

# Define Yourself

health and career coaching



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**“Healthy is as healthy does”** This retreat at the Ojai Valley Inn May 8, 9, 10 is designed to expand your senses and create a path for change. Visit [www.defineyourself-coaching.com/secondarypages/classes.html](http://www.defineyourself-coaching.com/secondarypages/classes.html) for more.

## Simple Truth

“Sometimes something can feel so right, and be so wrong.”

- Jodi Picoult, “My Sister’s Keeper” best seller.

## Healthy Body and Soul NEW PAGES

**“Spirituality”  
and “Career Path”**

[Click link](#)

<http://www.defineyourself-coaching.com/healthybodysoul>

## Fun but is it satisfying?

Have you ever noticed how something can be fun, but leave you with an empty feeling afterwards? Often, fun is spontaneous, and does not take any effort or planning. It is the trill of the moment, the promise of pleasure, of feeling good. Fun is the end product without the process. Fun, at its worse, can leave us sick in the soul.

Pleasure in and of itself does not lead to a happy life.

Napoleon Hill tells us that it is the process that is the most rewarding and satisfying. It is in this process that we create and use all of who we are, to attain a goal or vision. On this path we gain a sense of meaning to our lives, a motivating, driving, energizing, vital purpose.

Ultimately, to have lasting humanistic value this journey must be greater than self, and be of service to others.

So perhaps “living in the moment” needs to be prefaced by living consciously. Being conscious of which we choose to be, and honoring our choices, and those of others, can be both fun and more satisfying. We do not sacrifice one for the other, but create a way of being that envelops both.

Fun is fleeting. Satisfaction brings joy and blissfulness. Satisfaction is a movement towards a more progressed self. Maybe fun is too often escapism and satisfaction is bold self-work.

Abraham Maslow was convinced that fun is not the peak human experience, that living a life in integrity continually guided by our humane values leads us to a stronger sense of contentment.

Could we really survive hour after hour of pure pleasure without exploding? The gift of satisfaction is that it bestows on us a measured blissfulness, created through our daily conscious efforts to tame our instinctual urges and thus be our higher self.

## Distinction:

### Values vs. Needs

**Values** are based on choice, spirituality, who we are, and what we love to do naturally.

**Needs** are requirements. They are not optional, and must be met to be fully free to live out our values.

## Tools:

### *Healthy is as healthy does*

Come treat yourself to two days and three nights of

- Daily guided morning exercise
- "Living Health Conscious" workshop
- Daily instructional trail rides
- "Being Extremely Selfish" workshop
- Daily one hour art class
- "Power Foods For You" workshop

For daily program schedule, fees, what to bring, and directions visit:

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

## The Gratitude Project

You are invited to participate in **The Gratitude Project**. The purpose of this project is to contribute to a more peaceful world, one in which people more fully appreciate each other and the power each of us has to make life more wonderful.

Each of us has a need to contribute to others, and we need to have feedback letting us know if that has been done. Thanking people who have contributed to our well-being provides this feedback and also gives us a chance to express our gratitude.

In many cultures this process is mixed up with rewards and various other impediments to natural giving and receiving. Here is a way to express gratitude that is likely to be satisfying and also provide useful information to the one thanked.

Think of someone who has done something that contributed to your life in some way. This could be something everyone would agree is a significant contribution, or it could be some apparently small gesture. What matters is only that YOU found the person's action to be valuable to you. Now write down:

(1) what the person did (2) how you feel when you recall what the person did: grateful, relieved, touched, pleased, etc.

(3) what need of yours was met, for example: support, understanding, respect, acknowledgement, etc.

Take your time. Now put together a sentence that expresses all this: For example: When I recall you offering to drive me to the airport, I feel relieved because it meets my need for support. Now send your message to the person by whatever method you choose. And send this whole message to others you know to invite them to participate in this project. If participating in this project enhances your life, we would enjoy hearing about it. Please send us an email at [email@cncv](mailto:email@cncv).

**The Gratitude Project** is sponsored by the Center for Nonviolent Communication.