

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

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- **Visit our website at www.trulyhumancoaching.com**

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articles,
questions or
comments,
write Jim
directly at:
Jim@trulyhumancoaching.com
www.trulyhumancoaching.com

Have an
upcoming
event? Contact
Jim to submit
today!



Welcome to Issue #24

Greetings Friends,

Yes, we are truly blessed; the universe continues to shower us with blessings. Have you noticed? What is it really like to look at the world through rose colored glasses? And why aren't we all looking at the world this way? I was talking with a client recently about a situation he was worried about and offered him this option: Instead of envisioning what might go wrong, how about envisioning what might go right? Both are among the many possibilities, why not enjoy the next 4 weeks thinking great thoughts about how it will all work out great? * **he liked this idea lots** *

You know, we all manifest our lives through our thoughts and ideas: what are you creating? What do you want to create?

Below are a few short articles which speak to the importance of where you point your brain, of how & you shape your attitude. Visit the section on upcoming events, there you will find great opportunities to enhance or literally change your life!

Blessings to you all,

Jim

An Erotic Felt Sense of Life

I turned to my best friend yesterday and said: “Did you notice that there was a perfect amount of clouds in the sky today?” ...and then I added: “You know the funny thing about that? Yesterday, when I was looking up at the sky, there was a perfect number of clouds in the sky then too!!!!” Yes, everyday, through my eyes, there is the perfect number of clouds in the sky.

A couple of simple statements...and think about it... the universe provides such perfection for us each day... nature, people, opportunities, are we attending to this greatness, or to what doesn't work, to what you 'can't' do?

What direction are you pointing your brain?

Imagine for a moment that the universe, the world is really conspiring to shower you with blessings... That the recent job loss is really an opportunity for you to start doing something you truly love....that the recent break up with that 'special someone' really has paved the way for you to learn more about yourself, to meet someone even more magnificent. Or on a smaller scale, know that those people who may 'bother us' are really helping us to be smarter and more effective in the world; or imagine that your adversaries are really are teachers!

It's all about attitude...

It's all in the frame we decide to view things in... I like to have an attitude of “An erotic felt sense of life”... That's right... go ahead, if you went there, take your mind right out of the gutter...and put it into a felt sense of visceral, sensual enjoyment of life. Point your brain in the direction of finding learning, joy, curiosity and fulfillment, wonder and enjoyment from most anything... that right, anything, that you encounter in the world.

On my website, I quote Abraham Lincoln saying; “We are about as happy as we make up our minds to be”. How happy do you want to be? Yes, it is that easy! Yes, you can do it to!!! Want to know more?

On March 18th & 19th you too can enjoy shifting your attitudes, creating states of excellence in yourself and then others, all they while learning the basics of communication excellence of NLP... Interested....yet?

Some common themes of those people that continue to have such an erotic felt sense of life include:

- Having a sense of curiosity and wonder about the world
- Having a sense of excitement, love and playfulness
- Having a sense of safety in their world
- Having a sense of self worth, self competence and believing that the world is full of abundance.
- Have an attitude of gratitude...

“...everything can be taken from a man but one thing; the last of the human freedoms – the right to choose one's attitude in any given set of circumstances”
-Victor Frankl

There are other factors, beliefs, strategies, patterns that work. Would you like to know more? Join me for a complimentary coaching session; visit www.trulyhumancoaching.com and browse the newsletters, or join us for the weekend workshop; there are a few slots open still. Pick up the phone now and call 847-256-2396. Experience more today!

Habit 3: Put First things First

What a great topic... putting first things first. Well, as I started to re-read and then write my summary about this 'habit', I realized that I have been and will continue to put 'first things first'... Having TONS of work related stuff to do, having this newsletter to type, having a great personal life, doing the things that are most important I realized, and then told myself: **"Jim, this is a 'no-brainer', practice the principle."** So, instead of going through 'habit 3 this month, I will pass along an email/story about 'big rocks, which is the essence of habit 3. Stephen Covey has a film with a similar story in it about big rocks, the below story is one rendition. Then, I will return to formatting this newsletter, and other work that needs to get done. I will return to writing about this habit next month.

Namaste all!

When things in your lives seem almost too much to handle, when 24 hours a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

Now, said the professor as the laughter subsided, I want you to recognize that this jar represents your life. The golf balls are the important things--your family, your children, your health, your friends and your favorite passions---and if everything else was lost and only they remained, your life would still be full.

“Things which matter most must never be at the mercy of things which matter least.”

-Goethe

“You only have so many heartbeats, how do you want to spend yours?”

-Judith DeLozier

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”
-Oliver Wendall Holmes

“A truly strong and sound mind is the mind that can equally embrace great things and small.”
-Samuel Johnson

The pebbles are the other things that matter like your job, your house and your car.

The sand is everything else---the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first---the things that really matter. Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the coffee represented. The professor smiled. I'm glad you asked.

It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend.

This space is designed for you to make any notes or comments you want! Perhaps you have an urge to doodle, to make a goal, to create an idea or simply leave it blank and let your unconscious fill it in when it so desires!

This Life Is A Test -- It Is Only A Test

Do you remember the old Emergency Broadcast Announcement, the one with the horrible beeping sound that tells you "had this been an actual emergency, you would have been instructed where to go and..."

A few years ago, there was something similar making the rounds on the Internet. It went something like this. "This life is a test. It is only a test. Had this been an actual life, you would have received instructions on where to go and what to do..."

It would be nice if life came with instructions on where to go and what to do. But it doesn't.

And yet, so many people go through life as if they're waiting for instructions, or for their "real" life to begin. You'll hear people say things like "When I lose 20 pounds, I'm going to..." or, "When I've got enough money, then I'm going to..." It's as if they've put their life on hold, waiting for everything to be perfect, before they start actually living it!

But this life isn't a test, or a rehearsal, or a game. You don't get a "do over" when it's finished. This is it.

Don't waste another minute of your life! Instead of waiting until things are perfect, or for "someday" to arrive, start enjoying yourself now!

Not sure what to do?

“We cannot waste time. We can only waste ourselves.”

-George
Matthew
Adams

“Short as life is, we make it still shorter by the careless waste of time.”

- Victor
Hugo

“There is always time to do what is truly important to us”

- Jim Accetta

Make a "What I want to do Before I die" list. When you're starting your list, it doesn't matter how wild and crazy your dreams are! So if you've always wanted to take up scuba diving, or you want to make a million dollars or even sing in front 10,000 people -- write it down. Think about everything that you really want -- the things that would make you feel special or loved, or important. The things you've been meaning to get around to doing, but for one reason or another, just haven't done. The secret dreams that have been hiding in a tiny corner of your heart.

The important thing here is figure out exactly what it is you WANT. Writing the things down, gives them form and shape and power.

After you've written them down, prioritize the list. What things are on that list that are the most important to you? If you found out that you were going to die next year, or next week, or tomorrow, what would you want to do before it happens?

Don't be surprised if your list is very long. You've probably been denying yourself for a while now, because "life" got in the way of "living." If you're like most people, you'll find there are some things on your list that are very simple, and easy to do. Maybe you like feeling spoiled by having your first cup of coffee in bed every morning. Or maybe you only use grandma's "company" dishes during special occasions, but you love them. Or maybe your list includes things like telling the people you love that they matter to you.

Whatever is on your list, whatever dreams and desires are in your heart, what are you waiting for? Set your alarm fifteen minutes earlier, and enjoy your coffee in bed. If you want to learn to salsa dance, but you're waiting until you lose fifteen pounds -- remember that salsa dancing is a great form of exercise -- and just do it!

When you give yourself permission to start living your life, amazing things start to happen! You may find yourself going through a "lucky" streak. Opportunity starts knocking at your door on a regular basis. And you may even find that the stress and strain you were under has lifted. Things look brighter, and you feel happier.

Don't throw your list away -- in fact, keep it handy and add to it as you think of new dreams, new goals. Because as you begin to live the life you were meant to live -- a life that's worth living -- you may just find that you need a new sheet of paper!

Johnny "The Transition Man" Campbell

For more information on my seminars, books, CDs or newsletters.

Email me: johnny@transitionman.com

UPCOMING EVENTS

Andrea Lee's Multiple Streams of Income With Andy Wibbles

Our next meeting, "Andrea Lee's Multiple streams of income," presented by Andy Wibbles, will be on Monday March, 13 at the Oakton Community College, 1600 E. Golf Road in Des Plaines.

NOTE OUR NEW TIME - 6:00 to 8:30

(doors open at 5:30 for networking and socializing with food and drinks)

Andrea J. Lee is an award-winning author, entrepreneur, mentor, coach and consultant to business owners on five continents. She is a thought-leader in the life coach industry and passionately draws from many sources to inform, shape and provoke the evolution of coaching. As Thomas Leonard's General Manager, Andrea also built and managed the largest network and trainer of personal and business

“Do whatever
your heart
leads you to
do- but do it.”
-Truman X.
Jones

“Once in a
while it really
hits people that
they don’t have
to experience
the world in
the way they
have been told
to.”
-Alan
Keightley

coaches in the world. Now the CEO of Andrea J. Lee Group of Companies, she writes, speaks and trains on marketing, Internet and business systems for coaches. Her mission is to put money in the pockets 10,000 coaches by the year 2008. You can learn more about her at www.andreajlee.com

Andy Wibbles is an award-winning blogger and coach and has trained hundreds of companies all over the world how to use blogging for their businesses. He is author of the upcoming book Blogwild! A Guide for Small Business Blogging. He also teaches seminars in blogging, RSS, podcasting and related technologies. Andy is an associate Multiple Streams coach. His blog is at www.andywibbels.com.

Registration Information:

Date Monday, March 13
Time 6:00 PM to 8:30 PM
(doors open at 5:30 for networking and socializing with food and drinks)
Location Oakton Community College, Des Plaines Campus
1600 E. Golf Road, Des Plaines, IL 60016
(Located 1/4 mile west of I-294 and approximately 7 miles north of O'Hare Airport.)



Contact (847) 635-1600

Cost Members and Alliance Partners \$20
Non-Members \$30

Program Sign-up **Register Today!**

Please make a note of this exciting event so you don't miss one bit of valuable information.

We look forward to seeing you there

Open Hypnosis Forum:

Hosted by Larry Garrett of Garrett Wellness Center
Sunday, March 5th, 1pm-3pm
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.

UPCOMING NLP TRAININGS:

There is still Time to sign up!

NLP Fundamentals!-Communication Excellence

Saturday & Sunday - March 18-19; 10-6pm
The Purple Hotel- write jim@trulyhumancoaching.com for more info

Communication Excellence!

Have you ever noticed people that were so influential and persuasive? In any situation? No matter what? Where these people born gifted? Did they learn these secrets from some guru? The answer is, most of them do not even realize how they do what they do, but now you can learn these patterns yourself!

ANYONE CAN LEARN TO BE MORE INFLUENTIAL

Communication Excellence!

It all has to do with how we use our own brain—how we connect our language, its how we use our verbal and non-verbal behavior, and how you can increase your influence!!

GAIN THEIR INTEREST AND ENTHUSIASM

Ever wonder how you can create a sense of wonder and curiosity...a strong desire to learn and listen even closer to what you are teaching or saying? LEARN NOW what thousands of others have learned. Gain for yourself the insight that allows you to create the results you want, in almost any situation! Register today!

Here is a two day intensive with "some NLP you can use right away" kind of focus. I will be spending most of the time on communication tools, building conscious/unconscious rapport, and some "NLP Basics" on day one, while on day two focus primarily on "meta-programs", the specific language patterns to enhance rapport and influence. Above is the 'ad' that I have on my website: www.midwestnlp.com.

The cost of the workshop is \$379.00 for both days... I hope to see you there! Write me at jim@trulyhumancoaching.com or call 847-256-2396 to confirm.

NLP has to do with the study of the structure of subjective experience AND Communication Excellence.

Learn more than you ever thought possible, attend an NLP workshop and experience the magic yourself!

NLP™ Practitioner Spring Super Weekend
Intensive 2006, March 25-26 and April 8-9 and 21-23
in Chicago!

This is a non-stop, no-holds-barred, take-no-prisoners seminar! Includes extensive manual and hundreds of exercises, certification, and you'll get a **private session** with Barb Stepp. Get the techniques and skills of NLP™ that You'll discover that can be applied to any area you desire. Improve your relationships, change unwanted beliefs, negotiate successfully and enhance your creativity. Learn the magical Language of NLP™.

Simply NLP™ Practitioner & Simply Hypnosis™ Certification,
March 25-26, April 8-9, April 21-23, 2006
Tuition \$1,895* early bird tuition by March 10.

Tuition after March 10 \$2,295.00.

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