

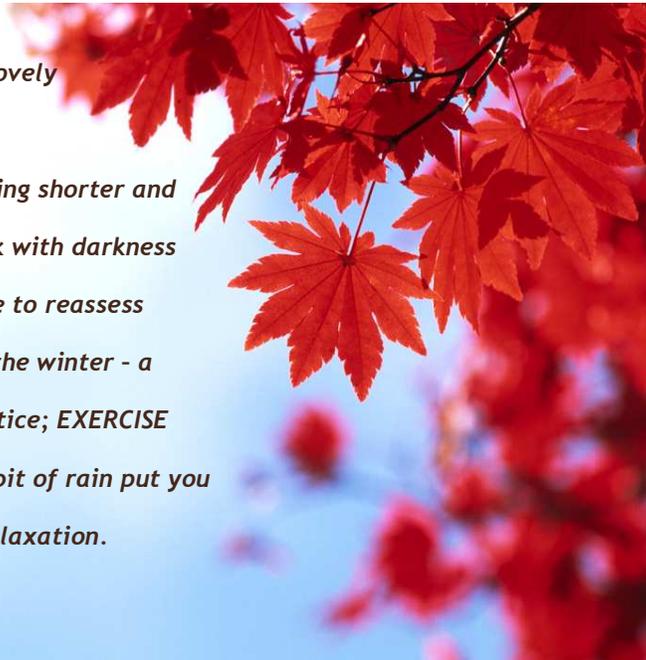
BROOKE BLURB

Autumn 2010

Autumn is here with some lovely clear, sunny, days.

Now that the days are getting shorter and you arrive home from work with darkness setting in, it is a good time to reassess your GOALS and plans for the winter - a good time to put into practice; EXERCISE indoors or out (don't let a bit of rain put you off!), healthy eating and relaxation.

Carpe diem!



JUGGLING - Brain gym



I teach adults and children how to juggle to encourage them to think laterally. Other ways to exercise the right side of the brain are;

Use coloured pens to jot down ideas

Play chess or scrabble

Learn a new language

Dancing

Play an instrument

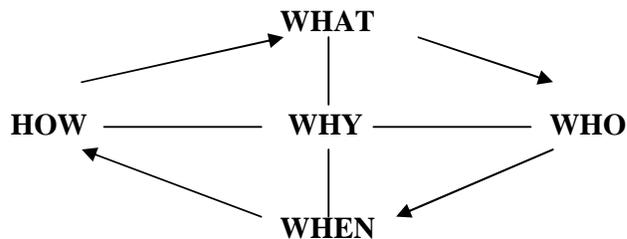
Painting

The juggling King trio;

Ashleigh, Alex and Toni



TOOLS TO GET TO YOUR BIG GOAL



1. What is your goal?
2. Who is on your team?
3. When is it happening?
4. How will it be achieved?
5. WHY is central to all

Take small steps towards your goal. Jump out of your comfort zone. See your coach for help to achieve your goals

HEADING INTO WINTER

A **walk/exercise** is not only beneficial for fitness but also for releasing those feel good hormones.

Meet up with **friends and family** and avoid conflict. Seek out those that make you **laugh**.

Minimise stress in all aspects of your life. Ask yourself "would I worry about this if I was given 1 month to live?"

Plan your **holidays**. It gives you something to look forward to and work towards. What about the Otago bike trail <http://www.puretrailsnewzealand.co.nz/cms/index.php/otago-rail-trail>

Eat healthily it will give you more energy and you will not only feel better, but look it too.

Get **7-8hrs sleep** a night. If you wake up and worry, stop it and change your thought patterns to positive thoughts, appreciate the good things about your day.

Relax – yoga, tai chi, read, massage and meditate. Appreciate what has happened throughout your day.



C'MON GET HAPPY

– learn a few simple ‘happiness habits’

- Notice the happy things in your life.
- Choose the happier thought.
- Tend to your relationships.
- Find passion and purpose.

One evening, a Cherokee elder told his grandson about the battle that goes on inside people’s heads. He said, “My son, the battle is between the two “wolves” that live inside us all. One is Unhappiness. It is fear, worry, anger, jealousy, sorrow, self-pity, resentment and inferiority. The other is Happiness. It is joy, love, hope, serenity, kindness, generosity, truth and compassion.” The grandson thought about it for a minute and then asked, “Which wolf wins?” The old Cherokee simply replied, “The one you feed.”

Because of our negative bias, we often feed the wrong “wolf”. To be happier, you need to even up the score. Positive thoughts you have, anything you see, feel, taste, hear or smell that brings you pleasure.

Extracts from “Happy for no Reason: Seven Steps to being Happy from the Inside Out” by Marci Shimoff

Work Life Balance in the Work Place

What you can do to improve your work environment;

1. Add fruit bowls and eliminate the unhealthy cakes and biscuits
2. Weekly/monthly discussion groups on healthy work place activities; nutrition, exercise, stress coping skills, Dr visits, self defence, massage, yoga, tai chi
3. Provide Yoga classes weekly, Massage, Personal Trainer in-house
4. Introduce 2 Wellness days a year – cuts down on days off
5. Gym membership
6. Encourage cycling, walking to work, bus, walking up stairs, hrly breaks from your desk and computer-stretch

I LOVE REFERRALS FROM YOU.....

If you know of individuals or companies who would benefit from using my services contact me on 479 3765 or email julia@brookecoaching.co.nz to discuss how we I can assist them or refer them to mv website www.brookecoaching.co.nz

Poem by Napoleon Hill

If you think you are beaten you are
 If you think you dare not, you don't
 If you like to win, but you think you can't, it is almost certain you won't
 If you think you'll lose, you're lost
 For out of the world we find,
 Success begins with a fellow's will - It's all in the state of mind.
 If you think you are outclassed, you are, you've got to think high to rise,
 You've got to be sure of yourself before
 You can ever win a prize.
 Life's battles don't always go
 To the stronger or faster man,
 But soon or late the man who wins
 Is the man WHO THINKS HE CAN!
 (Includes women too!)

P.S. If you have a story or tips to share, photos, testimonials, email them through to - julia@brookecoaching.co.nz for inclusion in our winter edition of the 'Brooke Blurb' or on my website.

Warm wishes, Julia

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