



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

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February 2014

Dear Jim,

January is not my favorite month. It heralds a new year and holds all the promise of new beginnings and the days are short and the nights are long and it is brutally cold in this area. I have been suffering from cabin fever and impatience. Although my intentions, both personal and business, have been set and my vision board created, I find myself chomping at the bit, ready to move forward. At times, I am my own worst enemy!

All of this was highlighted for me during our January workshop, Intentions and

Vision. Ever notice how you teach what you most need to learn. Jim and I attracted an amazing group of 15 perfect participants and in our exploration of the land of intention, all the lessons re-emerged.

Welcome to Squirrel, the Land of Dazzling Distractions and how despite our best intentions we can find ourselves veering off course.

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

Enjoy the read!

Betty

PS: This month's workshop is Living from your Strengths, scheduled for February 15th. What a great Valentine's gift to offer to yourself or someone you love.

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This month's roadSIGN



Facebook Image

February Newsletter

"Much of everyday life is filled with opportunities to be distracted. Our possessions... entertainment... cares and anxieties...and even the passionate desire and pursuit of things, some good and not so good, can keep our minds and hearts caught up in a flurry of activity."

Joyce Meyer

Squirrel - The Land of Dazzling Distractions

In Disney Pixar's animated movie 'UP', an elderly man named Carl Fredrickson finds himself being forced out of his peaceful country home by the encroaching city and towering apartment buildings. He hatches a plan to find a new home, lifting his house with the help of thousands of balloons from its foundation and floating off to a new destination. The adventure begins, accompanied (reluctantly) by a boy scout named Russell and a dog named Doug.

It is Doug the dog who most interests me and which applies to this seemingly unfocused ramble, for Doug the dog has an issue. His attention is constantly scrambled by squirrels. Regardless of his current focus, if a squirrel finds its way into Doug's field of vision, his head immediately snaps in that direction. A chase ensues. Whatever preceded this obsession is lost. Doug is continuously challenged by Dazzling Distractions.

Dazzling Distractions

As you may have guessed, dazzling distractions are the 'bright, shiny objects' which capture your attention and which, for the most part, pull you off course. They can happen frequently and they are often counterintuitive; your gut is telling you 'don't do it' while your head ignores the signs and carries on. Moments, days or weeks later you land in the world of OMG, wondering what the heck is going on and you realize you have lost your way. Those intentions/goals/objectives that you set for yourself are only a distant memory and you wonder how you are going to get back on track.

Step 1: Breathe

Step 2: Bring yourself back to your intentions. This is why intentions should be recorded; otherwise it is difficult to get back on course.

Step 3: Clarify your attractive actions. By definition attractive actions are aligned with and support your intentions. Attractive actions can be defined in two ways:

- Actions in 'being': these are your 'I am...' statements, an intentional affirmation of how you are choosing to show up in the world.
- Actions in 'doing': these are the choices you make to move your intentions forward with specific activities, relationships, directions.

Step 4: learn to recognize dazzling distractions early so you do not have to repeat Steps 1 through 3 too often.

The Parking Lot

One of the things that drives 'dazzling distractions' is impatience, the desire to have and experience everything right now. The antidote to this desire is discernment, simply asking yourself "what is aligned with my intentions today?"

When I share this strategy with clients I see disappointment, occasionally dismay, registering on their faces - BUT I want everything right now! I understand and I am not suggesting you give the idea up, I am simply suggesting that you ask if this particular direction is in your highest good at the moment. It may be that the idea is perfect for you - just NOT NOW! Rather than giving it up completely, simply park it for the future.

This is what I call the parking lot, a place to capture all good and great ideas, a place to allow ideas to mature. You never have to give up anything; this strategy just allows you to sit with ideas longer.

An Intentional Shift

Another dazzling distraction that gets most of us in trouble is a focus on HOW your intentions are going to manifest. This is one that I have frequently experienced myself as, like anyone else, once my intentions are set, I want immediate results. I get caught up in how it will manifest and this will not serve me well.

One of my coaches, Allan Hickman, once said to me that 'impatience is the highest form of resistance'. I had to sit this for a while before fully understanding what this meant. When you focus on the HOW you are pushing at things and because there is an equal and opposite counterforce, life pushes back at you. You are stuck. Impatience, 'I want my stuff', simply sets you up for staying stuck.

There is an important intentional shift that will support you: The shift from HOW to ALLOW.

To allow requires that you set your intentions then start living them. Intentions are best stated in the present tense indicating that they are already underway and their energy set in motion. Allowing simply means that once stated you disengage from any expectation as to when the intentions manifest and simply let the Universe guide the process. This process of allowing recognizes that because the Universe is focused on your highest good, that perfect timing is a natural outcome.

In a recent intention setting workshop, several participants struggled with stating their intentions in the present tense. For example, 'I am financially serene and secure, was difficult to step into. They asked, "how can I be anything when I am not there yet?" A common response to this dilemma is 'fake it until you make it.' I have to admit I don't like this answer. A second solution was, "I am in the process of becoming..."

If you are struggling to state an intention in the 'I am...' form, I suggest that you look in behind the struggle. It may be that a sense of unworthiness, the belief that you don't deserve to have whatever you are asking for, is the real issue. Masking the "I AM..." statement is simply that, a mask. You deserve everything you are asking for and your ability to believe that you are absolutely worthy is connected to your ability to attract what you want.

Final Word

I love the 'squirrel' analogy as I so frequently see myself drifting off track. The image of Doug the Dog becoming suddenly distracted brings humour into the conversation and helps me laugh at me.

Dazzling distractions happen. It's a part of human nature. Learn to laugh at yourself and to pull yourself back on track. Let your intuition, that 'gut feeling' rule over your head. Shift your impatience and your focus on HOW to allowing your intentions to unfold. Pay attention to the SIGNS and when life begins to shift, dismiss any expectations you may have had and be curious about what else is possible.

Your asSIGNment

If you have not written any intentions lately, I suggest you take the time to consider the opportunity of the year in front of you and what you want. If you are stuck in what you don't want, use the following process:

- Divide a piece of paper in two columns. At the top of the left side write 'Everything I Don't Want'. At the top of the right side write 'Everything I Do Want'.
- Fill in your I Don't Want column with all the things that get in the way or no longer serve you.
- Next shift to the right column and record your 'do wants'. You do this by flipping the Don't Wants. Example: I don't want to be in poor health becomes I want to be healthy and whole. Once you have written your Do Wants scratch out the Don't Want.
- On another page, convert all your Do Wants into 'I AM...' statements. Following the example above, "I am healthy and whole".
- Choose 3-4 of your intentions, 'I AM's', and step into them. Each day, as part of your morning routine, state your 'I AM's' out loud, stand in the energy of the intention. Do this every day for 21 days - imbed the habit in your routine.

Travel Tip

Watch for the squirrels and have a good chuckle!

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.

roadSIGNNS 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 for more information and/or contact betty@roadSIGNS.ca.

Events:

For details regarding any of our upcoming events in 2014 [visit our website](#)

Living From Your Strengths Workshop - Tigh Shee

Saturday February 15th, 2014

For more details go [HERE](#)

Tigh Shee - North Lancaster, Ontario

ME FIRST - Tigh Shee

Saturday March 29th, 2013 and Sunday March 30th, 2013

Tigh Shee - North Lancaster, Ontario

For more details go [HERE](#)

Writing as a Practice for Personal Discovery

Saturday February 22nd, 2014 from 1:30 - 4:30 PM

(Snow date Sunday February 23rd, 12:30-3:30 PM)

Cornwall Public Library, Cornwall, Ontario

Register at the Library in advance to assure a spot - Limited to 20

Journaling, recording random thoughts or free flow writing - all writing forms deepen your relationship with self. Writing is an important practice for both self-reflection and self-discovery. In this workshop with Betty Healey, explore the possibilities of writing to understand the most important person in your life, YOU. Learn the essential principles of free form writing as described by Nathalie Goldberg (Writing Down the Bones), have an opportunity to test out your own writing skills, and join in a lively discussion about writing and life.

The Awakening Festival - Let Your Life Bloom, Hudson QC

Betty will be one of four speakers at this day long event designed to unite and inspire you through shared wisdom, connections, music and creative expression.

Saturday April 5th, 2014 8:30 to 5:00

For more details and to register 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/newsletters.html>

Sincerely,

Betty Healey
roadSIGN