

MAKE 2009  
A  
POWERFUL  
YEAR



# Make 2009 a Powerful Year

## **This FREE E-Book is a GIFT to you**

Its purpose is to *encourage* and *inspire* you  
as you enter the coming year

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provided it is kept complete, with all author information intact,  
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**So, 2009!**

## **What are you expecting from the coming year?**

Change?  
Challenges?  
Possibilities?

Whatever is in store, we all can benefit by taking some time to think about how 2009 might affect us and what the impact of the changes around us might mean personally



Hopefully the articles in this e-book will be part of that process

The writers are coaches, authors, inspirational speakers and wellness practitioners

**Amongst them you will find resources to help you build strategies**  
to allow you to not only cope with 2009, but to grow and flourish

~ All good wishes for the coming year from each of the authors and the editor ~  
Marian Kerr ~ Write With You & Contemplate Life Coaching ~ [www.mariankerr.co.nz](http://www.mariankerr.co.nz)

‘On ne voit bien qu'avec le coeur. L'essentiel est invisible pour les yeux.’

**‘You can only see properly with your heart.  
All that is essential is invisible to the eye’**

from Antoine Jean-Baptiste Marie Roger de Saint Exupéry's book *Le Petit Prince*  
Translation by Annette Esquenet, Esque Fine Chocolate

## A Powerful Coaching Question for 2009

With the New Year just around the corner, you may already be thinking about your goals and aspirations for 2009. Or perhaps you are simply reviewing the year that was. Either way, to make 2009 your best year yet, here's an invitation to you to ask yourself this powerful coaching question.

✚ **In order for you to be or achieve what you want in 2009; what is one thing that you are going to have to shed?**

Such 'letting go' cannot only free our time, energy and resources; it can unlock us from shackles within.

In a coaching session, when I asked this question of my client – a CFO, his immediate analytical response was, 'I don't think I will be needing to change any systems or processes we have at the moment'. That's a great business response but the 'shedding' I am talking about here is more than just external, tangible things.

Sometimes we tend to hold on to things either mentally or physically for longer than their 'use by' date. We may do this for good reasons – for example – 'I might need it one day,' or for other sentimental reasons. However, I encourage you to re-visit this and ask yourself, 'how are these things serving me in my life path now?'

Are there some attitudes, behaviours or mind-set, which may not be working for you as well? Though time has moved on we sometimes get trapped in the rut of old ways of 'doing' or 'being'. For example, in the words of another client, 'not waiting to get things ever so perfect but taking action sooner, say when I am 80 - 85% there'.

For a small business owner, the shedding was those chores he could easily outsource to free him to concentrate on those things which really mattered and which were a better utilization of his time.

For a colleague, it was catching herself focusing on 'all the reasons why not...' and letting this go! She realized she was expending more energy building a rigorous case for fear and sameness rather than possibility and adventure.

According to the Zen proverb, 'Knowledge is learning something every day, wisdom is letting go of something every day'.

✚ **So what are you going to be letting go as you create space for your best year yet?**

By [Jasbindar Singh](#)



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Subscribe to her free six-weekly SQ-zine at [www.SQconsulting.co.nz/form.php](http://www.SQconsulting.co.nz/form.php).

## 2009 ~ Yes - it's a Time to Be Strong! Getting Real!

### **🚩 Boy - is it what!!! It really is a time to get real about what's going on!**

The best way to do this is to get it down on paper - in the form of what coaches call 'Your Baseline'. It's time to be clear about your current situation - to write a clear baseline, describing things as they really are - holding no punches and not gilding the lily.

My Czechoslovakian friend Ilya tells me that whenever he asks a Kiwi, 'How are you today?' - and it's obvious they are having a tough time of it - they invariably say something like: 'Great! I'm having a few challenges!' He sees that as pretending and not facing the reality of things. That's always been a tough point of view for me as I am a believer that your words create your reality... but in terms of writing and being honest about your baseline – you need to avoid being falsely positive.

In WWII, Winston Churchill (one tough old bugger!) organised a special ministry department whose job it was to report to him on how things were really going. He got to see how badly things were going on the Western Front; he got to see how hopelessly outnumbered and outflanked Britain was; he got to see the brutal superiority of the German technology and firepower. That information certainly wasn't to be leaked to the public... that was for the leadership and the leadership alone.

He faced the facts - just how they were. That's what we have to do if we want to win at the game of thriving in these uncertain times! But Winston always maintained that that was how he slept soundly at night - knowing how bad things were and knowing that there were no surprises!

So, when you are facing whatever challenges are coming your way - be brutally honest when you describe your baseline - this honesty is not for public consumption - it's just so you can face the facts and get real about your situation! Then and only then can you strategise about the appropriate response and plan for positive action.

### **🚩 I keep thinking about how to stay strong in such a difficult environment and what I can share with you to help you be strong in these times.**

In stories of people facing adversity with great resilience, you hear again and again - it's the small things that make the difference. I heard a coach say the other day to start your day in a high speed way - do something that gets you moving with velocity and gets you set up with a sense of momentum and urgency to your day.

So, today I got up and went for a walk - then I hopped on my bicycle and zoomed off to town and back. It worked! I have had an amazing day. So, what can you do to get out of the blocks at a speedy rate? Is it exercise? Is it getting up an hour earlier and starting work on an urgent project, or a not-so-urgent project? What will give you momentum and velocity in your life - what will make you stronger to face these times? What small thing can you do today to really get yourself going?

By [Mike Kennedy](#)



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## Make 2009 Powerful ~ Build Your Resilience

While we don't always have control over the circumstances of our lives, we do have control over how we react to those circumstances. Our beliefs shape our thoughts and our thoughts are the stimulus for our actions. Building a robust belief in ourselves; in our own particular strengths; and in our ability to take appropriate and effective action will help us weather the storms of life; recover from adversity; and strengthen our ability to cope and adapt to change.

### What is resilience?

Being resilient means being able to bounce back rather than being crushed by the circumstances of life. It means being flexible and being able to recover from misfortune, setbacks and loss. However, being resilient does not mean being untouched by the circumstances of our lives. Rather, as a friend of mine once said, what it does mean is being able to believe that eventually you will see out the other side despite how you may be feeling now.

It is normal to feel overwhelmed when bad things happen to us. Many people feel sad, scared, lonely or afraid as a result. Others may become irritable, depressed, panicky or anxious after a traumatic event or a prolonged period of stress. It is possible to not only experience some of these emotional responses, but also suffer physical symptoms such as disrupted sleep, poor appetite, headaches, etc.

These are natural reactions to what has happened. They are part of the process. But, being resilient means that you will recover from these feelings and reactions; regain a sense of balance in your life; and be able to move ahead with a sense of purpose and optimism, with hope for the future. It means that you will not only cope, but you will also recover and thrive again. Trust the process and trust yourself to prevail.

### Research shows that those who recover best and bounce back the quickest:

- ✚ believe they are capable of handling the situation, that they have some control, and that their actions will make a difference
  - ✚ take purposeful action and do what they can in the face of adversity, drawing on their strengths and courage to face what comes their way
  - ✚ rely on the support and comfort of others, sharing their feelings appropriately
- It's about how we create personal meaning and make sense of life and who we are.

### Ask yourself the following questions:

- ✚ what makes me strong?
- ✚ what gives me hope?
- ✚ what is it that keeps me going?

### Build on your successes and strengths

Choose to believe in yourself and the ultimate goodness of life.  
Believe you CAN and you WILL.



By [Marian Kerr](#)

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www.mariankerr.co.nz (early 2009 – keep looking, it's on its way!)

## You Have the Power to Create your Future in 2009

Creating a successful future has its challenges which we must see as opportunities. In creating your future do remember that Success is **Getting** what you want and Happiness is **Wanting** what you get.

- ✚ At times we blindly go along with life on autopilot. The truth is that if you fail to plan you can't possibly succeed, so goal setting is a must. Write a Journal to follow the progress of your goals. Stay focussed but don't chase too many at once; **Less is More!** So be clear about what you want this year and then make your plans and Go for it!
- ✚ Your mindset paves the ultimate path. Being present, grateful and living with intent and taking action determines how successful the future will be.
- ✚ So start 2009 by spring cleaning and reprogramming your mind for success – Your thoughts create your life so start by weeding out any negative thoughts and practice converting them into positive statements.
- ✚ Delve into your mind and acknowledge what niggles of self-doubt are holding your back. It takes time and commitment to reprogramme your subconscious but the rewards will be enormous.
- ✚ Remember like attracts like and so as with the law of attraction you will get more of the same. Generate thoughts and feelings of what you want such as wealth and abundance, good health and happiness.
- ✚ Think about what is right instead of what is missing or wrong in your life. Be clear about what you truly WANT - think BIG and your subconscious mind will find a way to get it. Be specific and write it down in your journal.
- ✚ It is a fact that when you feel good about yourself life changes for the better. It is training your brain to override negativity when you need reassurance. Does it work? – Absolutely!
- ✚ Don't mix with negative people or listen to the media - have a break from it; depressing news will only bring you down and you want to create a feel good emotion that resonates into all areas of your life.
- ✚ You can change your life by following a routine to change your thoughts which change your life. Make a positive difference to your life. It's like flossing your teeth - a daunting task but with regular attention the benefits are noticeable and you feel more confident.

Good Luck to you all! I look forward to hearing your success stories...



By Jenny Knight

Jenny Knight worked in the media & publishing for many years and now uses her knowledge of self-development training to enable others to create their own successful home business.

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## Steps to Living Life Passionately in 2009

Living passionately is about having a swing in your step, feeling great with good levels of energy, motivation and inspiration. It could be about pushing through fears to create the desired success and success comes when you have passion! Anything is possible to make 2009 your year!

### **Learn something new each day**

At the end of your day, take the time to relax and reflect over your day. What have you learnt, how did you respond to someone differently than other times, was it a new habit or behaviour, perhaps you could journal it or set up a learning notebook to capture new learning. Embrace learning as it expands the mind and creates new thinking.

### **Be enthusiastic**

Try something new. What is a new thinking or attitude that you may need to acquire to step out and give something different a go? Recently I was invited to a Country and Western evening of Line Dancing, my first response was “no way”, fortunately I recognised this as old thinking and replaced it with new and chose to go and thoroughly enjoyed it! Creating new experiences enhances the levels of stimulation and enthusiasm. Bring on the next Line Dance!

### **Enrich your life**

Never limit yourself. Embrace change and watch as your world grows, you will become a more open and honest person. Identify limiting beliefs and change them to something more empowering.

### **Problems are opportunities**

When we shift our thinking, problems and challenges can be viewed as opportunities! Look for the positive and embrace the lesson put before you.

### **Be spontaneous and have fun!**

Learn to respond in the moment. Plan not to plan. Have a weekend where all you do is something unplanned and in the moment. Take time to smell the roses; laugh; smile at people you don't know as you walk past them. Enjoy the beauty of nature and life all around you.

### **Get moving and eat well**

Exercise at least 3 times per week for 30 minutes with cardio and strength training. Drink 8 glasses of water a day and eat a well balanced diet. Your body is your temple so look after it – you are what you eat.

By [Lea Bartram](#)



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## In 2009 ~ Can We Love Our Neighbours, If We Don't Love Ourselves?

A few months ago there was the heart rending situation where a wonderful 'hero' came to the aid of a lady in need and lost his life. I'm talking about Austin Hemmings. Through the New Zealand media we read and heard of the courageous actions of Austin. He intervened in a situation where another man was threatening a woman with a knife. Austin lost his life. He was stabbed and died minutes later.

Austin Hemmings was a Christian and his family asked that he be remembered by the rest of us living by his motto 'love thy neighbour'!

While I try daily to live by 'love thy neighbour', my immediate reaction was 'but people don't love themselves so how can they love their neighbour?' - and herein lies the major problem that we face in society today.

In my work as a professional coach I have client after client who, when I ask them if they love themselves, cannot answer the question and in some cases sit and weep while shaking their heads. Until we love ourselves we cannot truly love others. Just as until we trust ourselves we cannot trust others.

### **Do you love yourself?**

Our first hurdle in world peace or peace within our communities is to learn to love ourselves.

### **Four steps to loving yourself:**

- ✚ Start by looking at those around you; at the people who love you. 'Do you love them?' Yes! Then honour them by looking at yourself with love. Look at yourself through their eyes. What do they see that you don't? Make a list.
- ✚ Treat yourself as your best friend. The conversations you have in your head with yourself – would you be saying those things to your best friend? Then why do you say them to yourself?
- ✚ Know your values; they are what make you unique. Honour them on a daily basis. Acknowledge yourself for all of your strengths and for the good things that you do.
- ✚ Look in the mirror daily and say 'I love myself, I love who I am being, I'm grateful for the life I have, for the family and friends who love me'.

By Jane Thomas



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## 2009 ~ The Year is Mine

***'Life is not about waiting for the storm to pass - it is about learning to dance in the rain'***

A wonderful woman I know has what might be regarded as some tough things going on in her life. In particular her husband has been terminally ill for about three years and has periodic times where he has gone down hill fast and come uphill again. On her office door she has the above quote - and she lives it.

You cannot change the choices you made in the past – some will be fantastic and others horrendous. Take the learnings with you, release the pain, and move into 2009 taking the power and making new, more positive choices. Often we think we can only be happy, successful or on track once certain things have happened or certain things have passed.

### **Ask yourself the following:**

- ✚ Are waiting for 'something to happen' for your life to be better?
- ✚ Are you making excuses for not getting on with things?
- ✚ Will life be what you want only after you 'change something'?
- ✚ Are there beliefs you have which are holding you back?
- ✚ What storms are you experiencing in your life?
- ✚ Are you waiting for perfection?
- ✚ Are you caught up in wanting more and better?

### **I challenge you to dance in your storm:**

- ✚ What can you do today? Just do it!
- ✚ Take a risk – say yes to new things
- ✚ Cleanse your life of people who are not life-giving for you
- ✚ Resign from activities which drain you
- ✚ Clear out your physical and emotional clutter
- ✚ Look for the good in situations – have an attitude of gratitude

I found a fabulous card yesterday with a picture of a women flying and it said: 'Anything is possible', she believed, so she grew WINGS and flew like and ANGEL to the STARS\*

\*she didn't know that the back of her dress was tucked into her knickers, though, but, hey, you can't have it ALL! (see [www.edwardmonkton.com](http://www.edwardmonkton.com))

### **Make 2009 a Powerful Year for You**

(and don't worry if your dress is tucked into your knickers)

By Susan Handisides



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Susan Handisides is a life and business coach working internationally but based on the sunny Kapiti Coast in New Zealand. She specialises in working with women. She is a chartered accountant and accredited facilitator using the Myers-Briggs Type Indicator. Susan is compassionate, challenging and innovative with her coaching

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## In 2009 ~ 'GOTTA Ask Yourself the Question ...'

I'm sitting here thinking about what I might say if you and I were meeting and talking together today. I wonder where our conversation would take us. I have turned on my CD and I hear these words, '...GOTTA Ask Yourself the Question - *Where are you now?*' I pick up the *Readers' Digest* that has arrived in the mail and read the words '*...the wisdom is in the constant questioning of where you are*'. So I will take the hint...and ask You to ask this of yourself! Please take a minute... **Where Am I now?**

### **Take time to reflect on your life; right here – right now.**

In this moment - notice your breathing. Notice your body. Notice sensations.

- ✚ Are you warm or cool? Hungry or not? Energetic or tired? Relaxed or tense?
- ✚ Who are you? Are you the person you always wanted to be? Do you see your Mother in you? Your Father? Other significant persons?
- ✚ What is your world like? How is your outer world of relationships with people – family, friends, colleagues, and with the events, actions, activities and demands of the world?
- ✚ How is your inner world? How is your relationship with yourself? Do you notice your feelings – your peace, your anger, your joy, your pain, your love, your losses? Which do you allow? Which do you suppress or deny?

Are you OK with all, or some, or most of this?

***Be Here Now in this moment with yourself.*** Explore the following with an inquiring but gentle attitude: Are you aware of patterns in your behaviour or in relationships? Are you locked in to habitual ways of reacting to stress, to others, or responding to your own needs? Do you Drive yourself on? Must you always Be Perfect and require the highest standards from yourself (and therefore others)? Do you have to Be Strong? Are you always striving, Trying Hard and never fulfilled? Must you Please Others whatever the cost to you? Must you (and others) Hurry Up! ... Do you ever let yourself off the hook?

**How is your thinking?** Do you generalize or minimize? Do you have an 'All / or Nothing', or 'Either / Or' attitude? Do you awfulize? What are your 'Musts' and 'Shoulds'? Under pressure what do you do - respond and either accept your part in it or be aware it's not your stuff? Or do you react - with blame, or withdraw, despair, or try to control them, etc? Just notice your reactions or responses and become aware of the alternatives for you.

**Do you hear the Inner Dialogue in your head??** Can you hear the 'still, small voice within'? Or do other voices from your past or present drown it out? Do you experience the constant Inner Critic? Is there a Nurturing voice there? Does the Child in you get heard? Do you allow time and energy for creatively expressing yourself?

**What are your deepest needs and yearnings?** Will you allow them an outlet? How is your speech? Is it congruent with your thoughts/feelings/actions? Is it, as the Buddhists ask, 'True? Kind? Helpful?' In closing, please notice your Inner Witness, your Observing Self. This is the antidote for the demands and insecurities of the Egoic self.

As Sai Baba sweetly says: 'WATCH yourself: your Words – Actions – Thinking Character – Habits'... So, **'Where are You now?'**



By [Fiona Camberun](#)

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## 10 Powerful Ways to Grow Through 2009

One way we can grow through life and whatever it brings our way is by making personal changes. It is surprising how making small personal changes can see big changes occur within us and in others.

### So here are 10 ways you might like to consider growing through in 2009:

- ✚ Check your assumptions. Assumptions can make an ass out of you and me when we assume – ‘Ass u me’. Seek clarity on all things.
- ✚ Stop talking, and really listen to other people. The Chinese character for the word ‘listen’ incorporates the ear, the heart, the eyes, ‘you’ and undivided attention. Bring all these aspects to your listening and offer the speaker the rarest of gifts – to really be heard.
- ✚ Use ‘I’ statements. Begin with how you feel, what you need to express and what you would like to happen, and finish with the consequence you are seeking.
- ✚ Adopt a problem solving approach wherever possible. When solving your own problems avoid blame and operate from a position of self responsibility. Enquiry, openness and lateral thinking all lead to growth and new opportunities.
- ✚ Push your pause button. Use the short gap between an event happening and your response to it. You can then choose your response and avoid a reaction you may later regret.
- ✚ Welcome diversity. There are many, many ways of viewing the world, the people in it and the way things are done. Your way is not the only way. Seek to learn and grow through listening, observing and seeking to understand difference.
- ✚ Learn about brain processing styles. Begin with yours and learn about others. We are all unique so the variations are endless. Approach this area with an attitude of fascination and a willingness to incorporate this knowledge into your interactions with people.
- ✚ Be kind. Remember that everyone you meet is wrestling with something.
- ✚ Focus on improvement. Constantly ask yourself ‘What can I learn from this?’
- ✚ Laugh more. It is immensely good for every part of us!



By [Lynley Chapman](#)

Lynley has worked in the personal development empowerment field for over 30 years. She thrives on helping people learn and grow.

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## Make 2009 a Powerful Year!

### ✚ Now, how can we do that?

Firstly, we must determine that we will refresh the Spirit within ourselves, set our goals and work hard to reach those goals.

Our Mind and Soul and Spirit are the hub of the true 'us', from which we emit weakness or strength, defeat or success, and on which we build our Personality and Character.

### ✚ We have not failed until we stop trying to achieve better and greater things

It is said that we humans only use about one third of our brain's capacity in our lifetime. There must be many things we could achieve if we only try! What's that thing that we wish we could do? Give it a go! Go on!!

External things, over which we have no control, that happen in our life, should not be the last word on how our future is shaped.

There is not a person alive who has not had some disappointments, trauma and/or tragedy in their life, but these are the things that give us the opportunity to build our Faith and Inner Strength.

### ✚ Seek strength, courage and wisdom

If we can ask God, as the quote goes, to 'Grant us the strength to accept the things we cannot change, the courage to change the things we can – and the wisdom to know the difference' (*Desiderate*) we are going in the right direction to making 2009 a 'Powerful Year' in our life.

### Just Me

Would I like to have been a *Beauty Queen*?  
No - I don't think I'd really like that scene.  
Maybe I'd prefer to have been a *Judge*,  
To hand out a sentence and never budge?  
But then, it would certainly turn out well  
If I had been *Rich* - one can never tell!  
I'd like to have been a *Famous Poet*  
It's all inside, but I just can't show it.  
Although it's a dream to be *Fancy-free*,  
**I'm really content just being ME!**

Gloria M Rae (c) 2004



By Gloria Rae

Gloria M Rae - Pastor's Wife, Mother, Mother-in-Law, Grandmother, Great Grandmother, Aunt and Friend; Tutor, Secretary, Counsellor and Confidante, not only to my own family, but to others who have 'adopted' me and my husband, Pastor Bob (we have just celebrated our 60<sup>th</sup> wedding anniversary)  
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## Craft your words to flow in 2009

Create an amazing 2009 for yourself, your family and business associates by harnessing the immense power of language.

Here are five ways you can enhance your word power in 2009:

### **Choose your words wisely**

Your words hold tremendous potential. Be selective, think before you speak and listen to the words you are uttering. Words are spells, creating your life and a space for others to enjoy their lives.

### **Explore the derivations of words**

For instance, take the word 'wealthy' – a state many people wish to achieve. It is derived from a Middle English word 'welthe', meaning well-being. That original meaning gives you a whole new slant on the notion of wealth.

### **Be imaginative**

Einstein said that imagination is the 'preview of life's coming attractions'. Put your imagination to work and then express your new ideas in words.

### **Create text to accompany your vision board**

Many people make up visual boards to create their lives. Try inventing your life using the power of language.

Tell your 2009 story in words and watch it unfold before your eyes. Be the hero of your own film script.

### **Enjoy the words of others**

In our world, we have an enormous range of languages and millions of words. Our literature contains gems of language, words that have been crafted in original and beautiful ways.

Enjoy the way people speak – collect new words and learn to appreciate the power of your own language.

By [Sue Corkill](#)

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## Awareness on your Journey in 2009

### **✚ It is your life and you are the one at the helm**

Only you have the ability to call the shots and to steer your life in the direction that you desire. You can steer by making decisions (conscious or sub-conscious) or by making no decision and letting life happen.

No one can make us do anything, we always have a choice. Are you one of those people where life just happens and you seem to drift from one thing to another? Do you feel like you have no choice? Are you asleep at the helm?

### **✚ Taking control of your life requires that you make ONE decision**

The decision is to be at the helm and to be aware of your actions, inactions, and reactions. Our actions, inactions and reactions are all based on desires, rules, beliefs and our faith.

We may not even be aware of our desires, rules, or beliefs, as these may be stored at a subconscious level. So to help us identify our desires, rules, and / or beliefs we need to create awareness through reflection.

### **✚ It has been proven time and again that writing things down is far more powerful than just thinking them**

So I recommend that you write a journal to record your reflections. A journal is not a Dear John or Dear Mary, and it is not a record of all the things that you did or did not do. A journal is a record of observations of your day; things that you are grateful for; desires, goals, dreams, opportunities that you had and have; frustrations that you encountered; major achievements; connections you made; how you felt during the day; and who you were during the day.

These reflections are colourful, and full of emotion. They may even be in the form of a drawing, sketch or diagram.

By reading your reflections over time you can begin to see common themes, and you may notice your actions and inactions and your blocks and challenges, and this makes them conscious.

When these things are conscious you are aware. You can then begin to notice in the moment, at which point you are in a position to choose.

### **✚ By now choosing consciously you have taken control of your helm**

By Elise Vine



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## Make 2009 the year you take that risk!

### ✚ Let's make 2009 the year you take that risk.

Is there something you would really like to do, but are holding back because of the risk?

Since the age of 13, I've wanted to live in East Africa, and it's always been in the back of my mind that one day I would. However by 2007 although I'd lived in England, Scotland, Wales and then New Zealand, I'd only ever been to East Africa on holiday.

My husband and I decided to make 2008 the year we made the move, and we chose Uganda as the country we wanted to live in.

Despite a sizeable amount of research and even a trip over there, we ended up with nothing concrete. We had no work to go to, nowhere to live, no source of income, no schooling sorted out for the children, not even a visa ... but we decided to go anyway.

All we had were four suitcases, two days' accommodation booked in a guest house, and a belief that it would all work out.

'How difficult can it be?' I kept asking myself. 'How difficult is it to find somewhere to live, get a visa, and find some work...?'

Several months later, here we are in East Africa, staying in a beautiful house near the River Nile, in a country where the sun shines every day of the year and where we are surrounded by beautiful foliage and African bird life. The children are happy in their schooling situations, my husband has a part time contract he loves and I can sit in the African sun and write, which is something I've always wanted to do.

Life here isn't perfect. Some things *have* been difficult, and continue to be so. Sometimes I wake up in the middle of the night wondering how we are going to deal with the next challenge we've encountered.

However, the benefits of the experience we are having far outweigh the challenges we meet. And the benefits we endow our lives with by having had the courage to take that risk will be with us forever.

### ✚ What risk are you going to take in 2009?

By [Kim Chamberlain](#)



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## Make 2009 Powerful Through Belief

There was a little boy who was playing hide and seek with his mother.  
'You can't find me' the little boy called.

The mother walked into the lounge to see her son with his head hidden behind the sofa and his body in full view.

She smiled at the innocence of her son's belief. 'I can't see her so she can't see me'.

### **Have you ever had a belief like that?**

A belief that you thought was true, but once you had more information, discovered it was not? That is the nature of belief. It is something we hold to be true - a pattern that has been re-enforced in the brain and has been established by the information on offer at that time.

### **We all have beliefs that support our lives**

It is a subconscious response that triggers automatic behaviours. This can be very useful. If we believe that we will get injured if we step out in front of a bus, that belief prevents us from doing so. If, on the other hand, we have a belief that is no longer relevant, it has no benefit. In fact it may even be detrimental.

Perhaps you have beliefs about your abilities? Take a moment to check in with yourself. What are your beliefs about yourself? Are they true? Where is the evidence to support those beliefs?

Are they even *your* beliefs, or are they inherited or adopted from someone else?

Beliefs about our abilities, personal traits, attitude to money and relationships are some of the most influential factors in how well we succeed in life. They become ingrained habits that run our lives.

### **Here is the real issue. Beliefs tend to be self-fulfilling**

This is because habits are a *thousand times* stronger than desire! Wanting something is not enough. Belief and habit are what is required to succeed. They are also what hold us back.

As beliefs are the generator of our actions, I encourage you to check out their validity every now and then. Beliefs do not have to be locked in stone. New patterns can be established and new habits formed.

### **Checking out your beliefs**

By challenging your beliefs and empowering yourself with strong and useful patterns, you can make 2009 your best year so far.



By [Averil Maher](#)

Averil has trained and worked both in New Zealand and Europe. Her special interest is in empowering women to step out from behind who they think they should be, and connect with their true selves.

As a Stress Consultant and NLP Practitioner, Averil helps people uncover their limiting patterns and establish new, successful habits.

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## Clear Mental Stress in 2009 ~ Put your Head in your Hands!

You have two key energy points on your forehead, known as the Emotional Stress Release points (ESR points). Explore with your finger tips and you will find that the bone is ever so slightly raised about two centimetres above the middle of your eyebrows.

Touching the ESR points clears the energy of the stomach meridian, which processes our emotions as well as digesting our food.

### **How to use the Emotional Stress Release Points:**

Touch them lightly, with the amount of pressure you would use if you were to touch your eyelids. Rest your elbows on your desk, or on your knees.

Let your mind go over the day ahead. Use your imagination to envisage things going well. See yourself exchanging a cheery greeting on the way to work; experience your workmates as perceptive and on your wavelength; find that you have exactly what you want to eat for lunch

When you find yourself distracted, or imagining the worst, go through this part of your day several times, as if you were a movie director. Get the action on your personal movie that you want to be there.

### **How ESR Works:**

The pressure of your touch activates your frontal lobes, where conscious judgements are processed. New ideas you haven't seen until now will occur as your brain activates, responding to your intentional thinking about the day ahead.

### **Use ESR for:**

- ✚ preparing for a smooth running day
- ✚ planning a significant presentation, social event, or team performance
- ✚ reviewing your day to help you sleep. Lie on your side and touch the ESR points with the thumb and fingers of the hand on that side. Prop your hand on your pillow
- ✚ when you experience a bodily ache or pain. Hold the pain site and the ESR points for a few minutes until it clears. (This is not a substitute for appropriate medical advice)

It's like running the virus check on your computer. The brain registers the subject input (the event you are envisaging) and brings up the associated circuitry, deleting old programs no longer required, and making space for new connections to occur.



By [Marion Pawson](#)

Body-Mind Performance Coaching - empowering optimum work-life productivity, sustainable personal vitality, and business performance. Body wisdom for managing stress, building resilience, and delivering excellence. Simple techniques for individual use. Marion provides professional coaching to individuals, groups and conferences.

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## Coping With Change in 2009

**Change can occur at any time throughout our lives.** It seems to be particularly hard for women as we move into our 40s, 50s, 60s, and beyond.

Change can be caused by bereavement of a loved one, spouse, friends, or parents. With this comes the realization of our own mortality, sometimes for the first time. And the void that is left by our loved one's death is hard to live with initially.

Change can be brought about by a divorce. While many divorces are amicable, years of pent up frustrations and rage are often brought to the surface during the divorce proceedings.

A major change occurs in our lives with retirement – ours or our spouse's. Where perhaps the wife has been used to having the day to herself, suddenly he is there all day. And those of my generation married for better or worse not for lunch.

Children leaving home and the empty nest syndrome are very real to women in their late 40s and early 50s. It's maybe even harder to cope with if one has been a stay at home wife and mother and is now looking for something to fill her days.

Decline in physical health brings about great changes. While some of these results are embarrassing they are common to us all and can be coped with. We suddenly find that we are taking longer to walk the dog, wash the car or weed the garden than we used to. Health generally may be slipping. Many women find that they are prescribed medication for high blood pressure, hypoglycaemia, maybe diabetes or a host of other complaints. We have to deal with these changes too.

We have to recognize the inner emptiness and some of the props we use are alcohol, food, drugs, and busyness in work or otherwise, inappropriate sex. The anxiety brought about by the change is only intensified by these props.

And loneliness haunts most, if not all of these changes. There are ways to live through the changes and come out the other side happier and more contented than before.

### Here are some coping mechanisms:

- ✚ Be kind to yourself. As we say, 'pay yourself first'
- ✚ Take time to be alone in a place you love – the beach, park or garden
- ✚ Experiment with solitude – ask yourself how you are feeling
- ✚ Keep a journal. Write down your thoughts and feelings as they come to you
- ✚ Learn to meditate. This quiet time can be very healing
- ✚ Cultivate friendships. Join a club where there will probably be others like you
- ✚ Look up old friends and reignite those friendships
- ✚ Make up any old quarrels. You will be surprised how free you will feel
- ✚ Recognize the blocks to coping

And most of all rely on yourself. You are your biggest supporter. You know your strengths and you can depend on them to get you through. Call on your power of positive beliefs. *Remember if you can conceive it and believe it you will achieve it.*



By Judith Baxter

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## 2009 ~ The Year of Real Conversation

Who can believe that it is Christmas already? The days seem to be flying by as we move towards a new and exciting year.

Why do I say exciting? Well let me start by stating the obvious. As a society we have become materially driven. We are conditioned to want the nice house, the toys that go with it and the expensive holidays overseas. Only then do we then feel 'successful'. Well 2009 may just become a leveller for us all. Let me explain.

The best three years we had was in Papua New Guinea. We lived in a compound in a regulation unit where we all had regulation furniture and certainly no need for a flash car. We all created our own individuality with no feeling of keeping up with the 'Joneses'. No stress and a heap of impromptu fun!! We spent many hours playing sport out on the field, board games in the court yard or just spending time having a great conversation. We solved the problems of the world with lots of laughs. It was a time of great memories and great friendships!

Another memory is when we set off to our favourite pastime at Christmas to go camping. Sure last year we had two flat tyres on the way, got lost in the outback, put the tent up in the dark (and of course it rained), and left our daughter's airbed at home. We laugh about it now as it really didn't matter. We were surrounded by amazing friends who all rallied round and soon we were set up for three fantastic weeks of camping.

The cell phone only worked on the sand dune if you stood on one leg, poked your tongue out a certain way and spoke very loudly - and internet connection... what's that? And of course we played sport on the beach, board games in the shade of the tent and had AMAZING conversations. More great memories and great friendships!!

So what is my point? Yes it may be tougher next year. As the cliché goes though, we all have a choice as to how we view it. Why not use this as a time to get back to the simplicities of life? Let's go for family walks, picnics on the beach, join the local clubs, do a course at our local night school, invite the neighbours around for a potluck meal or maybe even do some volunteer work.

- ✚ Take out the negative words and send them to where they belong
- ✚ Smile at people you meet
- ✚ Make your conversations fun and valuable
- ✚ And most of all look after those around you particularly the young and elderly. Inspiring communication will be the key. Let's view 2009 as the year of Real Conversation!

**Bring it on I say!!**

By Heather Haswell



Heather is Chief Visionary of Creative Conversations  
She is a dynamic motivational speaker and an experienced facilitator  
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## Holidays by Design, not Default in 2009

Last year, one of my clients wrote to me saying ‘**I am impressed about the amount of time you manage to have “off”!**’ Only last month she mentioned it again, and this started me thinking. How do I manage to take so much time off? My coach pointed out to me that nature (in the form of seasons); elite sportspeople; and equipment, all have downtime - that is, time to recharge, renew, rest and recreate. **Why then, don’t we?**

- ✚ Firstly, let’s be clear, it has taken many years to be able to design my holidays, it didn’t just happen overnight!
- ✚ Secondly, **it takes physical planning and scheduling.** My aim is to have 12 weeks off per year. For the last two years I have managed roughly nine weeks off, which is a long way from 4, being the employee allowance. At the beginning of every calendar year, I schedule in my holidays. This year I scheduled 10 weeks, the first year I did this I scheduled 5. When scheduling, I link my downtime to existing public holidays. I also do this with the Easter break, and my birthday (of course I take my birthday off!). Before I know it, I’ve already scheduled 3 weeks linked to public holidays. Then I plan my other times off to fit in with my friends, family, work, school holidays and business trips.
- ✚ Thirdly, **letting go of the 'guilt'** and ‘What will others think?’ is huge. This may be even more of an obstacle than the actual planning. This is about self-belief - I'm worth it. ‘My goodness, what will clients think?’ I’ve since learned that I’m actually a role model. As a WorkStyle Warrior I have to practice what I preach. Many of my clients struggle to take their accumulated flexidays or RDOs (rostered days off), and we spend time delving into this. Nine out of ten times, it comes back to, ‘What will others think?’ or, ‘How will the work get done without me?’
- ✚ Fourthly, I have to manage my **budget.** How do these breaks affect my financials? Both current and forecast? Both personally and professionally? Being efficient (doing things right) and effective (doing the right things) is a key.
- ✚ Lastly, I needed to know **that things would be handled** while I was taking time off. The thought of letting someone else run my systems was scary to me, yet I knew the systems worked. In early 2006 I finally hired a Virtual Administrator, having someone 1,000km away running my business systems was a stretch. Boy, am I glad I stretched. The freedom my VA gives me is wonderful. She not only handles my bookkeeping, but also manages my junk email, hard mail and product fulfilment. It was about me trusting, not about her ability!

Society, especially business, now expects us to be available 24 hours, 7 days a week. And we have the technology to support this! It is up to us to **put in boundaries and take charge.** Whether you have 4 weeks, 1 week, 10 weeks or 10 days, be sure to have your **Holidays by Design, not default.**



By Belinda Merry

Belinda Merry is a Master Certified Coach inspiring you to have increased sustainable energy. She is a WorkStyle Warrior. work + life = WorkStyle®

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## Make 2009 Powerful ~ Breathe, Just Breathe!

### ✚ How effective is your breathing?

Take a moment – put one hand high on your chest at heart level, the other on the solar plexus area at the base of the rib cage, and close your eyes. Now just breathe normally. Which hand is moving in and out with the breath?

Our lungs should be filling at the bottom first as the air pours in, then filling up to the top. On the out breath, the bottom hand should move in first as the air is expelled, then the top hand. If your bottom hand is not moving at all then you are not taking in a lung-full of air! We are not talking about *deep* breathing, just a normal breath that flows fully into the lungs. With your eyes closed try it for yourself now. If you breathe too deeply you may find yourself going dizzy as your body is not used to the increased oxygen so just try a couple at a time and just a normal strength of breath. When we understand how our body is designed it all becomes clear.

### ✚ Asthma

Asthma is an issue of constriction due to a combination of genetics and an outside trigger (like pollen or food sensitivity) so if we are only breathing with a small portion of our lungs the constriction will have a much greater effect. It is estimated that 75% of asthma effects can be removed by teaching correct breathing and there are many people who have complete remission of all symptoms when breathing correctly.

### ✚ Stitch, metabolism and digestion problems

Beneath the lungs is a large flat muscle called the diaphragm which sits on top of the stomach. With each breath the diaphragm is pushed down to 'squish' the stomach and help with the digestion of the food. If the breathing is too shallow this muscle never gets worked and part of the digestion process is neglected. If you get a stitch in your workout focus on this area and breathe in and out very deeply and forcefully for a couple of breaths, pushing the tummy muscles out and in with your breathing. This will usually clear the spasm and pain.

### ✚ Stress

Our bodies are designed to handle a great deal of stress, but not ongoing. During the flight or fight response your body puts all its efforts into powering your muscles and brain for pure survival and most other processes in the body shut down. Your body can handle this over and over *as long as* it gets periods between to 'relax'. The problem with modern lifestyles is that many people live with mild-stress constantly and this may lead to illnesses caused by poor nutrition, hormone imbalance, depression and anxiety. The underlying cause of ongoing stress needs to be identified and cleared or skills taught to relieve it, but in the meantime, **Just Breathe!**

By Camilla Watson



Camilla has 20 years experience as a Corporate Trainer in the field of Personal and Image Development and is an Accredited **Heal Your Life coach** and trainer, Onuva Energy Work Practitioner, and tutor. In 2006 she received an award for Outstanding Adult Educator for her courses, and her classes and private practise are filled with people referred by their friends, family and workmates.

A List of Camilla's Courses and Lectures can be found on: [www.healyourlife.co.nz](http://www.healyourlife.co.nz)

## 7 Keys to Finding Your Perfect Partner in 2009

Many of my clients have used the seven keys to create the life they desire. The list is a starting point. In conjunction with this list, a person needs to have self-belief first because we always attract to us a reflection of what we believe about ourselves. So even if you followed the key steps, if your belief about yourself was say, 'I'm not good enough', then guess what, you'll end up attracting someone who doesn't believe in you.

If you are in a place where you feel great about yourself – you can look in the mirror and say 'I love you [your name] I really, really love you, you're perfect exactly as you are', then you are ready to start implementing the seven keys - your blueprint for a successful relationship.

### Key One 'Shopping List for Love'

Establish your shopping list – list all the qualities and aspects you want in a partner.

The key here is to be really specific in your shopping list. For example - just imagine if you were about to go to the grocery store and your friend asked you to buy her some peas and some biscuits while you were there. When you return she finds that you have purchased a packet of dried peas and some plain water cracker biscuits. She says 'but I wanted fresh garden peas in their pods and I wanted chocolate mint biscuits. So you reply 'well you didn't say'!

So get specific in your list otherwise you'll end up with a partner that doesn't fit the bill! List all the aspects you want in a partner.

You could head up a sheet of paper with three headings:

- ✚ What do I want?
- ✚ Why do I want it?
- ✚ Why am I certain that I'll attract it?

### Key Two Feelings

As part of your shopping list for love, it is imperative that you ask yourself how you want to 'feel' in the relationship. When we say we 'want' something for example a holiday, a house, a relationship – we are always after a 'feeling'. It is not the actual holiday or the house we want, it is the feeling we will gain once we get what we want. I usually get a response such as 'I want to feel 'loved''. You need to get really specific about what feeling loved feels like for you.

By [Fiona Christie](#)



Fiona is an accredited Life Coach and has continued to study most personal developmental philosophies in both western and eastern cultures. She is a skilled presenter and speaks to her audiences with passion and vision.

For the full article and information on how to discover how **you** can unlock your hidden key – your attractor factor visit [www.christiecoaching.com](http://www.christiecoaching.com)  
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### And Finally ~ The Legal Stuff

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