

Merry Christmas and Happy 2014

I'd like to take this moment to say thank you for being my client. I thoroughly enjoy my time training with you in **personal training** and supporting you with **life coaching**. I appreciate the effort and dedication you put into your personal performance. I always look for an opportunity to improve and see many coming for you all in 2015.

Time now to pause and relax, enjoy time together with family and friends. Plan 2015 how you want it to be, visualise what will work for you. If you had no barriers what would you do? Start there and work back putting the possibilities in place. Let 2015 be the year of POSSIBILITIES FOR YOU. SELF CARE = SELF AWARE



WORDS OF WISDOM

"Live each day as if it's the last day of your life, because one day it will be" Steve Job

Living in the Moment

With Christmas upon us it is easy to be forward planning and forget to stop pause, breathe and be! To help live in the moment try these few tips:

- *Consciously commit to being more present with colleagues, family and friends.*
 - *Actively listen. Allow others to speak fully, allow them to pause before replying.*
 - *Reflect on what's been said and remember names, and details. We all know it feels good to be heard and understood fully.*
 - *Allow and respect diversity of opinion even if you don't agree.*
 - *Think before speaking (something my father told me to do as I am prone to shoot from the hip especially at Christmas).*
- Try it out this Christmas and Good Luck; I'll be doing my best ☺!*



Contact Julia for life/ personal/corporate coaching, personal training and life/ work



CREATE A CELEBRATORY LIST FOR 2014.

Most people arrive to the end of the year disappointed for all the goals they didn't reach that they planned to achieve in the past year, forgetting of many, often unexpected, fun, happy, and memorable moments to celebrate and be proud of.

What are your moments to celebrate and remember?

When we focus on achievements and positive events that make us feel good, we attract more of such moments into our lives in the year to come and in life in general. Much better than focusing on what we didn't achieve, feeling bad, inadequate, negative, and not worthy.

Action:

Look in your calendar and book 15-20 min. with yourself to sit down and write a list of at least 21 best moments of the past year. All you really need to do is get yourself started, the rest will be just fun.

How to conquer anxiety. At times we are challenged with various forms of anxiety. Here's an [interesting method](#) that might help you.

Rejuvenation for 2015

1. Get real rest from over-stimulation. Turn off the screens, mobile, ipod, TV, and sleep better
2. Take time off work to rejuvenate and re-evaluate
3. Let go of social comparisons - you decide what goals to pursue rather than get caught up in social pressures.
4. What would you want if you didn't fear -have evaluation from others?
5. Make room for new ideas by acting on the current ones.
6. It's OK to feel -have feelings, acknowledge, accept, move on
7. Celebrate what you value personally - see above
8. Try uni- tasking. Multi-tasking is draining, feel more relaxed and try doing one thing at a time well. Inherent in men, women multi-taskers!





Have you written, or thought of, your **Goals for 2015**, and that you feel re-energized and optimistic about the year ahead? If you didn't physically write your goals down, please take a few minutes to do that. Make sure your goals are:

- **specific** - rather than abstract, such as "I want to have a house in 5 years";
- **measurable** - how much exactly do you want to weigh or how much more do you want to earn;
- **achievable** - be optimistic but make it achievable within the timeframe you set for yourself, it will give you more motivation;
- and, make sure those goals are **exciting!!** Exciting enough for you to **go out of your comfort zone and become the kind of person who attracts and allows the desired goals to become a reality!** But most important of all ensure you enjoy the process as you get there. Don't hold off thinking I'll be happy once I achieve my goal.
- I would also suggest mixing your specific material goals with those that correspond to the end-emotion, such as, *Contentment, Peace of Mind, Happiness, Love, Vitality, Clarity*, etc.

Finally, choose the predominant emotion you would like to experience this year and focus on it at all times. Do you know what it feels like to have inner peace? Do you know what it feels like to be truly content with yourself and your life? If you don't, then how can you experience it?

Take a few minutes every day to FEEL the emotion. Tell yourself, *I am content*, or *I am happy*, or *I am fulfilled*, *I am grateful*, or *I have clarity and focus*.

Don't wait for something to happen in your life in order to feel the emotion, instead, be in charge! Feel the emotion, and, in return, the Universe will insure to provide you with experiences that will manifest that emotion more and more.

Excerpt from Mash Malka



Research supports the efficacy of exercise as a tool for enhanced longevity.

Research from Brigham and Women's Hospital in the US has put figures on the years of life to be gained as a benefit of physical activity.

Senior study author I-Min Lee, MD, said 'We found that adding low amounts of physical activity to one's daily routine, such as 75 minutes of brisk walking per week, was associated with increased longevity: 1.8 years of extra life expectancy after age 40, compared with doing no such activity.'

Unsurprisingly, greater levels of activity equated to greater gains in life expectancy. According to the study, an individual who walks briskly for a little over an hour each day could be adding an additional four and a half years to their life.

Source: *PLOS Medicine*

Julia & Harry paddle boarding at Paremata Inlet



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Merry Christmas, happy holidays and I look forward to seeing you in the New Year.

Julia & Harry

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