

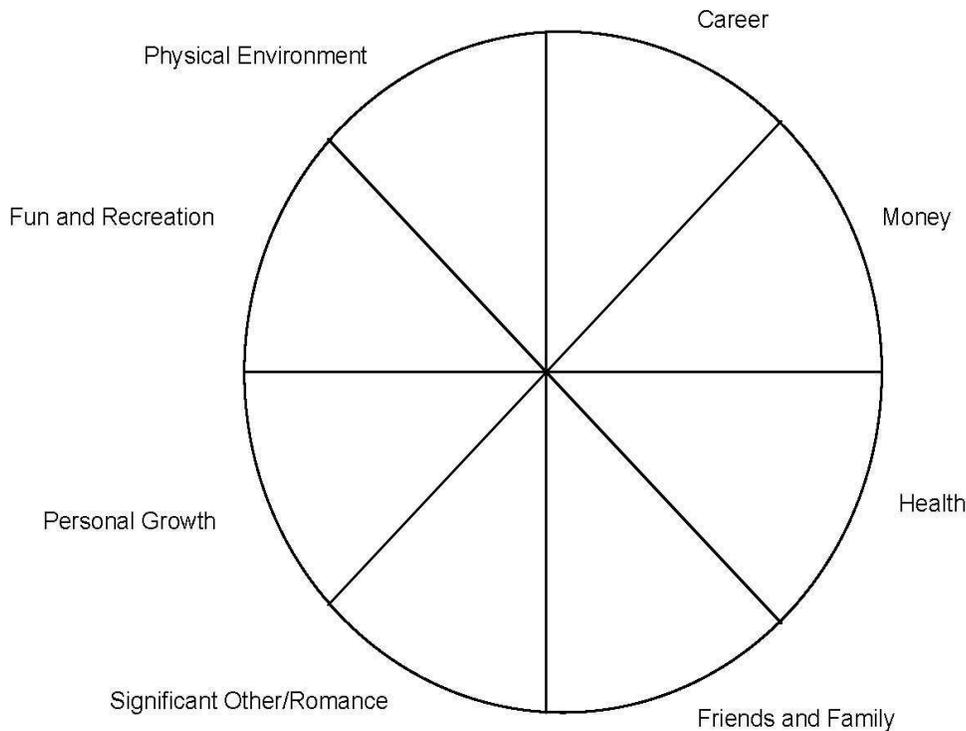
# BROOKE BLURB

Autumn 2009

*Welcome to our Autumn newsletter. I wish you all positive energy. I have noticed with the recession and doom and gloom around some of my clients are frazzled and overwhelmed with work and therefore exercise, good eating and life/work balance is out of sync. Here are a few tips how to get it back. (If you would like a one-on-one life coaching session, please contact me).*

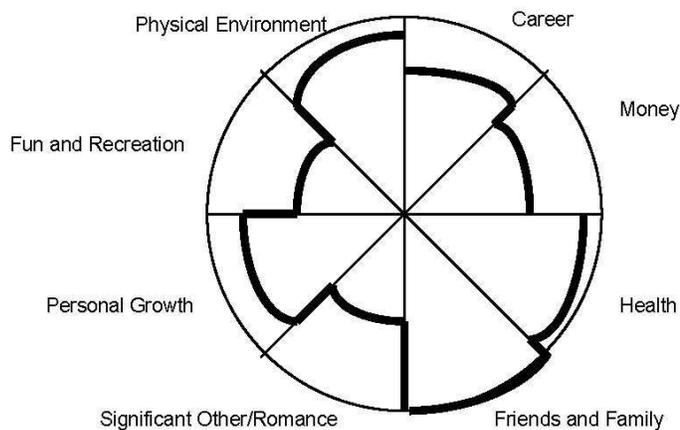
*First start by assessing where you are:*

## Wheel of Life Exercise



### Example

Directions: The eight sections in the Wheel of Life represent balance.



Regard the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be if this were a real wheel?

\*Used by permission. Adapted from *Co-Active Coaching*, Davies-Black Publishing, 81998



This photo is from the Taita Central Primary School assembly 26 March 09 where Brooke Coaching and Relocations International Ltd. sponsorship enables every student to receive six books per year. We are involved with this sponsorship through the Duffy Books in Home Foundation and thank you for your support.

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## FREE THINGS TO DO

**Head to Borders Bookshop** on Lambton Quay and get lost for hours among all the books, magazines, dvds, music and coffee!

**Discover art in the city.** Start at the City Gallery in Civic Square, then check out Popup Gallery on Ghuznee Street for that something different and Mary Newton Gallery on Vivian Street for funky exhibitions.

**Head to the Museum of Wellington (Queens Wharf)** and discover stories of both sea & land.

**Check out Popup Gallery** on Ghuznee Street for that something different and Mary Newton Gallery on Vivian Street for funky exhibitions.



**Change your life by Changing your Mind**

Excerpts from John Assaraf audio clip

When you're under stress it plays havoc on the body and the mind. This is when it is more important to invest money into improving your well-being; staying sharp mentally and physically forces you to think better. Don't buy into recession mentality. Cutting back on exercise is the worst thing you could do.

**Exercise** oxygenates the brain, increases neural pathways, and brainwave frequency (increases creativity and ideas), and releases the "feel good" endorphins. Everything is easier to do when you are in great shape; body and mind.



**A positive mindset is all important.** -ve thought creates -ve chemicals in the bloodstream which produces -ve vibrations and the brain sets up an emotional attachment to it. This in turn increases the heart rate frequency. Our brain becomes addicted to our emotions and becomes subconscious and runs on auto pilot.

**How to change the self-fulfilling doom loop;**

96-97% of all our thoughts and behaviours are unconscious When times are tough - create the right messaging. Stand guard on our thought patterns. +ve results start with mindset.

The Brain thinks in pictures therefore the use of a **vision board** (pictures of what you really want) - pretend as if they are real - is beneficial.

The average individual loses his/her focus 3-7 times per minute. Therefore we need to programme what we want and retrain the subconscious mind.

**Making New Year's resolution is a WASTE OF TIME.** Why: part of the brain sets goals (conscious part) but the implicit memory system is responsible for 96% of our behaviours. Change the software to get changes (self images programmes through genetics or conditions). Brain cells create connections and change neural pathways through processes and behaviours.

**How long does it take to change the neural networks in the brain: 30-60 days.** Change the self image of your body, yourself and -ve beliefs. Old neural networks will atrophy and new ones will achieve what we want to achieve by conditioning not intelligence. Brain cells create neural pathways through process and behaviours based on the condition of our mind.

**Be aware of the -ve chatter and create +ve chatter.**

Whatever you resist - persist

Information is a waste of time...it's the application of the right information over time that yields results.

**Getting coaching is one of the ways we can change.**

**Stick with it and you will succeed!**

**Feeling below par?**

Add some garlic to your food to give your immune system a powerful boost.

**Vitamins A, C, E and Zinc are antioxidant nutrients that are fundamental to healthy immune function.**

✓ **Vitamin A and Beta Carotene**

Found in apricots, carrot, green leafy vegetables, kohlrabi, mint, egg yolk and sweet potato.

✓ **Vitamin C**

Found in blackcurrants, broccoli, citrus fruit, guava, parsley, peppers, pineapple, potato, raw cabbage, rosehips and strawberries.

✓ **Vitamin E**

Found in almonds, beef, corn, egg yolk, seeds and wheat germ.

✓ **Zinc**

Found in beef, egg yolk, ginger, herring, milk, lamb, oysters, sunflower seed and pepitas.

*Adopted from Sally Mathrick Naturopath, Melbourne*

*P.S. If you have a story or tips to share, email them through to - [julia@brookecoaching.co.nz](mailto:julia@brookecoaching.co.nz) for inclusion in our winter edition of the 'Brooke Blurb'.*

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