

Welcome, to all new subscribers! Inspiring You!TM has a circulation of 500+ readers in over 5 different countries. This on-line newsletter is focused on helping you learn to effortlessly attract success in your business and personal life. Please feel free to forward the Inspiring You!TM newsletter to your friends and colleagues.

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1. THEME FOR THE MONTH (Intuition)

This month we are talking about Intuition. As we embark on the journey of enhancing our lives and careers we begin to realize that we become more sensitive to both our internal and our external environments. One tool which we can use to become more skilled in perception is called Intuition.

Everyone has experienced intuition some time in their life. A random thought, a small voice, a hunch or special feeling; some inner sensation bidding you to take that next step. Often, we seem to ignore our intuition and go with the logical solution. Unfortunately, we end up learning too late we should have gone with our gut feeling. Just what makes intuition so powerful and how can we direct this energy to our advantage in our careers and personal lives?

Intuition is derived from the Latin *intueri* meaning: to consider, look on. Basically it is the ability one has to know something directly without using an analytical process. While intuition should not be considered a substitute for reasoning and analysis, it can be incorporated into the decision making process. For example, as a small business owner, you regularly make bids for various projects. Often times your analytical side will dictate what is good and feasible in regards to selecting jobs. Rather than ignoring your intuitive side, give your intuition a chance. How? As we learned from childhood, ask questions. Ask yourself: How do I feel about this project/client/career move, etc.? What holds me back from acting? Reflect on the answers. Use your skills to listen to yourself, become aware of the situations in which you become more clear, and fully comprehend your feelings. Master the art of using your intuition in conjunction with analytical information. You will save yourself both time, and money and may avoid unnecessary pitfalls. You will also develop a confident, new sense of being in your job/career/business.

2. RESOURCES

Harriet Rubin calls a brand a promise. What do you call it? Do you have one? Wanna get one? Here, from Fast Company, a primer on building "Brand You."
<http://www.fastcompany.com/wp/brand.html>

What's the difference between coaching and mentoring? Here's an online article about distinguishing between the two: <http://www.acadio.com/article/atoc2.asp>

I have numerous web sites on identifying your ideal career and resource web sites to assist that goal. If you are interested please email my assistant Tara Thompson at: vrAdmin@worldnet.att.net with the subject heading: "Web Sites" and she'll send you the list.

3. ASK THE COACH (QUESTION/ANSWER)

Q: "I'm feeling overwhelmed with all that I need to do. What can I do about it?"

A: The first thing you need to do is identify what exactly you feel overwhelmed about. Is it having too many choices, not enough information, too much information, etc.

The second step is to begin allowing yourself to tell the truth about what is important in this situation to you. Narrow the focus of needed action.

The third step is to develop trust that the situation is given to you at this time to teach you something very valuable and important. What can you learn here?

The fourth step is to imagine a result of how you would like to be or what you would like to have in this situation.

The final step is to identify two actions steps to take which will facilitate you in resolving the overwhelm. These thoughts come from my forthcoming booklet and program on Integrity in the Workplace. Stayed tuned for ordering information.

4. UPCOMING EVENTS

THE POWER OF COACHING, with THOMAS LEONARD*. Learn more about coaching from the founder of Coach U. Leonard's tour is coming to 100 cities worldwide in the year 2000. Grab a list of cities and dates via email autoresponder at dates@coachingtour.com or view them online at <http://www.coachingtour.com>. You can also register online or call 905-989-0791, twenty-four hours a day.

Laura Berman Fortgang- Sunday, April 30, 2000. From 1:30 P.M. to 4:30 P.M.
At: The Lodge at McDonald's Office Complex, 2815 Jorie Blvd., Oak Brook, IL.
Join Laura for this powerful, interactive presentation:

- Re-define success on your own terms
- Identify the obstacles holding you back
- Explore 3 critical questions for getting to the top of your life
- Learn how to make your dreams a reality...Today!

Tickets \$30, Limited seating, Reservations recommended. For reservations & information please contact Jeanne McLennan at 630-963-1375 or mcaltco@aol.com. Sponsored by the Chicago Area International Coach Federation.

Free TeleClass on April 4th from 7:00-8:00 pm CST. Dial:1-702-252-7192 on Developing Your Intuition. Ever have those moments when you just know the right answer, the next action step to take or the perfect place to look for that item you've been searching for? Ever wonder how some days can feel like you are in flow and other days you are not? We will discover and learn in this class about what Intuition is and how you can work with it for the development of yourself and your goals. You will learn practical exercises and receive resources on developing and sustaining your intuition. We will also cover the 5 common obstacles to listening to and taking action on your intuition.

RSVP by sending an email to cynthia@successbydesign.net. Electronic handouts will be sent to you after the class for those who register.

5. THE BEDSIDE TABLE: RECOMMENDATIONS FROM MY OWN BOOKSHELVES.

Anatomy of the Spirit, by Caroline Myss

Enchanted Love: The Mystical Power of Intimate Relationships, by Marianne Williamson

Both of these books are very well designed with very specific suggestions and thoughts about how to have a more inspired and worthwhile life. For us to be at our peak performance we need to have an abundance of power, health and love. Do let me know what you enjoy about these books. They may also be purchased on audio tape as well.

If you have a book review you'd like to write about your favorite book please do so and send it to me for submission in our upcoming newsletters. Please keep your review to 50 words or less.

6. SBD MISSION STATEMENT

Founded in 1990, Success By Design's mission is to provide the most comprehensive and engaging coaching 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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