

Living the Dream

One coach's stories and tips on how to live a fulfilling, creative life.

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This is a free newsletter for people who are committed to living and working every moment with joy and creativity. If you enjoy Living the Dream, then share the good energy! Please pass it on to your family and friends. Inspire others as you're inspired and we will all grow together.

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1. Welcome and News

Hello everyone. I started thinking about this newsletter last week while sitting poolside at an end-of-the-summer party at a friend's house in Connecticut. There were more than a few comments floating around about how quickly the summer has gone and the things people did or didn't do. Well, here's a secret: summer is NEVER about getting things done! It's just not in our natural rhythm to be that productive in the hot months, especially since we've been trained most of our lives to take the summer off. So don't beat yourself up over what you haven't done. There's a big, beautiful autumn just ahead and it's ripe with potential and energy for whatever projects you want to take on. I love fall for this very reason--it's like a new school year, a time for new beginnings.

For me, this fall will be about launching my two new e-courses--12 week coaching programs that you can access via e-mail! They include:

DO IT NOW! This is my procrastination-busting program and it's meant to get you on the path to achieving a major goal that you've been putting off.

GROW AND GO: Can you say SUPERSIZE it?! If you're ready for a bigger, better, fun-filled life then this program is for you. Its focus is personal development and it will help you improve your work, home and relationships all because you're polishing up the common denominator: you!

This month I will be beta-testing the program material to work out the kinks and I need a group of people to help me do that. As a tester you'll get to take the courses for FREE. Once the courses are up and running they will cost \$79-\$99 a month. E-mail me and let me know which program you'd like to take. I expect these free slots to fill up quickly, so if you really want to get your fall off to a super start contact me and let's get to work.

Best wishes,

Sophronia

2. Quote of Note

"Only those who will risk going too far can possibly find out how far one can go." --T.S. Eliot

3. Feature Article: The Ride of His Life

Last month's blackout turned out to be an enlightening experience for a client of mine. When the lights went out Paul (not his real name) was at work in an office building in midtown Manhattan. His first thought: getting home to the Bronx (over 13 miles away) to retrieve his 3-year-old son from daycare. But he had no cash and, with the ATMs all down, no way to get any. So he started out on foot, all the while making attempts to get on Bronx-bound buses. But all of them were packed with passengers and not stopping for more. After walking over 40 blocks he managed to find a spot where a driver was taking on passengers. However, because Paul had no fare the driver wouldn't take him on despite Paul's impassioned pleas.

At that point, Paul felt he had no choice. When the bus pulled away, he grabbed onto the back, his fingers grasping the air vents. He later told me, "I know it was crazy, but I was just thinking, 'I have to get to my son.'" As he rode through the city, people saw him and cheered him on.

But soon the ride became even more precarious. The bus pulled onto the highway. As it picked up speed Paul could only hold on tighter, his fingers cramped and aching. When the bus driver, alerted by another bus driver, stopped, Paul thought he finally would let him onboard but he didn't. Instead he scolded Paul and left him on the side of the road.

By then Paul was so exhausted from clinging to the back of the bus he didn't know how he was going to walk the final miles home. He started off, just putting one foot in front of the other. Then it happened: a man pulled up and offered Paul a ride. When that man had taken Paul as far as he could, Paul started walking again only to get another ride, this time from a cab driver who didn't charge him. This ride took Paul the rest of the way to his destination.

Once Paul was home safe with his child, "I felt empowered," he said. As he told me this story in our session, I could tell he had gone beyond himself in many ways. I asked him, "What did you have that helped you do all this?" He response: clarity. Yes. A clear goal: the need to reach his son. Then we discussed what personal qualities he had to call upon to achieve his goal.

Strength--he had to be strong enough to hold onto that bus!

Focus and Awareness--he had to be able to see the opportunities when they appeared to him.

Resourcefulness--the belief that he could make something happen from nothing.

Attraction--his ability to connect with people helped him to attract those final two rides home.

The great part is that Paul now realizes these qualities were not unique to the situation--they are a part of his personal fabric, and he can call upon them to help him accomplish other goals in his artistic and family life. How great is that? He gained a new confidence and a new faith in himself all because he took hold of a bus and went farther than he had ever imagined he would.

4. Grabbing Hold!

I'm not saying we all have to put ourselves in dangerous situations to test our mettle, but I do believe that we all manage our way through challenges large and small on a regular basis. What we don't do is take the time to recognize the accomplishment, and notice and appreciate the values, talents and qualities that helped you through it. Think about it: did you help break up an argument? Manage a crisis at work? Avoid an auto accident? Move homes on a moment's notice? Step in for someone in a situation where you had no experience? Take in unexpected guests?

What talents came to the fore in these instances? Whatever they are, know that you can call upon these strengths whenever you need them--they are YOU. It's not just crisis-mode behavior. So instead of waiting for "when push comes to shove" time, harness those talents to tackle something that you want to do NOW. Whatever you need to do it, it's all there. Recognize it. Use it.

5. Coaching Offer

Sometimes it takes another eye to help you see your true potential. To help you discover where your strengths lie, contact me for a FREE 30-minute sample session. There's more to you than meets the eye. E-mail me at CoachSoph@CreativeCoachingPlans.com to

set up an appointment. Until then, be well and be successful!

Sophronia is a writer and a career and personal development coach affiliated with Coach U., the internationally renown institution of personal and professional mentorship. Her first novel, "All I Need to Get By" will be published by St. Martin's Press in 2004.

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