

I hope this summer newsletter finds you all happy, healthy and getting out exercising in the sun, surf, wind, rain and gym. Here follows a few tips and suggestions for summer which I hope you enjoy...

Two weeks to Christmas

Time to move on from the winter woes to a new season of hope and positive thoughts, valuing life and living it to the full with health and vitality: Enjoy



In this very fast paced world, it seems impossible to simplify our lives. But think about this, how much time and energy do you waste on the unnecessary? How much time do you waste because you can't find things? How much energy do you waste telling yourself all the things you should do? How much time do you spend having fun? We often make life much more complicated than it needs to be and somehow we have convinced ourselves that our lives must be filled to max. We over schedule our lives, and then wonder why we feel dissatisfied. In turn, we end up spending the majority of our time on the things that don't matter to us. Here are some strategies to help you weed out the unnecessary and **simplify, simplify, simplify.**

1. Extend your boundaries.

It is okay to say no. If you are not comfortable committing to a task, or something doesn't feel right to you, then don't do it. We often get in trouble because we ignore our gut feelings, and most of the time it leads us down the wrong path.

2. Drop your to-dos.

Drop the to-dos that have been on your list for a couple of months. Get rid of those tasks that you keep telling yourself that you will get done but you always find something more interesting/important to do. If you have not done them by now, they are not important and draining your energy.

3. Remove clutter.

How much time do you waste looking for things? Do you have stuff that you need to get rid of? The more cluttered your space is, the more stressed you are going to feel. When you remove clutter, get rid of stuff that you no longer need, and give objects a home, your life will run more smoothly. In addition, you will create a space for new things to enter your life.

4. Develop your values.

Determine what your values are and live to those values. We often feel conflicted because how we are living is out of sync with our values. For example, if your number one value is family and your job requires you to work 65 hours a week is it any wonder that you feel unsettled and unhappy? When you're clear about what is important to you, it will be easier to let go of things that don't fit.

5. Examine your beliefs.

What are your core beliefs? Some of your beliefs may be limiting your ability to let go of tasks and projects that don't add value. If you believe that you create value by being busy, it is much harder to let go of tasks. If you believe that the only way to make money is to work hard, then you will always work hard. Remember, we look for circumstances in our lives to reinforce what we believe.

6. Create priorities.

Determine the 1 or 2 things you want to accomplish within the next year for your career/business, home life, relationships, and self. Work only to those priorities. If your goal is to develop a new income generating product line, that is where you should spend significant time focusing your attention. It is very easy to get distracted from our priorities, because there is so much information

WOTZON

Register at www.wotzon.co.nz to receive regular emails on what's happening in Wellington. Enter competitions to win tickets to concerts, shows, gigs, events.

SCORCH-O-RAMA

The former Chocolate Fish Café, now renamed as Scorch-O-Rama café, is now open in Scorching Bay (just round the bay from Seatoun). This is one of Wellington's best spots to enjoy a latte beside the sea. Enjoy!

We recommend you try these special deals...

Caffe Italiano

229 Cuba Street, Wellington

Order one pasta, get two pastas for \$15

Leuven Belgian Beer Café

135 Featherston St, Wellington

Order a one kilo pot of fresh mussels and get another kilo absolutely free!

(only on Sundays or Mondays).

The Black Harp

Cnr Featherston & Johnston Streets, Wellington

Traditional roast pork with vegetables - \$29.00 for two.

(only on Saturdays & Sundays).

7. Give yourself permission to relax.

We live in a culture that has taught us that relaxing is the equivalent to being lazy so we have created lives that are bursting at the seams and don't give us time to think. There is another way, give yourself permission to relax. Revel in doing nothing. Give yourself time to just think and do nothing. You will be amazed at all the new and interesting discoveries that come to you.

8. If you're struggling, let it go.

If something is a real struggle, or you can't come up with a solution, drop it for awhile. Giving yourself a mental break will allow your brain to rest and therefore create new ideas. Have you ever woken up in the middle of the night and had an aha? This happens for two reasons, 1) because you are relaxed, and 2) because you were not trying to direct your brain's thoughts. Giving yourself a mental break from a challenge is a great way to consciously create that aha.

9. Take care of yourself.

Isn't it funny that we take better care of our cars than our bodies? Take care of your body and mind. Eat things that bring you a sense of energy and lightness. Eat to fuel your body. Exercise your body to reduce stress and clear your mind. Exercise your brain with new activities. This will go a long way in helping you feel more calm and relaxed.

10. Have fun.

Why is it so hard for us to have fun? Make time each week to do something that brings you joy. Do something completely silly. Have fun with yourself. Laugh. Forget all the other stuff for awhile and just have fun. You will feel a whole lot better.

Copyright 2000, 2001, 2002 by Thomas J. Leonard. May be distributed if full attribution is given and copyright notice is included. The leader in coach training.



EASY DETOX

1. Cut down on refined sugar. Try organic dried fruits instead
2. Cut back on alcohol, drink 1 glass of water for each glass of alcohol consumed
3. Avoid smoke and smoking and painkillers unless you really need them
4. Limit caffeine (decaffeinated organic coffee is ok), choose water and organic juices and herbal teas.
5. Exercise regularly - 30mins every day. Vary the type of exercise and challenge your body
6. Exfoliate and open the pores to allow impurities to be secreted
7. Take regular mind detox breaks; 5 mins every hour to empty the mind
8. Eat lots of fruit and vegetables.
9. Take time to eat your meals, eat slowly and allow the body to concentrate on digesting
10. Pamper your self for doing well and congratulate yourself - often no one else does
11. Ensure you get regular sleep

P.S. If you have a story or tips to share, email them through to - julia@brookecoaching.co.nz for inclusion in our summer edition of the 'Brooke Blurbs'.

Warm wishes and Merry Christmas, Julia

If you wish to unsubscribe from these newsletters please email with "Unsubscribe" in the subject line.

