



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Certified Life Coach and MSW

Others Share Their Wisdom

February 2009

First, many thanks to my readers and their overwhelming response to my request that they share their wisdom. I find myself honored to be surrounded by sage, insightful people.

As I collected these words of wisdom, a theme emerged. Wisdom surfaced through the filter of each person's life experiences and learning. Life hands us situations we must endure, survive, love, thrive, and exult in. Through these situations, we discover ways to cope, develop new attitudes, and learn new skills.

For example, one wise reader, after a difficult year of losses concluded – "Just do things...make plans and make them happen. You have no idea when someone you love will not be here. Send personal cards and make personal calls—I don't know how to "text" and don't want to know---call the person, hear their voice, it might be the last time you do. And, use the "pretty dishes," the good china, use the nice candles, burn them. Use everything and do not keep it for "some day special" or a "holiday." Spoken sincerely by someone who values life and the limited time we are gifted here on earth. When was the last time you used the good china or called the person you thought about lovingly?

Here's another reminder we can use more often – "Know what you can and can't control. For example, people get overly anxious about something as simple as the weather. I can't control it, and I can't change it. So, there's no reason to panic. Knowing what I can and can't control helps me put things in their proper place." This reader noted that we have a sphere of influence. If we place ourselves in the center of the sphere, we exert more control over things closer to us at the center of the sphere. If something lies on the outside of the sphere, like the weather, we can only respond effectively to the situation but we cannot control it.

This one is simple - "We each have our own crap to deal with." This reader noted that we often believe someone else's life is better, or the grass is greener on the other side belief. The truth is that we all face challenges and have ups and downs.

An astute business owner shared – "Have a "Plan B." A backup plan can show clients your ability and willingness to meet their specific needs, rather than just trying to "sell them." Other factors such as economics or current events can create the need to change how you market your product or services. Much success can be achieved by those who are flexible in their thinking and willing to make changes when the need arises. Reject the temptation to adhere to the "That's the way we do it, because that's the way we have always done it" plan. Each challenge is an opportunity, rather than a roadblock to your success!" Great business advice and great advice for life.

A few other gems –

"Love really can heal almost any hurt, if I'm open and receptive to it."

"A momentary retreat from a problem can sometimes offer me the better view of the issue at hand."

"You cannot change anyone. People only change if they want to. Therefore you must accept people as they are. You can only change yourself."

"Do not depend on other people to make you happy. Only you can make yourself happy. You have to decide to be happy."

"Be careful of what you say because once it comes out of your mouth you can never take it back."

And, finally a question, shared by a reader, to lead you to your own wisdom – "What if the greatest challenge you are facing right now is really the doorway to your bliss?" - Alicia-ism (Rodriguez)

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

NEXT WOMEN ROCK – Friday, March 13th - 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.

Do have a group of 4 or more friends who like to do fun activities that go beyond dinner, the movies, and drinks at the bar? If so, this event is perfect for you and your group! Contact us about your interest.

Additionally, we can accommodate groups interested in making this a team building activity for work.

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. I also welcome feedback and ideas for future topics. For more information, visit www.SuzetteLangley.com or call 410-757-7326.