

Define Yourself

health and career coaching



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Simple Truth

What I needed to do all along was develop the wholeness within myself so I could take it to the horses instead of taking it from the horses.

Kathleen Lindley

~ New Podcast Episodes ~

Less is Simply More Relearn Listening

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<http://www.defineyourself-coaching.com/podcasts.htm>

Less is Simply More

By clearing the external distractions and the noise in our heads we can claim the space to discover and focus on what really matters. Purge your life of the non-essentials.

1. Stop being materialistic. Stop buying things. Cherish quality and buy less. More things mean more responsibility, which equates to more time spent on maintenance and organizing.
2. Be free of task cramming adrenaline behavior. Learn to be bored and you may learn about your vulnerabilities.
3. Say no just because you feel like it. No gives you a sense of who you are, and it eliminates a lot of projects, commitments, and plans that are not important.
4. Dump toxic people from your experiences. We want our spouse, our friends, our kids, and our pets to add energy to our lives not suck it away.
5. Delegate household chores. If you are part of a family, or a couple, you owe it to your partner, kids, and mostly to yourself to delegate.
6. Make your appearance awesome. Throw out every piece of clothing that does not make you look and feel great now. Collect treasures in your heart and you will be abundant.
7. Live from your guiding principles, your values. Know yourself.
8. Take responsibility for all of your choices.
9. Arrange to be touched at least once a day. This simple gesture transforms us into more peaceful beings.
10. Establish partnerships. Partners, at minimum, triple our effectiveness, and foster more creative space.

Distinction:

Spirit vs. Soul

Spirit is the life force that is given to every creature, all created from the same source, and in that, all part of that source.

Soul is that consciousness of following the truth, that reflection of the greater oneness.

Tools:

Better Body Makeover – transform from the inside out, starts January 19 2008.

For details see

<http://www.defineyourself-coaching.com/secondarypages/workshops.html>

The Clean Sweep program
a self care assessment.

The Non Diet Diet
guaranteed weight loss, that teaches behavior modification and good food choices.

Myofascial Release and Stretches demonstration

For details on all of the above contact me

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Relearning Listening

Are we teaching ourselves to avoid intimacy through texting, emails, and voice mail? Do we truly want to connect?

Relearning how to listen can bring back the caring in communicating. Ponder these few listening skills.

1. Consider that every person you meet is a reflection of some aspect of yourself. Explore it. Be curious.
2. Ask open-ended questions that by design reveal more information. Ask the deeper question in a conversation. The question that is begging to be asked.
3. Learn to be comfortable with silence. This allows for reflection and a connection that goes deeper than words. Silence creates the space for more to be revealed.
4. Show respect by looking into the person's eyes. Looking away demonstrates distraction, and excessive nodding may be felt as condescending.
5. Listen for language style, is it emotional, or neutrally charged. Being authentically you, while also matching the speaker's style, allows for better flow of communication.
6. Listen for points of connection and commonality in the content of the conversation. This is your opportunity to share something of value, and it builds trust and rapport.
7. Listen for what is not being said. Behaviors, or body language, often give more clarity and insight than words.
8. Clarifying what you hear is essential to good listening skills. Repeating back a phrase shows your pledged attention.
9. Turn off the noise in your own head and you will find that options to navigate the conversation will flow more naturally. This honors others, and most of all yourself.