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roadSIGNS Newsletter

Vol.14 No. 10

March 2015

Greetings!

According to the weather pundits, we have just endured the coldest February since 1900. Imagine. 115 years! This winter has had lots of minus double digit numbers below zero Centigrade, which drove even the bravest winter souls into hiding. On the flip side, we had sun, lots of it, pouring in the windows. Both the cats and I found the sunny spots in the house to bask in!

Although the shortest month, there certainly was no lack of activity here. We launched a new coaching program with one of our corporate clients. I love the coaching calls and the opportunity to touch so many lives one on one. I had the opportunity to attend the Saturday Circle at St. James Church in Hudson to participate in a ME FIRST

Discussion and the following week we hosted our ME FIRST Practitioners for a day long practitioner development day.

As I look back over the month I am appreciating how much focus was given to ME FIRST. It has been 6 years this month since the book was completed and easily 8-9 years since the seed of ME FIRST was planted. This has lead me to reflect on my personal ME FIRST journey during this time as well as tuning into what others , including our practitioners, are sharing. I would like to invite you into the conversation.Welcome to **ME FIRST Re-Visited**.

Enjoy the read!

Betty

In collaboration with the Quirky Carrot, our favorite local restaurant/coffee house located in Alexandria, the **Healthy Living Café** will be held the second Tuesday of every month from 7-9 p.m. In March we welcome Lianne Bridges to the Healthy Living Café! On Tuesday, March 10th join us for Lianne's presentation 'Finding Your Z (Zen) Spot'.

For details and to register, click [HERE](#)

Our next Retreat Day will be April 25th and 26th for the two day **ME FIRST Retreat**. There are only 10 spaces available.

For details click [HERE](#)

In This Issue

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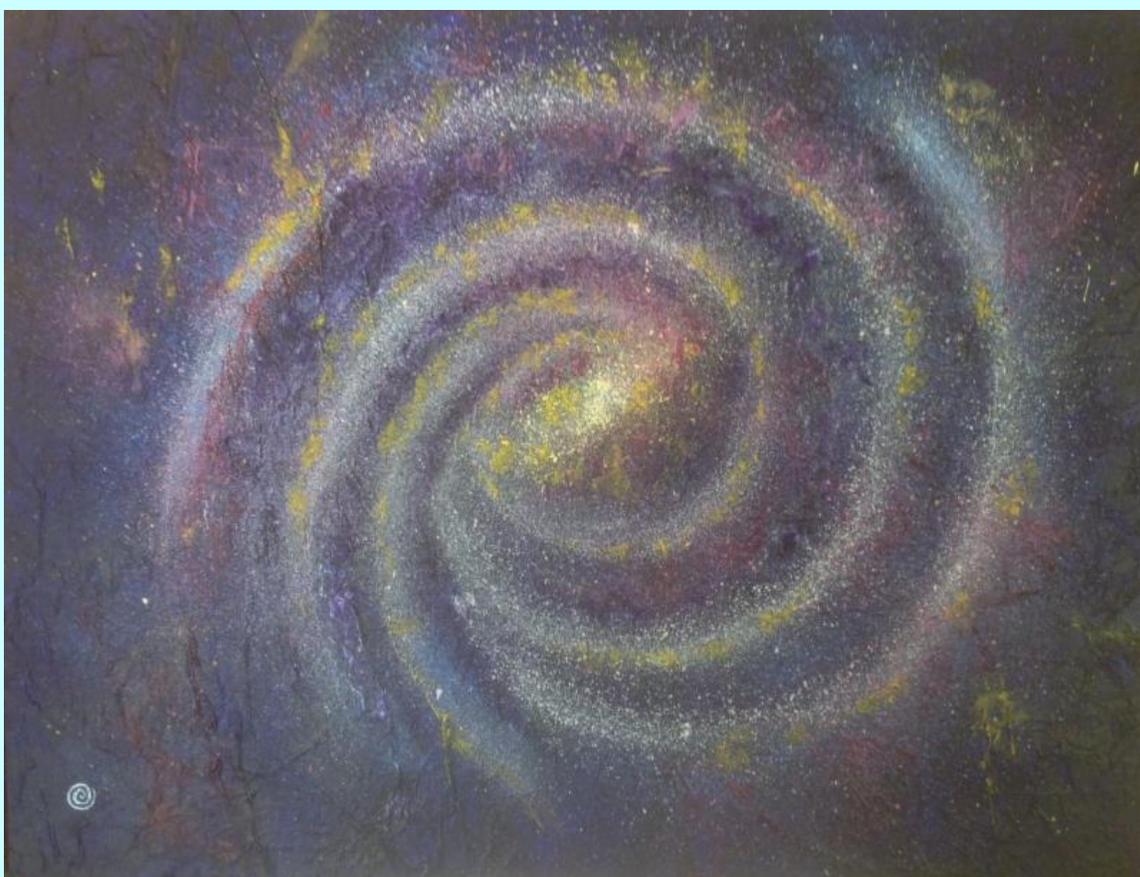
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This month's roadSIGN



"In the Beginning" (24" X 18") Painting by Betty Healey
January 2015

March Newsletter

"Life in an echo. What you send out comes back.
What you sow, you reap. What you give, you get.
What you see in others, exists in YOU."

Zig Ziglar

ME FIRST RE-VISITED

Sometimes when you write a book about a topic, your readers look to you with the expectation that you are the expert. As the author of ME FIRST - If I Should Wake Before I Die, I see this expectation in others and occasionally a twinge of 'guruism'. Of course nothing could be further from the truth. I am, like you, simply another learner on this ME FIRST journey.

In the cold winter weeks of February I have found myself remembering how the journey began just as I have wondered what my life would be like had I not understood that the only person who could change my life was me. The roots of this journey go back to 1987. I was just beginning my Master's Degree in Educational Psychology and feeling

like I had finally found my academic home. While my healthcare career was temporarily on hold, I continued to work part time in a nursing home as a physiotherapist. My marriage was well into the second decade and I had more love and support from my husband than most. I lived in a loft condo in Old Montreal, history leaking from the walls in which I lived.

The perfect life, wouldn't you agree?

And yet, I was not happy. How is that possible? Even as I dive back into the memories of those days, I can feel the perfectness of them and the sadness of them.

I am not sure what the moment was exactly; I simply had an awakening. I finally realized that no one but me could make me feel better; no one could make me happy. Everything I wanted from life was up to me to claim and my life abounded with opportunity. I realized that whatever I wanted to change in my life began with ME FIRST.

Life in Layers

Almost thirty years later, the lessons continue to unfold. They may be a bit different, a little bit more mature, and important never the less. The most significant lesson of the past year has been learning to ask for help and then learning how to receive the help offered.

Being a product of the fifties, and the feminist movement, I stepped cheerfully into the shoes of 'I am an independent woman'. This, I am sure is a familiar story for many of us, male and female, the 'I can do it myself' syndrome.

Part of the gift of the past year was being diagnosed with Rheumatoid Arthritis, a journey I had not expected to find myself on and a wrench in my plans for life. I began medication, experienced the side effects, and found my energy dwindling significantly. I needed to ask for help. It has been a humbling experience. The help was offered, generously, and I began to understand how amazing it is to receive. I remembered that in ME FIRST we teach that giving and receiving complete each other and that learning to receive keeps us replenished. Yes indeed, I was learning from my own teachings.

What Has Become Clear...

The ME FIRST journey is far from a selfish one. It requires great courage when you embrace the idea that true change begins with you.

ME FIRST puts you on notice - it is time to do your work. You realize there is no blame

or shame; there simply is you, your inner voice, your relationship with your higher power, and the opportunity to take charge of your life. It requires taking full responsibility for you and your life.

When you step into that inner sanctum of self, you begin to see yourself differently. As happened to me, I consciously tuned into the inner voice, a choir of naysayers who simply said, put me down. I realized that some of the things I said to myself, I would never dream of saying to others. I began to consciously communicate differently with myself, disallowing the 'put downs' and opting for a more uplifting inner conversation.

The journey never ends. I continue this conscious communication with myself every day and knowing that there is much left to be learned, I remain consciously curious.

ME FIRST is the journey of awakening, to full consciousness. While on the surface ME FIRST may simply seem to be a call for self-care, it is so much more than that. It is accepting that you are special and unique, that you have gifts and strengths to offer the world. It is an invitation to become fully present to the fact that 'you are enough'. It is about making peace with yourself and then, offering this to your world.

The Experiences of Others

Over this last year, Jim and I have been fortunate to be working with and coaching a team of ME FIRST Practitioners. The choice of the name, practitioner versus coach, facilitator or leader has, in hindsight, been an interesting one. In that notion of raising the bar, the team has experienced amazing lessons in terms of the 'practice'.

A few observations:

ME FIRST has certainly increased my awareness of how I live in the world, what triggers me and how I respond. I have learned that if my first response is less than perfect, I get to choose again. Great learning.

I am learning to stand back from people and conversations and to ask if what is being discussed is really mine to own. Does it serve me? Is it about me? Is it really what I want? This is amazing discernment.

My increased awareness of me has given me great inner peace and shifted the way I am 'being' in the world.

Waking up before I die has been truly meaningful and forced me to evaluate what I want to say 'Yes' to.

Final Word

You are invited to join us on the ME FIRST journey.

It is conceptually simple and realistically challenging. It is fraught with potholes and ample opportunities to laugh at yourself and see the humour in life. It can be light hearted and fueled by curiosity. Most importantly, it is about YOU deciding that you are worthy of living and embracing your best life.

Your asSIGNment

1. STOP. Listen. Ask yourself what you want, today and for your tomorrows?
2. Take the time to become consciously aware of what you are feeding yourself through your inner dialogue. Are you putting yourself down or lifting yourself up?
3. Make a choice for you. Let the journey begin.

Travel Tip

Remember that, whatever you want to change in your life, a relationship, your work, or anything of significance to you, begins with ME FIRST.

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.

roadSIGNS 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](#)

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](#)

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 next **Healthy Living Café** will take place on Tuesday March 10th and will be held every 2nd Tuesday of each month.

To register and/or find out more, click [HERE](#)

ME FIRST 2-Day Retreat

Join us for the next ME FIRST 2 Day Retreat on Saturday April 25th and Sunday April 26th, 2015.

The event is filling up fast so don't delay.

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