
What are you still tolerating in your life...and why?

(March 05) March ON! Can you believe it is March already! Is your year flying by? Yes, it is almost time for spring, for better weather here in the midwest. The winter has reminded me of what I still tolerate in my life... cold weather and snow.

I tolerate the weather because my higher value is my children, their learning and their security, that they stay in the same school system, with the same peer groups, through high school. Many people take some time to explore their values, to explore that which is most important to them, and as a result, are able to align their lives and do that which is most important to them... to live the kind of life we truly want.

Are you living the life you truly want?

Much of what is written here and in the past is about communicating effectively, building relationships and living true to our values. Although it sounds “simple” enough, so many of you that I talk with, so many others I meet, so many others we have not even met yet have challenges in one or more of these areas:

So what are we doing about it now?!

There are solutions, there are answers, here are a few:

- **Hire a coach:** That’s right, hire a coach! Are you a coach now and don’t have one of your own? At the very least, talk with several. As coaches, we offer a tremendous value, even in our complimentary sessions, try one and see! See my website at www.trulyhumancoaching.com for more information
- **Read:** Sounds simple, yes read! There are thousands upon thousands of books related to communication, relationships, intimacy, values, goals, etc... You can see many NLP related books and a brief description at www.midwestnlp.com . Go to the resources and bibliography section, or write at jim@trulyhumancoaching.com and I will be happy to offer tips or suggestions depending on what you want.
- **Participate in Trainings:** Many of you participate in ongoing training as a requirement to maintain a certification or license. Many of you also attend trainings for personal and professional growth...there are some of you that do neither. Life is a lifelong learning process.... I suggest attending at least 2 types of workshops or trainings per year... Some of us are “learning junkies” and attending 100’s of hours per year! (I know who some of you are!). And yes, even with all that learning, we still learn. See the end sections of this newsletter for upcoming training and events.

Enjoy this ezine; it is a continuation of last month with the themes of relationships and gremlins... There is truly something here for everyone.

Namaste

Jim Accetta ☺