



# *Passion for Life Coaching, LLC*

*Making Deliberate Choices for a Fulfilling Life*

Newsletter by Suzette Langley, Life Coach and MSW

## **24 Things To Remember**

August 2008

While I was searching on the internet for materials for a presentation, I found this list. Each item on the list resonated with me in some way. Some of the items I practice or remember daily. Some I forget from time to time and need a reminder. Others, I still need to work on.

1. Your presence is a present to the world.
2. You're unique and one of a kind.
3. Your life can be what you want it to be.
4. Take the days just one at a time.
5. Count your blessings, not your troubles.
6. You'll make it through whatever comes along.
7. Within you are so many answers.
8. Understand, have courage, be strong.
9. Don't put limits on yourself.
10. So many dreams are waiting to be realized.
11. Decisions are too important to leave to chance.
12. Reach for your peak, your goal, and your prize.
13. Nothing wastes more energy than worrying.
14. The longer one carries a problem, the heavier it gets.
15. Don't take things too seriously.
16. Live a life of serenity, not a life of regrets.
17. Remember that a little love goes a long way.
18. Remember that a lot . . . goes forever.
19. Remember that friendship is a wise investment.
20. Life's treasures are people . . . together.
21. Realize that it's never too late.
22. Do ordinary things in an extraordinary way.
23. Have health and hope and happiness.
24. Take the time to wish upon a star.

By Collin McCarty

As number five mentions, I spend more time counting my blessings than troubles. The more I count blessings, the more I find. I started with obvious blessings like food, shelter, and clothing and now I see the blessings of being greeted by happy dogs when I come home, seeing bunnies on the trail when I run, and sharing a smile with a stranger.

I need to remember number 13 more often. I worry, often and a lot. When I step back and observe, I see that most of what I worry about never happens. I left the clothes dryer on when I left the house last night and worried what if the house catches fire. What if my plane crashes en route to my vacation? What if I stand up to speak and forget what I am supposed to say? All possible but not probable. Worrying rarely generate solutions and often distracts us from what we can be taking action on.

What on this list do you practice or remind yourself of daily? What do you need to remind yourself of? How can you remind yourself so that your life becomes a little happier, richer, or easier?

## Attention Business Owners and Managers

Do you need to address any of the following concerns in your business?

- Employee Retention
- Interpersonal Conflicts
- Ineffective Customer Relationships
- Poor Team Performance
- Problem Solving Difficulties
- Vague Goals or Direction
- Low Morale or Team Spirit
- Low Customer Satisfaction

The Peopemap System starts by using The Peopemap instrument, a short personality questionnaire that takes about 10 minutes to complete and is 95% accurate, to measure personality type. The Peopemap is based in positive psychology and focuses on developing natural and learned strengths.

The goal of the Peopemap system is to teach people in a short period of time how to understand and **communicate effectively** with anyone in any situation, such as sales, customer service, team building, or management.

Contact Suzette at 410-757-7326 or [Suzette@SuzetteLangley.com](mailto:Suzette@SuzetteLangley.com) to set up a time to meet and discuss your training needs or the challenges that you are facing in your business. Let's explore how the Peopemap System can fit your needs. Additional informational materials and the opportunity to take the questionnaire are provided in the meeting.

## Upcoming Events at Big Vanilla Arnold

### Women Rock – Friday, September 19<sup>th</sup> and November 21<sup>st</sup> - 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.

### Rockin' Together: Women Rock for Mothers and Daughters - Friday, October 17<sup>th</sup>, 7:00-9:30pm

Moms and daughters are busy. Finding quality time to connect can be a challenge. Instead of the usual shopping and dining routine, try a unique, exciting and physical way to connect with each other in addition to other mother/daughter teams. Rockin' Together combines the skills of Executive Coach & MSW, Suzette Langley, and one of Big Vanilla's trained female Rock Wall Instructors to provide an evening of fun that encourages the discovery of mental and physical strength, conquering fears, and overcoming challenges. Mothers and daughters will see each other in a new light and learn how the Rock Wall is a metaphor for life and life's challenges. All climbing gear is provided with the exception of climbing shoes. Sneakers and gym attire required. Bottled water recommended.

Ages: 12 and up.

Fee: \$45 members/ \$55 non-members

**2 pairs MUST BE pre-registered to hold this program. Maximum number of participants is 5 pairs.**

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.

Please forward this newsletter to others you believe would enjoy it. I welcome new subscribers! To subscribe/unsubscribe, please send an email to [Suzette@SuzetteLangley.com](mailto:Suzette@SuzetteLangley.com). I also welcome feedback and ideas for future topics. For more information, visit [www.SuzetteLangley.com](http://www.SuzetteLangley.com) or call 410-757-7326.