



# roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

Vol.13 No. 4  
September 2013

Dear Betty,

On Thursday August 8<sup>th</sup>, following a 4 week hiatus from work, Jim and I sat down for the day with the intention of re-engaging and checking-in with each other regarding life and business. We find it best to plan these things. Living and working together 24-7 creates opportunities for things to simply slip by and we lapse in our conscious awareness of one another and our work together.

Using the tool we love, the Strategic Attraction Plan, we began by acknowledging our achievements of the past year and what each of us contributed to this success. We reviewed and updated our perfect client list, revisited our why and

what makes us 'tick' and then clarified what it is we want. From here we built our 'board', summarizing our roadmap for the upcoming year and infused with our intentions. We love this process as it is playful and creative.

And on the subject of play, a new member of our family arrived early in the month, a kitten that we named Chakra. She is a study in play, running, jumping, climbing and chasing, sometimes much to our chagrin. A few pieces of furniture have been antiqued by her claws.

We have noticed that a playful approach to business stimulates our creativity and allows us to have fun. Chakra's antics have made us laugh and realize that we want more play than we already have. And so this month's e-letter focuses on An Invitation to Play

To view my brief video presentation of this month's topic, click [HERE](#).

Enjoy the read!

Betty

## In This Issue

[This month's Sign](#)

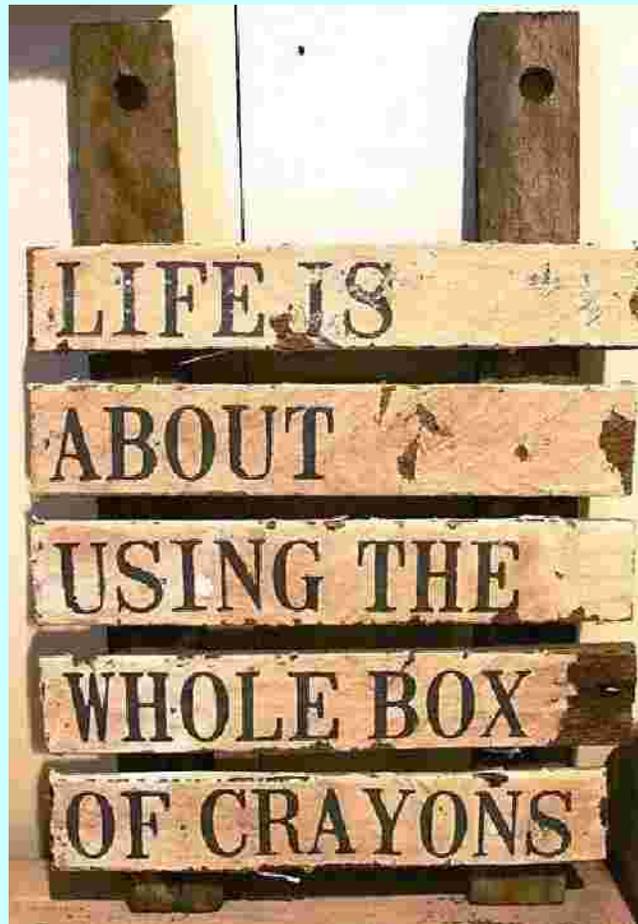
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## This month's roadSIGN



Shared from Facebook August, 2013

## September Newsletter

"Play is the highest form of research."

Albert Einstein

"The creation of something new is not accomplished by the intellect  
but by the play instinct."

Carl Jung

## An Invitation to PLAY

As defined by the Houghton Mifflin Canadian Dictionary, play is to occupy yourself in amusement, sport or other recreation. Not exactly what I am looking for or a definition I relate to. So here is my interpretation for the purpose of this invitation:

- P = Play the Provocateur
- L = Light-Hearted Living
- A = Activate Creativity
- Y = Youthful Exuberance

### Play the Provocateur!

One of the things I have learned about Jim through the years is that he plays the provocateur in our conversations. You could see the annoying side of this, which I frequently have. Despite this minor annoyance, playing the provocateur forces me off my purposeful path, and I need that push from time to time.

You might notice that while purpose, fueled by goals and objectives, are beneficial to life and certainly to business, it can also be limiting. I liken purpose, being on a mission, to living life with blinders on. Those blinders eliminate your peripheral vision, and while this can be helpful when you simply want to 'get 'er done', it can be a handicap when you want to open to new ideas.

This is where play is essential, inviting you into an arena where you allow exploration of different ideas, brainstorm options, and live with the question, "what else is possible?"

Play also encourages you to be inclusive, shifting from the 'yes but', which if you really listen invades so many conversations, to the 'yes and'. Without realizing it when we use the 'yes but' we shut ourselves and others down and disallow play, the possibility of building on one another's ideas, and perhaps creating something that did not previously exist.

Start playing the Provocateur!

## Light Hearted Living

I am sure that the Universe gifted me with Jim and his provocateur personality to teach me to lighten up. By nature I am an introverted-extravert, and rather serious minded. This can be a self-limiting practice, keeping me from being present and truly enjoying life. Jim, who is naturally light-hearted, seems to flow through life with an ease and grace that I occasionally envy. That said, life is always about choice and so I ask myself, and you, how does it serve us to be too serious?

Making the decision to shift from serious to lightening up requires a strategy. Here's what I know so far:

- Wake up happy. Remind yourself of how really great your life is and kick start your day with a sense of abundance.
- Steer away from negative news and find sources of information that inspire you. Much to my surprise Facebook does this for me. I have created time in my day to play on Facebook and to follow the many links that are uplifting and fun.
- See the humour in life. Lots of things really are funny; we simply take them too seriously.
- Learn to laugh at yourself.

Engage in Light-Hearted Living!

## Activate Creativity

I have a fundamental belief that every human being is creative, we just create differently. Whatever your choice, having a creative outlet feeds that right brain of yours and balances out the left logical brain that tends to dominate.

I recently found my way back to painting, something I had studied in my teens and twenties and which I have neglected for the past thirty years. While writing is also a creative outlet for me, especially when I am in flow, it has a different texture to it. Painting, once I begin, is a place I can escape to, a place where responsibility does not exist, where I can simply get lost for a few hours. It is like breath.

Take the time to reach in and tap your creativity and make time for it in your life.

It is a form of play that simply allows you to self-express and to be free of the rules so often imposed upon you, a place for flow and ease and a place to find yourself.

Activate your Creativity!

### Youthful Exuberance

Do you remember playing as a child? Playing is how we learn about the world, whether it's playing with trucks, dolls and other toys, playing monopoly and other games, or playing organized sports. Play offers you the opportunity to learn about yourself and others, in other words, play is a training camp for life.

If you allow yourself to think back, you will also see the zest you once had for life, that youthful exuberance and desire to try different things, to experiment. Somewhere along the way, this may have been whipped out of you, when you were told you needed to get serious about your studies in order to become someone someday.

It's time to come up for air and once again embrace your curiosity. And, you have my permission to start asking 'WHY?' or any other question that has been lingering in your head.

Open the door to exploring what is important to you but which may be tucked away in the back of your closet. Unroll your 'bucket list' if you have one, that list of all the things you want to do or be before this lifetime expires. Add to it! Dream!

Ask your little kid what he/she wanted to be or do when they grew up. Wonder as to the relevance and wisdom of your young mind.

If all else fails get a kitten or a puppy for they will surely demonstrate for you a youthful approach to life and play.

Tap into your Youthful Exuberance!

## Final Word

Eighteen months ago we released the ME FIRST Playbook. I cannot tell you how many times we have been asked if this book is for adults. My answer, YES!

Note: If the book had been named the ME FIRST Workbook the question would not have been asked.

Recognizing you probably have a predisposition to work before play, my invitation to you is to re-introduce play in your life. You can even [download a sample](#) of the ME FIRST Playbook to get you started.

Recognize that play is a healthy choice and an important ingredient of any spiritual diet.

## Your asSIGNment

1. Be your own provocateur and take those blinders off. Begin to notice 'what else is possible?'
2. Lighten up, see life and how you interact with it through the eyes of humour. Share or write some of the funny things that are happening to you.
3. Find a creative outlet and throw yourself in. Make this part of your weekly schedule recognizing it is a serious ME FIRST gift.
4. Reconnect with your youth, remember what has been stored away and activate your curiosity.

## Travel Tip

Play is an essential ingredient for living consciously. It provides essential fuel for your spirit, facilitating resilience and wholeness on your journey of life.

## Conscious Communication Coaching

Conscious communication is mindfulness. Our coaching clients are experiencing amazing results in their life as they learn to be clear about what they want and to take action in doing and being.

roadSIGN S is dedicated to offering coaching packages and retreat programs based on the principles of Conscious Communication and designed to assist you in living the life of your choice.

Here is what two of our coaching circle participants shared with us recently:  
... the nuggets of wisdom that have revealed themselves throughout our short and powerful six weeks (of coaching) will continue to unveil themselves to me and lead to new questions and discoveries.

...The coaching sessions in FROM CRITIC TO COACH have helped me discover how to return to pure energy, to experience the true meaning and purpose of the game I call Life.

Give yourself the gift of coaching. [Contact us](#) to arrange a coaching consultation and explore the options.

### Lumina Learning Systems

Learn about your personal preferences and your core qualities/strengths through the Lumina Spark Portrait. This comprehensive psychosocial assessment leads you gently down the path of self-discovery through a unique portrait of who you are and how you show up in different life situations. It is a great starting point in developing your awareness and learning strategies for being resilient.

I have always wanted to learn to mother myself first  
but I did not know how to do it.

Lumina has given me the tools to understand  
what it is I need to do for myself and how to engage my strengths.

It has opened the door to being coached through my top qualities/strengths.

Monica

Check out the website, [www.roadsigns.ca](http://www.roadsigns.ca) for more information and/or contact [betty@roadSIGN S.ca](mailto:betty@roadSIGN S.ca) .

## Events:

For details regarding any of our upcoming events in 2013 [visit our website](#)

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### Living From Your Strengths - Coaching Circle

Starts Tuesday September 24th 2013 and runs weekly for 7 weeks

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

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### Labyrinth Walk

Saturday September 21st, 2013 at 6:00 PM

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

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### The Evolutionary Process - Guest Facilitator Denine Savage

Saturday September 21st, 2013 and Sunday September 21st, 2013

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

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### WE2 Network Presentation - Celebrating Your Strengths

An interactive and fun presentation dedicated to YOU and your unique qualities/strengths.

Wednesday, October 9th, 2013, Registration at 7:00 AM

For more details go [HERE](#)

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**ME FIRST - Tigh Shee**

Saturday October 19th, 2013 and Sunday October 20th, 2013

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

Your comments and suggestions on this newsletter are greatly appreciated. Forward this e-mail to a friend or colleague who you think would appreciate the message. A simple way is to use the "forward e-mail" button below my signature.

If you would like to sign up for my monthly e-mail, please follow this link

<http://www.roadsigns.ca/wp/>

Sincerely,

Betty Healey  
roadSIGNS