

Define Yourself

health and career coaching



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Danielle Vindez Personal Coach Danielle@defineyourself-coaching.com P.O. Box 594, Redondo Beach, California 90277

In this Issue

Articles:

- Transformation, Peace and Love
- Obesity spreads via social networks.

Distinction:

Spirit vs. Soul

Tools:

Better Body Makeover

The MAPP Assessment

The Clean Sweep Program

Simple Truth

You can read all the books you want. What makes a difference is your willingness to look in the mirror.

Dr. Laura Schlessinger

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Transformation, Peace and Love

What ever happen to that young college graduate so full of wanting to nurture the world, so un-materialistic, and anti-establishment? She was lured by the capitalistic machine, and learned to seek out pleasures of the flesh, instead of following her soulful heart. Perhaps those early growing pangs of the 60's and 70's were a foreshadowing of the birth to come, a new era in human consciousness.

Our new world will be full of peace and love. Just as the Renaissance, Science, the Industrial revolution, and the Information highway has lead us to greater highs, so will our present quest to better our world ecologically and spiritually.

The cracks in our present political, sociological, ecological, and psychological structures are indications that a new reality is urging to be born. This reality is that holy place that has always lived in our hearts. It is the benevolence we have always been, that sacred place that has yet to grow to its healing splendor.

While love, as yet, is certainly not all around us, I see signs daily that fill me with hope, joy, and grace. I hear coaches talk about creating a new way of languaging, grounded in non-violent communication; scientists talk of a trans-species community; philosophers talk about a new world threshold; ecologists discovering healthier alternatives; and each of us searching for a greater truth.

Our optimal health is in fully embracing wellbeing as the merging of body, mind, and our communal soul. Gandhi believed that your thoughts could transform your destiny. Perhaps if we start with transforming our own body, first, by honoring it, we can then move on to mastering our thoughts, our actions, our habits, and our values. Coming from this evolved state of wholeness we can best serve our own destiny, and the destiny of our world.

Our greatest frontier is within us, where no one has gone before.

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 2008. For details see

<http://www.defineyourselfcoaching.com/secondarypages/workshops.html>

contact me about,

The MAPP assessment

Happy people enjoy lives that have both pleasure and meaning. What are your unique motivators to fulfillment?

The CLEAN SWEEP program helps you focus on what is truly important in your life emotionally, relationally, financially and environmentally.

Obesity Spreads via Social Networks

Are our friends fat? Perhaps we have been a contributing factor.

Research analyzing data from the Framingham Heart Study found that when someone became obese, (30% over BMI), there was a 71% chance of their friends of the same sex becoming obese, and, the friends do not even have to be geographically close.

Apparently it is not just that obese people find other obese people, but that when one friend becomes obese, a close friend tends to become obese as well. This new norm becomes contagious among close same sex friends.

If we are an obese female, our sisters have a 67% chance of obesity, males are less affected with only a 44% risk for siblings.

The holidays are upon us. Overindulging, in first Halloween sweets, then Thanksgiving feasts, and finally the December celebrations, has become acceptable and normal behavior. What can we do this year to reduce the year end spread?

Observe consumptive behavior this season. Are you a reflection of a healthy mind, body, and soul? Do your friend's unhealthy behaviors imprint on you? Do your beliefs reflect on them?

Our ability to think, act, cope and face the challenges of the season are opportunities to bring out our individual best, and not the way of the lemming. Transformation is challenging. If it was anything less we would not evolve.

Self mastery requires that we get out of our comfort zone and chose objectives that raise the bar on our standards. A good coach can be a worthy cheerleader, asking us to try new things, stand out from the norm, and learn new skills. Coaches' help us foster a positive, supportive, and successful new way of thinking. This newer, adaptive us boosts our self-efficacy and revitalizes our self esteem.

Who will you be this holiday season?