion into the cove gave you time to think about where you were and took you off of autopilot. Now there's a possibility!

Consider how this boat analogy parallels life. Often we move through our days happy and content. Life is good and we are enjoying the ride. Then, we reach a point, or cove of sorts, and step back to assess where we are and what we are doing. Is my job my passion? Does my work challenge me enough? What new skills can I bring to my favorite hobby? How can I take my fitness to the next level? How can I be a better friend or spouse?

As we think about our next steps, we appear stuck, like we are doing nothing, to those passing by on their life path. These passersby offer input and direction to help us move along. To us, the pull to follow the crowd can become strong especially when others seem to know exactly where they are going and what they are doing. Our uncertainty, confusion, or lack of clarity even for a few days or weeks, creates frustration. It is then that we judge ourselves, asking what's wrong, why can't we pull it together. If someone asked you where you wanted to be or what you wanted to be doing in a couple of years, you'd reply, "I got nothing."

We need to recognize that the times we feel we are floating without direction in nothingness are usually the times we are reassessing our goals and plans and creating a new vision. It feels like we are doing nothing because we are thinking more than taking action. Our vision is out of focus, lines blurred, details running together. During these quiet times, our vision takes shape and we discover our next challenge, our passion, and our commitment. Be nonjudgmental. Be patient. Enjoy the creative process. Soon enough, you will chart a new course, with the wind again in your hair and the sun on your face.

Upcoming Events at Big Vanilla Arnold

Spring Cleaning – Thursday, March 13, 6:30 - 8:00pm

This workshop will help you sort out your mental and physical clutter so you can have a fresh start for spring. Learn tips and tricks to minimize physical clutter, simplify your schedule, and eliminate energy drainers. Fee: \$30 per person

All workshops will be held at the Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold. Register online at <http://www.bigvanilla.com/arnold/life coaching.html>, or at Big Vanilla's Front Desk, or call 410-757-7326.

Women Rock – March 14th and April 18th, 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!

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

4 women MUST BE pre-registered to hold this program.

Women Rock will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Register online at: <http://www.bigvanilla.com/arnold/adultclasses.html> or call 410-544-2525 to register.

Suzette Speaks! Upcoming Engagements

Change – It Doesn't Have to Be Hard – Tuesday, March 11, 2008 – 5:30pm- 8:30pm Rescheduled from Feb due to inclement weather

If changing habits and behaviors were as easy as setting a goal, we would possess a written guarantee of success the moment a goal was on paper. However, good intentions to change often fall prey to the barriers that prevent change. In this interactive lecture, Suzette Langley identifies seven reasons that explain why change is so hard. Once these barriers to change have been identified, learn how to develop a personalized plan to get out of your own way and move toward your goals steadily and with ease.

Where: On Purpose Networking for Women in Howard County (Meeting begins at 5:30 with networking and light fare. Talk begins around 7:40pm)

Cost: Guests (first or second time)\$15/Members \$25

Location: The Hawthorn Center, 1675 Sunny Spring, Columbia, MD **Register:** Call Ginny Robertson at 410-252-2703

For more information about opportunities to connect with other women through On Purpose Networking, held in 4 locations, visit

<http://www.onpurposenow.com/index.htm>

Get Out Of Your Own Way - Wednesday, March 26th, 2008 - Noon - 1:30pm

Do you dread making phone calls? Is it difficult for you to follow up on leads? What do you think about before you do that follow up? Is it possible that your negative self-talk is preventing you from building your business? Don't allow your negative self-talk to interfere with your business development! Learn several ways to build your confidence and your business by creating a positive self-image and eliminating negative self-talk.

Where: Business Bites of the Severna Park Chamber of Commerce

Cost: Severna Park Chamber Member \$20 | Non-Member \$25. Includes lunch. PLUS: Participants receive a list of attendees for follow-up purposes.

Location: Griffin's Grill, 969 Ritchie Highway, Arnold, MD 21012

Register: Contact Linda Zahn at 410-647-3900

For more information about the Severna Park Chamber of Commerce, contact Linda Zahn at 410-647-3900 or on the web at www.severnaparkchamber.com.

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