

# Define Yourself

*Each of us knows all. We need only to open our minds to hear our own wisdom. ~ Buddha*  
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Personal Coaching Newsletter  
February 2004  
Volume 1, Issue 1

## HOW TO BE A BETTER FRIEND

### Step 1

You have to like yourself in order to be able to give fully to others. When we are comfortable with who we are, and really enjoy who we are, we are more attractive to others. We are not needy and do not drain others but fill them. When we live our lives “in integrity” we are secure with ourselves and can offer more to others because we are not always focused on ourselves.

### Step 2

Be choosy. Friendship maintenance takes time and energy. Identify those friends with whom you wish to create a closer bond. If something takes time and energy you are going to want to make sure it has quality. Not everyone around you will make your A list.

### Step 3

Now make time for those special people you have chosen. Respect the relationship and schedule time for one another.

### Step 4

If you want to improve the friendship make the first gesture. Invite them to join you for lunch, dinner, or a special occasion.

### Step 5

Treat your friends, as you would like to be treated. If you disrespect your friends they will disrespect you. They will act towards you as you have acted towards them.

### Step 6

Listen fully to what your friends are sharing. Slow down, turn off your internal chatter and be in the moment. Focus on the speaker. Minimize distractions. Be interested. Give eye contact. Avoid advice unless it is a request.

### Step 7

Honor the relationship with no gossiping or criticizing.

### Feature Article:

- How to be a better friend.

### Self Test:

- Physical and emotional balance

### Distinction:

- Integrity

### Simple Truth:

Lifestyle changes are necessary in order to live a balanced life.



## PHYSICAL AND EMOTIONAL WELLNESS – HOW DO YOU MEASURE UP?

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- I am living in the present, in the here and now.
- I have a complete physical every 1 to 3 years.
- I know what motivates me.
- I exercise 3 to 7 times a week.
- I do both strength training and cardiovascular exercise.
- I eat healthy food in a healthy manner.
- I have good posture.
- If I react to others, or to problems, I have gotten to the source of the reaction.
- I am calm. I am adrenaline free.
- I have arranged to be lovingly touched or held several times a week, each time for as long as I need.

\_\_\_\_\_ Number of boxes checked (10 max)

**Distinction:**

“In integrity”

- ❖ Fewer problems
- ❖ Peacefulness
- ❖ Clarity
- ❖ Non - reactive

“Out of Integrity”

- Frequent disturbances
- Critical of others
- React rather than respond
- Decisions and choices are difficult

**Integrity is a state of personal wholeness, wellbeing, and fulfillment**

## Who do I coach, and what is my background?

I am working on my A.C.C. credential with the International Coaching Federation and intend to progress to master level. My formal education is in sociology from U.C.L.A.

I have extensive sales and marketing training, and experience, with significant international corporations, and have had my own business for 10 years.

My coaching clients are passionate, motivated, and intelligent. They are continually striving to be the best they can be in all areas of their lives.



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