



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

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November 2013

Dear Betty,

A few snowflakes flew our way during the closing hours of October. With our leaves still on the ground and the gardens needing much more work before winter arrives, I can't say that I was happy to see these early signs of what is to come. And yet there is another part of me, a quiet voice that whispers in the background that says it is time to rest. And so, while I love my gardens, I am happy to pack away the clippers and spades for another year and turn my attention inward.

October has been filled with a series of amazing events, workshops and retreats and I am feeling the bounty in my soul. Many people have crossed our path and participated in our programs. Life themes have emerged, and from my observer's role, I have been taking it in and wondering what the deeper meaning is.

Most recently I have witnessed the inability of many people to truly embrace their ME FIRST journey. There are several reasons, all good ones on the surface. They have left me reflecting on how we further our work and extend a hand to invite them in to the only work that ever mattered, serving oneself first so as to leverage your ability to serve others and the world.

I have chosen to visit this theme as a way of understanding what keeps you and I from living full out and to offer all of us an opening into living a conscious, fulfilling life. Welcome to 'C'est La Vie".

To view my brief video presentation of this month's topic, click <http://youtu.be/QXM6GvV1dWQ>

Enjoy the read!

Betty

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This month's roadSIGN



Café C'est La Vie - Moncton New Brunswick
October 30, 2013

November Newsletter

"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection."

C'est La Vie!

C'est la vie, that's life! This is life, a time to be lived, in this moment, on this day. Life was never designed to be wasted, it is too precious. Despite knowing this, many of us let our lives pass us by. We get caught up in our old stories, out dated beliefs, relationships that no longer serve us and more. As a result we miss what's really important, the life we really want to live but continue to deny ourselves.

The words of Dawna Markova's poem, *I will Not Die and Unlived Life*, play in the background:

I will not die an unlived life.
I will not live in fear of falling or catching fire.
I choose to inhabit my days, to allow my living to open me,
to make me less afraid, more accessible;
To loosen my heart until it becomes a wing, a torch, a promise.
I choose to risk my significance,
to live so that what came to me as seed goes to the next as blossom,
and that which came to me as blossom, goes on as fruit.

When I see an unlived life, I am left with the question, if not now when? As I sat with this question, I began to see the many ways in which life gets wasted. Of course, you all know me, I did not stop there. I naturally looked at the actions you can step into to turn a *life waster* into a *life builder*.

The Seven Deadly Life Wasters

1. Chronic Seeking

I spent a few years in these waters. I could not find enough books to read or retreats to take. I believed I could never know enough and I did not trust the truth that lived within me.

The issue with chronic seeking is that you rarely take what you have learned and apply it. You have a belief that there is something more, better, or different than what you already have. The lifelong seeker never learns to trust their own voice or to believe that they simply know, that the answers live within them. You are stalled.

Life Builder Strategy:

Place yourself on a seeking sabbatical. Take an inventory of all you have read and the programs you have taken. Practice what you have learned and know that you already possess all that you need to step-up and live your life. Begin to trust what you know.

2. I Am Not Enough

Earlier this year I dedicated a full newsletter to this theme. "I am not enough" however continues to be pervasive. It sounds like "I am not worthy, I don't know enough, I am too ____". You know the messages because they are playing from your critic's corner.

Life Builder Strategy:

It's time to tune in consciously to these messages and begin the re-programming message. The you are not enough message is out of date, usually gifted to you from a parent or teacher. It no longer serves you. You are the only one who can turn down the volume on the message and replace it with, "I am amazing. It is my time. I am ready and prepared and I am most definitely worthy!"

3. Lost in the Drama

OMG, do you notice the drama some people attract to their life, and I do mean attract. They are issues with family, work, the dog, the neighbors, and everything that touches their life. Why does drama happen to these people? Typically because they are the negative nellys, casting their critical eye to every aspect of life and expecting the worse. When your energy is focused on the possible negative consequences of every action, relationship and activity, this is what you get.

Life Builder Strategy:

Stop it. Begin to check in consciously to what you focus on and give your attention to. Take steps to shift to the lighter side, seeing benefits, possibilities, and options in all the different aspects of life. True to the Law of Attraction, what you give your attention to is what you will attract.

4. Solving Other People's Stuff

You have done it yourself and you see others engaged in solving other people's

issues. The signs: taking responsibility for that which does not belong to you, giving advice and being annoyed when others do not do as you say, feeling responsible for everyone else's stuff.

Guess what, it does not belong to you. And I have heard all the excuses like, "If I don't take care of things who will?"

Here's what you need to know. Most people are chronic 'do for others' for two reasons:

- 1) this is where they source their self-esteem, or
- 2) when you get lost in other people's stuff, you can avoid addressing your own (Oops!)

It is time to recognize that solving the issues and problems of others serves no one. It certainly does not serve others, even though you think it does, as it allows those folks to avoid dealing with their own issues and learning to be responsible. Secondly, it never serves you, as your life gets put on hold as you take care of everyone else.

Life Builder Strategy:

This is where boundaries come into play and where you learn that "NO" is a complete sentence. Building on the strategies offered above, it is time to step back and be clear on what you want your life to look like and be like. If you aren't sure, hire a life coach. Define your path forward for YOU. Understand which activities contribute to the path you are choosing, attractive actions, and which deter you, dazzling distractions. Use this information to clarify your boundaries, what you are willing to continue to say YES to and where NO is a better response.

5. It's Easier to Complain (or Life's Not Fair!)

You are right; at times life is not fair. You can change this. You can be the victim and believe that life events outside of you are running your life, or you can decide to step into your own power. It is a choice. Life is not here to beat you up, you already do that for yourself.

Life Builder Strategy:

You Instead of settling for everything that life throws at you, turn the tables and begin asking for what you want. The truth is that most people don't know what they want and yet they can certainly describe what they don't want. So start

there! Write down your 'do not wants' and turn them into 'do wants'. I call this the Flip-It exercise. Then train yourself to keep your focus on the do wants and pay attention to how life responds.

6. There is NO Time!

It is further enhanced by understanding that strengths are your vital foundation, a structure which allows you to be real and authentic and which gives you concrete terms by which to live.

It is followed by taking a stand for them, sharing who you are through a strengths based lens with others and highlighting what you contribute to a team, committee or project.

Life Builder Strategy:

The One Percent Rule: take the first step by dedicating 1% of everyday to yourself. What does that equal: 14.4 minutes. Okay round it up to fifteen minutes every day dedicated to reflection, setting intentions (your wants), releasing the drama through breath or meditation, relaxing, whatever it takes. Your ability to change your life depends on your ability to give yourself 15 or more minutes each day dedicated to YOU.

7. It's Not Important

The final life waster: this personal work is not important. It may not be at this time. Just notice your level of satisfaction with your life. Do you feel engaged in your work; do you love your relationships; do you feel fulfilled? If the answer to any of these questions is no, just know that you deserve more from life than you may be asking for. Is it important? Only if you believe that life truly is a gift and that you have an opportunity to live it full out, perhaps in a way that you have not yet imagined.

Life Builder Strategy:

Simply be curious. Ask yourself, what else is possible? Live in the question and pay attention to what appears in your peripheral vision. Believe that you have the right to live differently if you want to. It is, as stated earlier, simply a CHOICE!

Final Word

Paraphrasing Dawna's poem, I encourage you to inhabit your days, to be open and less afraid, and to fly. It is time for you to show up fully in your life, moment by moment, day by day. It starts with simply changing one thing. Take the first step

to build the life you choose for YOU.

Your asSIGNment

1. Review the Life Wasters above and identify which ones you fall prey to.
2. Take the first step. Following the Life Builder Strategies, choose the ones that resonate for you and integrate them into your life.
3. Apply the One Percent Rule every day.

Travel Tip

It's your life and your journey. Begin making choices for you that allow you to live your gifts and strengths, and which engage you in your amazing 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 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.

Special Offer:

When you purchase Lumina Spark Full Portrait Coaching Package, you will receive an additional complementary coaching session with either Betty or Jim Healey, a \$550 value for \$400. Buy [HERE](#).

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 for more information and/or contact betty@roadSIGNs.ca.

Events:

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

Lumina Learning Workshop - Tigh Shee

Saturday November 23rd, 2013

For more details go [HERE](#)

Tigh Shee - North Lancaster, Ontario

Winter Solstice Labyrinth Walk

Saturday December 21st at 5:00 PM

Tigh She Gardens and Labyrinth.

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/newsletters.html>

Sincerely,

Betty Healey
roadSIGN