



# roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

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Dear Jim,

September 1st - I am doggedly holding the intention that summer continues until the seasons officially changes September 22nd. I have enjoyed this summer season immensely, drinking in the scents and sounds, appreciating the beauty of our gardens, enjoying the retreats and the many friends who have visited. I simply want to extend my bliss.

August was marked by a week away, visiting friends Denine Savage in Connecticut

and Lynn and Norm Brown in New York. It was restful, inspiring and uplifting to be with members of 'our tribe' and enjoying the ocean and the upper Hudson Highlands.

Once home we quickly dove into Goddess Camp. This event constantly surprises me, evolving and deepening each year. This year we focused on Mother Earth energy and engaging the four elements of fire, water, earth and air in supporting us and the resilience we need in these sometimes turbulent times. We will share some of these strategies and learnings in future e-letters.

My other notice has been observing the challenges both retreat participants and coaching clients are experiencing in stepping fully into their personal power. This month's e-letter is dedicated to the conversation that has been evolving around our coaching model, Stepping UPP.

Enjoy the read!

Betty

This month we are opening the Healthy Living Café! In collaboration with the Quirky Carrot, our favorite local restaurant located in Alexandria, the Healthy Living Café will be held the second Tuesday of every month from 7-9 p.m. Join us on Tuesday September 9th for conversations designed to inspire and inform you about healthy living practices.

For details click [HERE](#)

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## This month's roadSIGN



Facebook Photo, 2014

## September Newsletter

"The dreams I only thought about, the ones I took no action on,  
well they are still dreams.

But the ones I took action on, they are now reality."

Catherine Pulsifer

### **STEPPING-UPP**

The formula is simple:

*Clarity + Action = Unlimited Personal Power*

It is the coaching formula that I have offered my clients over the past five years as part of the ME FIRST Program. And with my observations of late, this seems

like an appropriate time for a review. It is September after all, and this is the time when many of us step into action anyway after the slower pace of summer..

### Clarity

Simply said, this is knowing and declaring what you want. Seems simple except that most people don't know what they want. Their focus turns to what they don't want and too often this is where they live.

A ME FIRST Nugget: *Where your attention goes, your energy flows!*

If in other words, whatever you focus on grows. If your attention is drawn to all the aspects of your life you no longer want, your life continues on the same path. The good news - you will always have something to complain about.

If however, you want to step into unlimited personal power, you need to take the do not wants and flip them into do wants, bringing into focus what you want your life to look, feel, taste and smell like.

We call this Flip-It - listing all your do not wants down one side of a page, all your complaints and less than perfect situations you are currently experiencing, and flipping them.

An example:

*Don't Want: "I do not want any more energy draining relationships in my life."*

*Do want: "I am attracting inspiring, uplifting people into my circle of friends".*

*Don't Want: "I do not want to feel tired, strung out, anxious"*

*Do want: "I am rested, energetic and engaged in what I do".*

While initially the 'do want' column may seem impossible, you cannot have what you do not name. The do wants of your life are the foundation of your intentions, the energy field that opens your life to new possibilities. The do not wants are the black hole that holds you back.

## Action

Clarifying your 'do wants', while the vital first step, is only half way there. Next comes taking action. Action occurs in two ways: doing and being.

Doing: You all know what this looks like. Following what you want, you commit to taking certain steps to allow this to happen. For example, noting that you want to attract an inspiring, uplifting people into your circle of friends, means getting out there and creating opportunities to meet them. This may require attending networking events or identifying other social situations where they may be. Likewise feeling rested, energetic and engaged requires making a commitment to get more rest or exercise, changing your health habits or becoming clear on what makes you 'tick'.

Being: This is the more challenging form of action. Following the same logic as above, if you want to meet inspiring, uplifting people, you need to be inspiring and uplifting yourself. Like attracts like. Similarly, choose to be rested, energized and engaged - when you start being it, life responds.

Action means making a commitment to yourself to pursue your dreams. The combination of Clarity + Action slides you into unlimited personal power as it place you in the driver's seat of your life. It implies accepting full responsibility for yourself rather than expecting others to serve as your navigation system.

### Spinners and Stalls

I have made certain observations over the last few months regarding where people play as an alternative to Stepping UPP.

Extraverts and Introverts behave differently.

I have noticed that Extraverts easily drop into action. With their natural "get'er done" attitude, they are on the move, shaking things up. Despite their actions however, they are not always moving forward. When they come up for air they take a look around and wonder why things are not happening as they expected them to, after all they are dancing as fast as they can. This is classic Spinning - you are in action with no clarity behind it.

Your challenge as an Extravert: stop and take inventory, plan out your goals and intentions, take action from there.

Introverts by contrast often get stalled. They take the necessary time to reflect and plan, are clear regarding what they want, their intentions, but then hesitate to get into action. There are numerous reasons. Classic ones include:

- I don't have enough information yet
- It's not perfect timing
- The self-critic is telling you that you are not worthy or good/big enough

The list goes on from there. You are Stalled.

Your challenge as an Introvert: simply take the first step. Move out of your comfort zone, review your goals/intentions and commit to taking action. Remember that every journey begins one step at a time.

### Final Word

I love both the simplicity and the complexity of Stepping-UPP. Isn't it so often true that it is the simple concepts in life that you need to understand and embrace. And although it is an easy formula, it takes courage to Step-UPP and manage your own life.

As you launch into autumn, take this opportunity to:

1. Clarify what you want and sets these into your goals and intentions
2. Step into action by doing things that leverage what you want and by being that which you want to attract.

No magic here; simply common sense and, of course, you believing in YOU!

### Your asSIGNment

Follow the steps as outlined above in the Final Word.

### Travel Tip

Turn on your GPS, put in the coordinates for your destination, your goals and intentions, then turn on the engine of your car. This is where the rubber hits the road and you start the journey, one mile at a time.

## 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](http://www.roadsigns.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](#)

### 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](#)

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### Healthy Living Cafe

roadSIGNS is joining forces with the amazing staff at the Quirky Carrot in Alexandria, ON for a monthly presentation and information session called **Healthy Living Café**. We will be featuring speakers and discussions that will offer you tips to living a healthier life - Body Mind and Spirit. The **Healthy Living Café** starts on Tuesday September 9th and will be held every 2nd Tuesday of each month. To register and/or find out more, click [HERE](#)

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### Fall Equinox Labyrinth Walk

Join us for the Labyrinth walk on Saturday September 20th, 2014 6:00 PM  
For more details go [HERE](#)

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### Tibetan Acupressure/Compassionate Touch

Friday to Sunday November 21-22-23.  
Tigh Shee, North Lancaster, ON  
For more information or to register, go [HERE](#)