

A big thank you to our loyal subscribers. We're in our 3rd Year of Publishing Inspiring You! For anyone interested in writing a short article for submission in our upcoming newsletter, or who would like to contribute resources and links, please let us know. We are expanding our services to offer additional products and services.

We are pleased to announce that Success By Design Inc. is serving people in other countries: Australia, Canada, New Zealand, United Kingdom, United States and South Africa.

## **TABLE OF CONTENTS**

1. Monthly Coach Challenge and Article
2. Coaching Skills For The Corporate Market
3. Distinction
4. From the Bookshelf
5. Success By Design Mission

### ***Theme for the Month—Integrity***

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#### **1. MONTHLY COACH CHALLENGE AND ARTICLE**

Challenge: Identify the places or areas in your life where you are out of Integrity. Take action by correcting the situation this month.

This month's theme is Integrity. The concept of personal integrity and completeness with oneself has been around for a long time. It opens the space for individuals to focus on one another, to give and receive all that you are. It's a way of being in our lives that allows things to flow, get accomplished and flourish. An easy way to know whether you're living from Integrity is to focus on these few easy concepts.

1. Are you keeping your agreements? Are you a person of your word? Do people know what you say will happen and get done? If not, action here is crucial.

2) Are things in your life effortlessly falling into place? Do you sense a connection and thread running through everything? If not, work on vision, values and personal needs is important.

3) Notice what stops you or your inner negative conversations. Take action by focusing on what you do want and structuring your life to bring that into existence.

Remember these key points:

1) Put yourself first—as you value yourself, you automatically contribute to the world.

2) Appreciate your uniqueness and strengths -- each of us having a unique set of blueprints. Look at your strengths as the way you bring it to the world.

3) Tell the truth consistently—each of us are worthy in having thoughts, options to be from the heart, and respected for who you are which allows people to connect with you in a meaningful and powerful way.

If you would like to explore this topic more, there are notes from my TeleClass on the web site. I am also in the process of designing an assessment and program called Living with Integrity. Do let my assistant know if you're interested in this so that we can put you on the list to receive it once finished. E-mail Anne at [va@successbydesign.net](mailto:va@successbydesign.net).

## **2. COACHING SKILLS FOR THE CORPORATE MARKET**

May 23rd, 12 - 2 p.m.—Coaching: How Will it Serve Our Corporate Goals? Cost \$30, including lunch. Downtown Chicago. Co-facilitated with Timothy E. Ursiny. Send an e-mail to [va@successbydesign.net](mailto:va@successbydesign.net) to register.

June 7, 7:00-8:00 pm CST “Expressing Your Authenticity in the Workplace.” Send an email to [va@successbydesign.net](mailto:va@successbydesign.net) to register.

## **3. DISTINCTION**

Discernment. Judgment. Two related but different terms. Discernment is how we select one thing out of our awareness, as opposed to another.

Judgment is how we engage some thing as either bad or good, relative to some arbitrary perceptual standard.

Discernment says, "This, not that." Judgment says, "I hate this. I love that."

Discernment holds balanced energy in the choice, knowing that all is equal when captured in full consciousness.

Judgment pushes and pulls with the energy of hate and love.

Discernment says "enough is enough"...in love. Judgment says, "I hate you....I hate you....I hate you."

Click here to visit the website:

[http://www.infinityaffinity.org./manifesting\\_your\\_destiny.htm](http://www.infinityaffinity.org./manifesting_your_destiny.htm)

## **4. FROM THE BOOKSHELF**

The Power of Now, Eckart Tolle.

This book is an amazing simple and powerful book facilitating the reader in being in the present moment, taking action, and gaining insights about life. Mr. Tolle will be in Chicago, Sunday, May 6 from 1-5 p.m. at the Field Museum. Contact 312-951-READ. Visit my website to learn more and to order his book.

## **5. SUCCESS BY DESIGN MISSION**

SBD MISSION—Founded in 1990, Success By Design's mission is to provide the most comprehensive and

engaging services which enhance the lives of men and women. Our number one priority is to facilitate alignment between who you are and what you do.

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