

**AWAKEN YOUR PRECIOUS PRESENT**  
**Discover What's Missing Find The Answers**  
**Ignite The Spark Within**

- **Welcome To Issue #32-November 2006**
- **\*New Phone #! 847-566-3122!**
- **Article: "Are you a victim of your to do list?"**
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- **Visit our website at [www.trulyhumancoaching.com](http://www.trulyhumancoaching.com)**

To submit ☺  
 articles,  
 questions or  
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 write Jim  
 directly at:  
[Jim@trulyhumancoaching.com](mailto:Jim@trulyhumancoaching.com)

Have an  
 upcoming  
 event? Contact  
 Jim to submit  
 today!

"It is only with  
 the heart that  
 one can see  
 rightly; what is  
 essential is  
 invisible to the  
 eye."  
 Antoine de  
 Saint-Exupery

**Welcome to Issue #32**



Welcome Friends,

Enjoying each moment of each day.... Is it really possible? I was talking with someone recently about 'work'... they were talking about how important it is to "get everything done" as well as "working hard toward their retirement"... So... doing something "OTHER THAN" what they love, for the next 14 years, so they can enjoy the latter 14 years of their life...

\*\*\* is something missing here? \*\*\*\*

This month I focus simply on enjoying life... making the 'most' of that 'to do' list, finding more 'joyous' to do's, practicing those things that get us in touch with the "Mmmmmmm" that life has to offer. A friend of mine has a bumper sticker that reads "WAG MORE bark less", WOW! So succinctly put! With that said, I include a previously written article "regular good stuff", cuz... I think it is important to 'WAG MORE and bark less'.

Are you getting enough "MMmmmmmm"? Enough "YEAH BABY!?" If so, cool... let more people in on it! If not, call me. I know of a remedy for that. 847-566-3122.

Namaste,

*Jim*

**Want to enjoy life more? Ask yourself "is what I am doing now what I truly want to be doing?"... then... do whatever it is you truly want to be doing... right now!**

## **Are you a victim of your "to do" list?**

Living your passions... or being victims to your 'to do' list. (a true life story)

Gotta get shit done.... Yeah... I hear that a lot! People wanting to 'get more done'; 'accomplish more'... 'fit more into each day'.... Or... wish I had more time...

Do we so easily forget that we have all the time that everyone else has?

On a regular basis, I work with clients about their frustrations and anxieties related to 'time' and their 'to do' lists. And, for as many times as it comes up, there are that many different ways in which we approach it. Here is one recent conversation, shortened a bit for your reading ease:

Client: "I just can't seem to focus, to be organized, to get the things done I need to".

Coach: Let's look at what you want to get done still today:

\*\* at this point, the clients lists the things he wants to do today and tomorrow, we estimate how much time each will take, and learn...\*\*

Coach: So once you add those up, how much time will you need to finish those tasks?

Client: "17 hours."

Coach: ...and how much time do you have to do them?

Client: "12 hours".

So, for this client, simply realizing that he is expecting too much from himself, trying to fit 17 hours of work into 12 hours of time just won't work!!!! His experience was great relief and an ability to plan more realistically... (it's really nice when you don't have to berate yourself for not getting things done!)

For other clients, it may be different... here are a few other suggestions regarding your 'to do' list.

1. Have one...
2. When you look at it, ask yourself: "What are the 3-5 most important things I want to get done today?"
3. Put the top 3-5 on the top of the list

4. Plan time each day/week to get the things done that are most important
5. Do them
6. Go back to step one... (like the shampoo bottles... shake, lather, rinse, repeat ☺)

Certainly, we can work to have on our tombstones: “She got everything done on her to do list”... or something that means more to us...like, she was a loving friend and sister.

I saw an article recently that reminded me of the ‘to do’ list that talked about 5 steps to living more of your life... well here are 5 steps for you to enjoy your life even more... And let me encourage you to make a list of 100 for yourself! The more ways you know how to enjoy yourself, well...the more ways you can!!!

1. **Do what you want.** Every moment of every day we decide. Ask yourself, throughout your day: Do I want to be doing what I am doing right now? Answer and follow your heart.
2. **Stop measuring yourself** based on what you get done in any given day and start celebrating you! What you do get done, what you discover, what you learn and what you bring to the world that is uniquely you.
3. **Enjoy the moment.** Look up frequently from what you are doing, pause, enjoy the moment, and take some time to enjoy your moments, each and every day. Look for magical moments every day.
4. **Spend time with those you love.** Yes, love deeply, frequently and openly. Pretend that each time you give a message, you are sharing your message of love. How you use your time, your energy, your words, your actions... all carry a message. What message are you sending? What message do you want to send? Any questions? Refer to #1 above.
5. **Smile.** Yes, smile... look for the blessings the universe is offering... it is all about attitude... how do you want to feel?

Sure, I could have a list of 100 ways to enjoy your life more... and so could you. So I challenge you (again) to make a list of 100 ways to enjoy your life more... then I challenge you to start doing them... every single day.... And enjoy your life even more!

Namaste

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### **Regular Good Stuff**

How do you know if you have enough “regular good stuff” in your days? You might imagine what such things look like, or ask yourself, “hmmmm...what does he mean by ‘regular good stuff’?”

Regular good stuff...that everyday, fun, run of the mill, old fashioned, surprisingly new regular good stuff, like:

- Laughing and talking with loved ones while dining
- Holding hands and sitting quietly with your partner

- Enjoying the clouds, every single day...
- Listening to the birds sing, the crickets chirp and the wind in the trees
- Playing with your dog
- Walking...simply walking...
- A smile from a baby (we all try so hard when they are around, don't we?)
- A shower: vigorous, warm, cool, relaxing, leisurely...you pick, it's yours
- A good movie (or enjoying a bad movie with people you like ☺)
- Your lovers smile... (Can't say enough about this one)
- A talk with a friend
- The smell of flowers
- Smiling... plain and simple (or any other way!)

Every moment of every day we choose...choose what we do, when we do it, how we think about it, how we feel about it... (That's right, even how we feel!)... Even though many of us often 'react', instead of 'respond', we can still choose what to do next...to design our days, our time (a whole nother topic!) and design our thoughts and feelings! Still curious? Call or write [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) and find out more.

***Are you designing the kind of life you want?***

***Are you enjoying as much regular good stuff as you'd like?***

Certainly, there is also great joy in the more 'extremes' of our experiences...Those things that make us laugh til our belly's hurt, blubber when we cry, scream & grip our chairs with excitement... all GREAT STUFF!!!... We enjoy the extremes too, we often plan for them...however, we also plan for the really good stuff too... how about you?

Today I encourage you to ask yourself... look at your days... plan...and make sure you have lots of regular good stuff in your days...then sit back, smile and enjoy them all!

***The Meaning of Life***

What a gift, to receive a small book called "The Meaning of Life"... so moved was I that I am including just a bit, as it speaks to the importance of being and enjoying that which is closest to our hearts.

...When you get the most out of your life, savoring every last drop  
it will transform everything about you from ordinary to extraordinary.

When you do what you love, you can pull back the bed sheets every morning feeling  
excited about beginning another day,  
and you'll be filled with a heartfelt joy that is highly contagious.

Just like when you start laughing out loud,  
and someone else starts laughing,  
and then someone else,

until you are all laughing so hard that your eyes water, you get terrible stomach cramps, it's hard to breath, and you can't stand up.

But best of all, by doing the things that make your whiskers curl up with delight (assuming, of course, that you actually have whiskers), you will inspire someone to go after their dreams, and that, my friend is how you change the world.

So my friends, my you feel inspired today, and join me in changing the world, one person at a time.

Blessings.

“Meaning of Life” by Bradley Trevor Greive, 2002 (hallmark ☺)

## **There will come a day.**

This was delivered to my mailbox yesterday... allow me to share it with you.

*There will come a day when your innermost imaginings will become your outer reality. What are you choosing to imagine right now?*

*There will come a day when your habits will be so firmly ingrained that they'll carry you along without you even thinking about them.*

*What kinds of habits are you working to develop?*

*There will come a day when you'll suddenly encounter a magnificent and wonderful opportunity that's just perfect for you. What are you doing today that will prepare you to make the most of that opportunity?*

*There will come a day when all the superficial concerns fall away. What are you doing in this moment to give real meaning and purpose and substance to life?*

*The things you do today affect not only today. They build you and prepare you and position you for all the days that will come.*

*That makes this very day your most important opportunity. For the person you choose to be today is the person who will carry you forward toward all those days that will surely come.*

*-- Ralph Marston*

## UPCOMING EVENTS

### Open Hypnosis Forum:

Hosted by Larry Garrett of Garrett Wellness Center  
Sunday, November 5<sup>th</sup> 2006  
3020 N. Kimball Avenue, Chicago

If you've not been to Larry's, and enjoy good people and the topic of hypnosis or personal growth, then this is the place to be! Larry has been hosting this group for MANY years. The group includes: fellow hypnotists, trainers, coaches, business owners, current and former clients, neighborhood folks and friends and associates with purely an interest in learning more about hypnosis as well as some just there to socialize with kind people. For more information, write Larry at mesmer1@aol.com.



**Holiday Open House**

Marla's Pottery  
VaNonda's Rock Paintings  
Young Living Oils  
Food  
Drink  
Fun

194 S Pick Ave  
Elmhurst, IL 60126  
630-330-8171

**Saturday, 18 Nov**  
**1-7 PM**

### **"How to Love Networking for the Rosemont Chamber of Commerce**

**November 6, 2006, register 7:30 a.m., 8:00 start Hyatt Regency**

How confident and comfortable are you with networking? Are you introverted or shy or just don't like meeting new people in large groups (or

at all!)? Do you know you need to network to succeed in business and really avoid, dislike or even hate it? Now, imagine being someone who views networking as an easy, natural extension of who you are and what you like to do.

Join us in a fun, creative 4-step process that will help you:

- Identify your unique skills in an activity you already love and transfer this to networking as a metaphor
- Broaden your mindset for creating and maintaining all relationships; business and personal
- Be more confident, comfortable, and successful networking at organized events and create your own events
- Overcome obstacles. Let go of thinking you have to impose on others, humiliate yourself, or be extroverted to succeed.

Please call Pamela Hogan at the [Rosemont Chamber](#) to register for this special event! 847.698.1190 Guests are welcome for \$25 in advance and \$35 at the door.