

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.

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1. MONTHLY COACH CHALLENGE

At the heart of the idea of living intentionally and designing success is the principle of letting go of what we are at this point in time for the sake of what we can become. I would like to share three questions that might stimulate you toward living your dreams in 2001.

1) What do you want to happen? Sounds like the obvious first step, but many people become accustomed to living with passions squelched and dreams forgotten. What did you think was possible when you were a child? Remember that feeling?

2) Who can you become? Hamlet would say, "Now there's the rub." Who do you need to become to see those dreams come true? I'm not talking about changing who you really are, but rather about embracing your most authentic self and discovering what is standing in the way of others seeing that and being drawn to it.

3) What can you let go of? I issued a 30-day challenge to my clients; do one thing every day to eliminate, delegate or systematize a toleration or more fully restore integrity in an area. The year 2001 stretches before you. Will it take you closer to living your dreams?

Consider calling me for your complimentary coaching session to learn more about how to make this happen for you.

2. RESOURCES

Visit our web site to download articles, visit complimentary partners 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 on February 6th. Topics are designed to serve all of your professional and personal goals. This month's topic: "Eliminating That Which Doesn't Serve You." 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 more.

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

New Book: Joy at Work by Jim Weihrouch

'Joy at Work' presents work as a system composed of many components. Components relating to the individual include career choice, self-esteem, and ethics. Organizational components include the philosophy of management, performance appraisals, teamwork, and leadership. 'Joy at Work' is not a career planning book, but a wholistic approach to identifying the components of work that lead to satisfaction for an individual. The book also includes a chapter on the spiritual and service aspects of work. 'Joy at Work' (hardcover, 224 pages) is available on Amazon.com for \$24.95.

Living A Beautiful Life, by Alexandra Stoddard.

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.

Register NOW for Fulfilling Your Life Purpose TeleClass beginning on a Tuesday or Thursday evening. Send an email to us letting us know you're interested and we'll create a class.

Beginning in February and back by popular demand a 3 week on-going class on 'Fulfilling Your Life Purpose'. If interested, please e-mail us for the next class forming. 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.

6. MEDIA COVERAGE

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.

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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