

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

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"Get Juiced Up" a retreat designed for women.

See www.defineyourself-coaching.com/secondarypages/classes.html

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](#)

Career Path

The greatest enduring fulfillment in any career is gained when this daily work is aligned with our innermost values. We all know how good it feels when we are doing something we enjoy which we are good at doing. A value-based life is healthy for the body, the mind, and the spirit. It is life sustaining.

How do we go about aligning our lives around our values?

1. Understand that everything you do, feel and think is shaped by your values.
2. Spend time identifying, expanding, defining and tuning them.
3. Eliminate all "shoulds" from your value list. "Shoulds" are other people's opinions.
4. Do you like your values? Do you like yourself? Your values are who you are today.
5. Do you have a vision or mission statement? Write one.
6. Align your vision with your values.
7. Are your behaviors and actions aligned with your values? If not, how can this be corrected?
8. Spend time with people with values similar to yours.
9. Look for opportunities that strengthen your values.
10. Set up a system for yourself that always measures your actions against your values.

How do we go about discovering what we are best designed to do for a living, once we know what it is we most value? This is where the Motivational Appraisal of Personal Potential can be a useful tool. Contact me for an assessment.

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:

STRETCH YOUR BODY, MIND AND SPIRIT

You still have time to join me 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
Participate in half-day workshops, daily exercise, working with horses, and valley excursions.

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

Simply Simplify?

How did we all get so high-strung? Our society today tells us that we are not successful unless we are doing. You’d think with all the caffeine, nicotine, adrenaline and other stimulants, we would all be frenetically emaciated.

Last week I suggested to a stressed friend that he might choose to simplify his life as a solution. Perhaps the answer is not squeezing a yoga class into a hectic schedule.

Today, the media, continually advancing new technology, and our society’s materialistic ideals, influence our subconscious. We are left to strive and struggle to keep up. We no longer create and manage our own lives. We are controlled by external influences.

Health is as much about saying yes to exercise and rest as it is about saying no to more stuff. You deserve the space to fully breathe in your unique life, and to get connected with your own sense of peace. A few simplifying tips

1. You may experience physical and emotional withdrawal as you slow down.
2. Evaluate what is consuming your time, your peace of mind, and your energy.
3. Of what are you willing to let go? Include in this list the material and immaterial.
4. How much of your frenzied pursuits are composed of “shoulds”? “Shoulds” are usually not heart-felt.
5. Make a list of all your current commitments in all areas. Which do not serve you well?
6. Make a list of your habits. Which add value?
7. Eliminate all things you are tolerating.
8. If you can’t eliminate any, then reorganize to increase efficiency.
9. Analyze your current financial situation.
10. With all the above data make a solid plan.

Remember that you define your own integrity. A vigilant development of your fit between your true values and your conduct creates integrity.