

# Define Yourself

health and career coaching



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Danielle Vindez Personal Coach [Danielle@defineyourself-coaching.com](mailto:Danielle@defineyourself-coaching.com) P.O. Box 594, Redondo Beach, California 90277

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*“Get Juiced Up”* a retreat designed for women.

See [www.defineyourself-coaching.com/secondarypages/classes.html](http://www.defineyourself-coaching.com/secondarypages/classes.html)

## Simple Truth

“If a person would move the world, they must first move themselves”

- Socrates

**NEW**

## Healthy Body and Soul

Click link

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

## Talking is easy; Communicating is not.

Communicating requires more than just mindful words it requires greater skills. I am good at a playful exchange of thoughts and ideas, and even cautious about the words I choose, yet I fall far short of an effective exchange when I am emotional.

Recently I found myself in an emotionally frustrating situation and was not able to express why I was frustrated, or even know why, until days later.

Here are a few tips that are helping me hone my parlay.

1. I understand that it is okay to not know. I don't have to have the answer, and I can say, "I don't know".
2. I may acknowledge that I am uncomfortable, and may declare it when I respond intellectually rather than react emotionally.
3. I acknowledge that changes can be stressful, particularly if they are not by my design. So I think, and then I think again before leaping in.
4. I work to keep a positive mental focus. I have a choice in how I look at things. I decide to learn something from the discomfort rather than get defensive.
5. I look for commonality rather than separation.
6. I understand that people want to be heard, more than they want a response. So, I just listen.
7. I remember that what I am hearing can be amazingly different than what has been said.
8. I know that most people including myself have a unique, often self serving agenda and that this helps to achieve and protect ourselves.
9. I ask myself what would have to happen for me to be more comfortable with XXX?
10. I acknowledge that my own personal reactions may be causing my frustration about my communication with others.

## Distinction:

### Pleasure vs. Compulsion

Both make you feel good but pleasure has no emotional energy cost or consequences. A compulsion brings you back, to or below where you started.

## Tools:

### STRETCH YOUR BODY, MIND AND SPIRIT

Join Danielle, and co-facilitator JoLee Walker, M.A., heart centered coach and trainer, at beautiful Alisal Ranch in Santa Ynez Valley for:

*“Get Juiced Up”* a retreat designed for women who want change, or are at a crossroad. Come discover the bounty that lies within you.

October 16 — 18, 2006  
Half-day workshops, daily exercise, work with horses, and valley excursions.

For details and further information see <http://www.defineyourself-coaching.com/secondarypages/classes.html>

## Healthy habits that keep on giving.

1. Strengthen the parts of your health you can affect.
2. See the best professionals.
3. Stay physical. Exercise daily — just for the health of it.
4. Respond intellectually rather than react emotionally. Pull yourself out of the situation and become an observer of yourself.
5. Know what motivates you. What are you passionate about? Martin Seligman, a leader in positive psychology, claims that the two top things people claim make them happy are family and friends and a meaningful life.
6. Be free of adrenaline behavior, stop running on task-cramming behavior it does not serve you well.
7. Let go of the future and live in the now and present, because the present is what you have and it is perfect.
8. Under promise consistently because if you under promise you accomplish what you set out to do, if you over promise you get trapped into catching up.
9. Create some daily blessings. An inspiring morning wake up ritual and a soothing evening bedtime ritual could involve music, touch, reading, visualization, or prayer.
10. Powerful ingestion. Open mouth and insert self-care.
11. Live consciously. Integrate positive behaviors into your life and take full responsibility for their daily occurrence.
12. Arrange to be touched or held at least twice a week.

## Just for the Joy of it.

Pleasure is a component of Extreme Self Care. We deserve pleasure and it serves us well. Know what top ten things make you feel great. Now conceive of three different ways to include them into your life. If you do not know what your top ten whimsical, intellectual, entertaining pleasures are than make this list. Next, figure out three ways to get more of them into your daily life.