

A big thank you to our loyal subscribers. We're in our second year of publishing *Inspiring You!* Please let us know what you need to be inspired! For anyone interested in writing a short article for submission in our upcoming newsletter or would like to contribute resources and links please let us know. Success By Design is creating a broader perspective of services, products and programs. Stay tuned and learn more next month.

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1. MONTHLY COACH CHALLENGE

Focus this month on being present to everything in your life. Notice the natural rhythms and flow which occur effortlessly when you're on purpose and in the present moment. In the past week have you noticed how easy it is to get upset with yourself for not doing what you say but then noticing that it wasn't the right time anyway? This is because we tend to put external time lines on our natural creation ability. Record this month the times in which you feel naturally energized and focused or when you feel low energy and disengaged. Schedule your activities to fit those natural rhythm. Also, consider grouping your activities by sorting them between with people and not with people. You'll be more efficient, get more done, and feel better for it. For instance, I don't phone people unless I feel ready to speak with them and fully present to how I can learn from them or serve them. I don't do things because I feel I have to but instead because it contributes to my natural flow and inner urging.

Also, notice how your body feels when you work with clients, go to your job, call someone on the phone, visit with a friend or do your other activities. Allow yourself the luxury of fully embracing the present NOW.

When we are taken out of our present experience we tend to make up stories and focus on the negative. When I coach people much of the time we spend is on clearing the way so that you're gifts can come to you and the answers are easy to hear. In life, there are no right or wrong only lessons and gifts. When you catch yourself drifting into the future or the past bring your attention to the moment at hand. Here are some simple questions to allow for that to happen:

1. What might I be avoiding or missing by not focusing here and now?

2. What triggers me into not being present (comparisons, lack of information, not taking care of myself, etc.)
3. What might you need to change, remove, or add to your life to want to focus here right now?

2. RESOURCES

Visit our web site to download articles, visit complimentary partner's and their links. Read about our special and unique New Year Letter.

Is someone forwarding this newsletter to you? Want to be connected and updated? Sign-up to receive your own copy at: http://www.successbydesign.net/sbd_101a.html

If you wish to remove yourself from future mailings, please send an email to va@successbydesign.net with subject heading "Unsubscribe" or click here: http://www.successbydesign.net/sbd_101a.html

3. UPCOMING EVENTS

Our monthly FREE Teleclass resumes on January 17th. Topics are designed to serve your professional and personal needs. Each class is from 7:00-8:00 pm CST. Please register by sending an email to my Assistant Tara Thompson at va@successbydesign.net. Handouts will be sent out after each class. Visit us at www.successbydesign.net under Workshops & seminars to learn of that month's topic. Next month: February 6th.

Beginning in February and back by popular demand a 3 week on-going class on Fulfilling Your Life Purpose. Class dates are February 1st, 8th and 15th at 7:00 pm CST. This class will cover identifying your values, aligning your strengths with your profession, making space for everything, eliminating tolerations, and Attraction Principles. This class is limited to 10 people and is a working one. Be prepared to see changes. The class meets three one hour sessions by a telephone bridge. A workbook is included. A special bonus of a complimentary 30 minute coaching session is included. To register send an email to va@successbydesign.net. Cost is: \$150.

4. FROM THE BOOKSHELF

"Making Sense of Life's Changes: Transitions" by William Bridges; Great resource for anyone going through a change or wanting to make changes.

"Timeshifting Creating More Time to Enjoy Your Life" by Stephen Rechtschaffen, MD. Founder of Omega Institute.

5. TEACHING VENUES

In Chicago: at the Waldorf School and The Latin School. Visit our web site to learn more. I am now currently a faculty member for a virtual university called Women's U. They teach classes on various topics which will delight, enliven and nourish you. Visit them at www.womensu.com.

Business Success Seminar: February 2001 in downtown Chicago. If interested visit our web site to learn more or send an email. Stayed tuned for our Fulfilling Your Life Purpose TeleClass beginning on Thursday evenings in February: 1st, 8th, & 15th. Send an email to us to learn more or visit the web site.

6. MEDIA COVERAGE

Success By Design featured in Crain Business Chicago. Great article demonstrating the success that coaches provides to business owners. If you'd like color copies to share with your colleagues they may be had by contacting our offices. International Coaching Week February 5-12th. Events, opportunities all around the world. More than 4,000 coaches celebrating our profession and the success we provide for our clients. Over 500,000 people served from coaching just in the past five years.

If you would like to receive a complimentary coaching session to review your intentions for the Summer months and to prepare for the Fall please let me know. Contact cynthia@successbydesign.net or phone 312-553-5101 Is someone forwarding this newsletter to you? Want to be connected and updated? Sign-up to receive your own copy at: http://www.successbydesign.net/sbd_101a.html If you wish to remove yourself from future mailings, please send an e mail to va@successbydesign.net with subject heading "Unsubscribe" or click here: http://www.successbydesign.net/sbd_101a.html

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