



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

Have To or Get To?

September 2008

Last night, I found myself telling a friend last night that I would have to cut our weekly call short because I have to pack for vacation. Because I "have to?" As the words slipped from my mouth, I thought that sounded dreadful. Was I being forced to pack and take a vacation? Certainly not!

Yet, we say things like, "I have to go to work." "I have to go to the gym." "I have to mow the yard." "I have to attend this meeting." all the time. Right now, in fact, I caught myself thinking, "I have to write this newsletter."

Those little words of "have to" drip with obligation, avoidance, and a desire to do something else with your time. Saying "I have to" implies we have no choice and are imprisoned to do things we don't want to do.

For the sake of clarity, let's look at what I told my friend. I chose to plan a vacation and I am choosing to pack my bags instead of talk on the phone for an hour. The whole scenario is my choice. And, just as I am choosing my actions, we can choose how we view our life and work and what we get to do.

Notice I said "get to." Changing "have to" to "get to" changes the perspective from obligation to one of excitement and opportunity. "I get to pack because I get to go on vacation." Wahoo!! "I get to go to work to provide for myself and my family." "I get to go to the gym to take care of my body, be healthy, and be strong." "I get to mow the yard and be outside on a nice day." "I get to attend this meeting and share my ideas." "I get to write a newsletter that taps into my creativity and love of writing."

Of course, life is filled with challenges and some days are really difficult. But, each day we wake up, we are given another opportunity to make today better than yesterday and the best day it can be. Never underestimate the power of two simple words. They can change your mindset, reduce stress, and bring joy into your life.

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 Peplemap System starts by using The Peplemap instrument, a short personality questionnaire that takes about 10 minutes to complete and is 95% accurate, to measure personality type. The Peplemap is based in positive psychology and focuses on developing natural and learned strengths. The goal of the Peplemap 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 to set discuss the training needs or challenges that you are facing in your business. 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 19th and November 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!

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 17th, 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.

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