

Define Yourself

health and career coaching



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Distinction:

High Standards vs. Low Standards

Simple Truth:

Did you ever see an unhappy horse? Did you ever see a bird that had the blues? One reason why birds and horses are not unhappy is because they do not try to impress other birds and horses.

Dale Carnegie

Did you catch the article “Living a Dream” in this month’s South Bay Health? Go to success stories at www.defineyourself-coaching.com and enjoy.

You are always welcome to e-mail me with any questions or thoughts.

Eights Steps To Revitalize Your Life

Thanks to a friend I did a little research on Dr. Martin Seligman, a psychologist who spear-headed exploration into what enables human beings to be happy. Interesting to note that a good education does little to raise your sense of satisfaction in life. I suppose ignorance IS bliss. Further research by Dr. Diener suggests that once your basic needs are met, additional income does little for fulfillment. However, in a Times poll those individuals making \$35,000 a year or less were significantly less happy. Diener and Seligman did conclude that the highest level of happiness came from a strong tie with family and friends. Here are some practical suggestions to lift your level of happiness suggested by Dr. Lynbomirsky:

1. Count your blessings – make a gratitude journal where every week you enter the things you are currently grateful for, from little to bigger.
2. Practice acts of random kindness- remember how good it felt to let that harried driver into your lane, or let someone go ahead of you in the grocery line. Be generous. Get connected to others.
3. Savor joyful moments daily – the sunset, the rolling hills, the puppy or any number of daily things we appreciate.
4. Thank a mentor – do this in person.
5. Learn forgiveness – this is the most generous. Let go of the anger; move on to a life not bogged down by the past.
6. Invest time and energy in friends – remember that a strong bond with friends and family is the key to your happiness.
7. Take care of your body – getting sleep, exercise, eating health foods all stimulate hormones that enhance your moods. Also, taking responsibility for your body in itself is empowering.
8. Develop strategies for coping with stress, hardship, and things not going as planned – you can’t hide forever. At some point you have to deal with the issues. Better to establish new pathways than continue to suffer.

Dr. Seligman believes lasting happiness comes from figuring out your strengths and deploying them. Need help in acknowledging your strengths and applying them? Hire a coach.

Distinction:

High Standards vs. Low Standards

Standards are those behaviors which you willingly choose to hold yourself to. Life gets richer and easier the higher your standards. It takes faith to raise your standards.

Low standards produce low results. They drain the soul. People with low standards are needy and drain energy from others.

October - Breast Cancer Awareness Month

This October I am speaking to the cancer support group at Little Company of Mary about exercise and cancer. I am also honoring the courageousness of my friend Barbara Robinson as she opens her new clothing boutique, "p.i.n.k.", at 238 Pier Avenue in Hermosa Beach on October 1st. Barbara has been living with cancer for nine years now and is an excellent example of what wonderful things can be accomplished despite a haunting disease. In 2005 she funded one of the largest independently owned, community-based, collaborative cancer research centers, and is donating 100% of the profits from the new store to keep the research pace moving.

I have learned from people fighting cancer, like Barbara, that you never give up. Life is so rich and full of infinite possibilities, if I simply imagine it. Control over even a miniscule aspect of my life gives me strength and hope.

Thank you cancer survivors for holding me to a higher standard, October will never be the same!