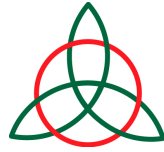


The Growth Zone

Margaret Collins
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Rules for Life

Cheesed off with all this "goal setting" around the new year?
Looking for inspiration and something different?
I came across this recently. It's so good I thought I'd share it with you :

- Imagine life as a game in which you are juggling some five balls in the air.
- You name them - Work - Family - Health - Friends - Spirit, and you're keeping all of these in the air.
- You soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls - family, health, friends and spirit are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same.
- You must understand that and strive for balance in your life. How?
 - 1. Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.
 - 2. Don't set your goals by what other people deem important. Only you know what is best for you.
 - 3. Don't take for granted the things closest to your heart. Cling to them as you would your life, for without them, life is meaningless.
 - 4. Don't let your life slip through your fingers by living in the past for the future. By living your life one day at a time, you live ALL the days of your life.
 - 5. Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.
 - 6. Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us together.
 - 7. Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave.
 - 8. Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.
 - 9. Don't run through life so fast that you forget not only where you've been, but also where you are going.
 - 10. Don't forget that a person's greatest emotional need is to feel appreciated.
 - 11. Don't be afraid to learn. Knowledge is weightless, a treasure you can always carry easily.
 - 12. Don't use time or words carelessly. Neither can be retrieved.
 - 13. Life is not a race, but a journey to be savoured each step of the way. Yesterday is history, tomorrow is a mystery, and today is a gift: that's why we call it - the present.

■ Attributed to Brian Dyson, CEO Coca-Cola, delivered as Georgia Tech's commencement address

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Where next?

What are the rules that you honour in your life? Which balls you are juggling and is this your greatest pleasure or source of stress?

Is happiness elusive?

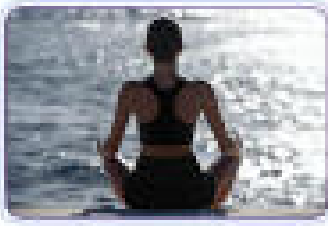
Are there goals you want to achieve but feel the price is too high?

Working with a Coach could be the difference that makes a difference to the year ahead!

Your first consultation is without cost or further obligation. Try me—what do you have to lose?!

Call 0118 962 2868 or email coaching@thegrowthzone.com

Awake the Woman Within!



This day workshop is for women who want to discover or renew their purpose and direction, to find meaning in their day to day lives and make a difference for their future. The day will look at our journey through life, the choices we make and the direction we follow... Who is setting your course or choosing your destination? We will explore the personal values that are our compass for the journey, identify the goals that are milestones along the way and create a renewed joy and sense of purpose that will bring meaning to our future.

If you are ready to make a difference, come and join us!

Time : 10:00 to 17:00 Saturday 22nd February, 2003

Location : Calcot Hotel (3*), Reading, M4 junction 12.

Cost : £95.00 to include lunch and refreshments

Contact : Margaret Collins, 0118 962 2868, coaching@thegrowthzone.com,

Minds are like parachutes - they only function when open.

Thomas Dewar

See how you like this as a challenge...

A friend recently challenged me to go an entire week where I only allowed myself to do one thing at a time. After days of driving without the radio, brushing my teeth without planning the day, and eating without the TV on in the background (!), I discovered that doing one thing at a time had not only increased my sense of peace and well-being but my productivity and creativity as well. Just for today, do only one thing at a time. When you are reading, just read. When you are eating, just eat. When you are with someone, just be with them. That's it! Have fun - that's the only time you're allowed to do two things at once! :-)

**We are what we repeatedly do.
Excellence, then, is not an act, but a habit.**

Aristotle

Work Positive Campaign

A new initiative to combat stress in the workplace has been hailed as "long overdue". The Work Positive campaign, which is being launched by health bodies in Scotland and Ireland, aims to help employers and staff reduce anxiety levels. An estimated five million workers suffer from stress across Britain. The latest initiative is targeted at small and medium-sized firms. It includes advice packs which highlight the legal

obligation which companies have to provide health, safety and welfare to their employees.

The campaign also aims to encourage employees to take responsibility for tackling stress at work. Dealing with the symptoms is less effective than addressing root causes and that requires that all affected parties work together! Call me if you want to discuss stress reduction strategies for you or for your business.

**The more you do of what you're doing,
the more you get of what you've got!**

Margaret Collins
Professional Coach & Trainer

Your life, your time, your choice!

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