



# roadSIGNS

The Journey to Self-Discovery

[Join Our Mailing List](#)



roadSIGNS Newsletter

Vol.13 No. 12  
May 2014

Dear Betty,

Over the last month the snow disappeared, the gardens re-emerged from under the blankets of white and the first of the spring flowers erupted in the purple, white and yellow glory. For those of us who have endured one of the longest and coldest winters in recent memory, it has been like breathing again.

Like the gardens, business also came alive. The highlight of the month was undoubtedly the Awakening Festival, a collaborative event coordinated

through Designing Transformation, Lianne Bridge's organization in Hudson, Quebec. With an amazing team, this one day event simply "rocked". I had the privilege of being the closing keynote of the day which was, in every sense of the word, a vision which became reality. I am holding the vision of many more speaking opportunities in my future.

During this same time our niece and goddaughter Megan took up residence part time in our home. Like many young adults of her age group, early twenties, finding the perfect career path and identifying work that engages her has been a challenge. Although I have never viewed this cohort of teen-adults as my ideal clients, I am discovering that it may be. They, like so many of us, are lost and disconnected from what is meaningful in life. When the 20 year old son of one of my coaching clients recently participated in our ME FIRST Retreat, I felt like the Universe was putting me on notice.

On April 25th we loaded the car and headed south across the border, covering 1500 km in two days, arriving at Kitty Hawk, North Carolina where we have settled in for two weeks. It is from this location that I write this e-newsletter and from which I celebrate the end of another year of writing. It has now been 13 years since the first roadSIGNS e-letter was created, 156 issues. It seems impossible and yet it has been a vital part of my personal growth. Writing is my window into deeper understanding and my ability to integrate the lessons that continue to pop up. Writing provides me with time to pause and settle in with what life offers, and hence the topic of this newsletter, TAKING PAUSE!

Enjoy the read!

Betty

Note: No video presentation this month. Vacation!

On June 7th and 8th Jim and I will be hosting the Awakening Retreat, an opportunity to integrate and dive into the topics presented at the Awakening Festival. Only six seats remain for this event. For details click [HERE](#)

The next roadSIGNS Retreat will be held June 21-22nd, 2014 in conjunction with the Summer Solstice. You can register for this [HERE](#)

This summer we are introducing a new opportunity for 'staycationners', Intuitive Art Day, tapping your creative intuition. The first planned date for this is Friday, July 11th, 2014 - details soon on the website.

## In This Issue

[This month's Sign](#)

[Your aSIGNment](#)

[Travel Tips](#)

[Someone in Your Corner](#)

[Upcoming Events](#)

## This month's roadSIGN



Interstate 81 near Syracuse New York  
Highway Sign - April 25th, 2014

"Prayer is talking to God. Meditation is letting God talk to you."

Yogi Bhanjan

## TAKING PAUSE

We had been on I -81 for less than 30 minutes when I saw the SIGN -

IT CAN WAIT

---

TEXT STOP  
5 MILES

I had the following reaction: Really!

Sure enough, 5 miles later another SIGN: TEXT/REST STOP.

This is what it takes apparently to encourage drivers not to text and drive at the same time. As I assimilated this information, I looked to my left and sure enough there was a driver passing us and YES, he was texting. I was aghast as I find paying attention to the road and the other drivers enough of a challenge.

At our first rest stop, I found myself sitting on the toilet listening in on the women on the toilet next to me having a conversation on her cell phone. Honestly, it felt like an invasion of privacy.

As I settled back in the car I remembered the vacations I took, pre 1995, when there was no internet, no cell phones, no access to the world other than what was right in front of you. I also remembered how these vacations rejuvenated me, how I would arrive home to see everything with fresh eyes and a new perspective, and I realized that today's escapes do not offer this same opportunity.

We arrived at our condo to discover that there was no WiFi - OMG. Near panic. No internet and we had chosen not to purchase an international plan for our cell

phones. Of course you see the humour and the irony in this. I have attracted what I was wishing for. That said, there is a Starbucks, with WiFi, within walking distance. Whew!

BUT: When did life become so urgent, so immediate, so NOW?

### Taking Pause

Vacation is of course simply a reflection of the life you have created, one dependent on being 'linked-in' to your devices, to e-mail, Face book and Twitter or whatever social media you use. It has become part of a growing addiction, one to which I am not immune. I like my daily dose of connection through Facebook surfing. I have become reliant on it in many ways. AND I also resent the intrusion, the texting while driving, the cell phones everywhere, the need to be attached. I have forgotten how to unwind completely, disconnect, BE quiet, to take pause. I doubt that I am alone.

All of this has left me thinking, not only about vacation, but also how I build in the important 'take pause' time in my life, what I refer to as ME FIRST time. I am left asking these questions, "Am I so addicted to doing, to being connected, that I have forgotten how to BE? When the NOW pre-occupies me, am I fully present to me?"

### Back to Basics

While I will not be texting while driving, I am not immune to the demands and expectations of today's reality. I am also aware that you and I can make choices to establish boundaries for ourselves and the degree to which we stay connected. A few suggestions:

#### 1. The 1% Rule

In ME FIRST, we recommend dedicating 1% of your day to YOU. Mathematically this represents 14.4 minutes, 15 minutes to make it easy.

It is amazing to me the number of people who find this a challenge. Fifteen minutes just for me - what will I do? And therein lies the challenge as this is designed to be "BEING" time, not to be filled with reading, shopping, knitting or any hobby. It is a time designed for reflection, for taking pause. It is a time to simply check in with yourself, to breathe, to meditate, to daydream, to become clear regarding your intentions, to be grateful for your life. It is a time for you to be fully present to YOU.

## 2. Big Rocks

This conversation has come up so many times recently, one that begins with, "there is never enough time", or "I am dancing as fast as I can and I still don't get everything done".

Here's the thing, you are not meant to get everything done. You are meant to get the important things done, what I refer to as the big rocks. The rest is filler, stuff that may not even belong to you or stuff that you are simply addicted to doing but when examined has little importance in the greater scheme of things. Use the 1% rule first thing in the morning and become clear on what is important for your day, name your big rocks, and plan your days accordingly.

## 3. Time Expands

One thing I know for sure, is that my work, my busyness will expand to fill the time I give it. How many times do I look up to see that the hands of the clock on my desk are reading 6 p.m. and I am still in the middle of whatever. I have also reached the point of ineffectiveness as fatigue influences the quality of my work. I also know that when I put time limits on projects, I achieve them. Lesson: be clear on your time boundaries and know that you can achieve what you need to within the time you assign the project.

## 4. Know what is yours to Own

Be very clear on your YESes, what you agree to take on for others. This has been a fatal flaw for so many of us - we agree to take on issues or projects that do not belong to us. Somehow we believe we can do more efficiently or better. Yes and, they do not belong to us.

Remember, your taking on responsibilities that do not belong to you has results: you become overburdened while the other person does not have to own their responsibilities. It is a disservice to everyone. Not only that, our apparent goodwill holds others back - when they don't learn responsibility you also cheat them of growing confidence and self-esteem.

## 5. Understand your Addiction

I am very clear that my 'doing addiction' is highly connected to my sense of self-worth. I suspect I am not alone with this. It may be time for you to understand your addiction as well, whether this is doing, being connected, being responsible, and so on. The unfortunate truth is, none of these doings, which are external to you, will give you the gift of self-esteem or self-worth. Their effect is temporary.

The only person who can give this to YOU is YOU - you are the voice in your head and your heart, self-esteem comes from within. Staying busy is driven by your ego and your fear of simply stopping and listening. It is when you take pause that you have the opportunity to see the greatness of who you are and to begin acknowledging the difference you make to the world around you. It is in the quiet that the truth appears.

### Final Word

At the Awakening Festival in April I spoke about 'Cultivating Your Diamond'. The busyness that we have come to expect of ourselves allows no time for this. I encourage you to take pause, to identify time in your life for you and step away from the many distractions that so easily take up your time. You are worth the investment!

And by the way, when you are on vacation, make sure to disconnect!

## Your asSIGNment

Take Pause:

1. Claim 1% or more of your day just for YOU.
2. Identify your Big Rocks
3. Be clear about your boundaries with time and with your YESes.
4. Be gentle with yourself and appreciate that YOU are a diamond.

## Travel Tip

Choose to take pause every day, for YOU. The ability to pause brings peace in the midst of life's many demands and helps you to stay on course with what is truly important to you.

## 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.roadsignns.ca](http://www.roadsignns.ca) for more information and/or contact [betty@roadsignns.ca](mailto:betty@roadsignns.ca).

Events:



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

### **The Awakening Retreat**

Saturday & Sunday June 7-8th, 2014  
Tigh Shee - North Lancaster, Ontario  
For more details go [HERE](#)

\*\*\*\*\*

### **ME FIRST Self-Study Program (New offering)**

The ME FIRST Self-Study Program offers a structured approach for your ME FIRST experience. This 10 module self-study program replicates the ME FIRST Retreat experience allowing you to complete it at your own pace  
For more details go [HERE](#)

\*\*\*\*\*

### **ME FIRST Retreat**

Saturday & Sunday June 21-22, 2014  
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/newsletters.html>

Sincerely,

Betty Healey  
roadSIGNs