



*Personal and professional coaching that fits into the life you have
to assist you in creating the life you desire.*

JANUARY - 2010 VOLUME 2 ISSUE 1

**2010
HARMONY
For our planet!**



JANUARY - IMAGINATION

JOY
My personal theme!

HAPPY NEW YEAR 2010

Welcome to all my old friends and new members.

How exciting it is to begin a new adventure, a new year, a new decade. For the planet this year I have selected the theme of HARMONY and this month I shall start the year with IMAGINATION. Like last year I shall pick a new theme for each month.

For my personal theme I have selected JOY! I invite you to select a theme for your 2010.

HARMONY: Contrasting factors working together in a pleasing way. It really doesn't get much better than that! The world we live in is incredibly diverse, and I for one would have it no other way. However, as humans we have a tendency to think our way is the only or best way. I've done that!! As we move into the 2nd decade of the 21st century, Let's examine our personal perspective on the different issues and then look again at these same issues from the perspective of our neighbors. I think we might find that different beliefs make sense from different perspectives. With understanding we might be more able to work together in a pleasing way. This January begin to imagine a world where your vision for your life could work in harmony with others visions for their lives.

2010 AND BEYOND LIVE IN HARMONY!

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THANK YOU,



Jo Christie

WHAT OTHERS THINK ABOUT IMAGINATION

Your imagination, my dear fellow, is worth more than you imagine.

~ Louis Aragon ~

Live out of your imagination instead of out of your memory.

~ Les Brown ~

"Only in men's imagination does every truth find an effective and undeniable existence. Imagination, not invention, is the supreme master of art as of life."

~ Joseph Conrad ~

"It's kind of fun to do the impossible."

~ Walt Disney ~

"Imagination grows by exercise, and contrary to common belief, is more powerful in the mature than in the young."

~ W. Somerset Maugham ~

"You see things as they are and ask, 'Why?' I dream things as they never were and ask, 'Why not?'"

~ George Bernard Shaw ~

IMAGINATION

"Your imagination is your preview of life's coming attraction."
Albert Einstein

I was at the movies the other day watching the previews. Some of the movies I thought I would really like to see and others were so far from what I wanted to include in my life, I could hardly watch the preview. It got me thinking about the way we imagine our future.

If Albert Einstein is correct, and I believe he is, we ought to be very careful about what we allow into our imagination, into our minds. This includes what we watch on TV, listen to on the radio, read, talk about with our friends or even just think about. We are the gatekeepers. It is our obligation to choose well. Yes, we must be aware of what is occurring in our world. Knowledge of current events helps us make good decisions, however, don't dwell on the disasters. Use the information to help you plan and create a powerful vision for your life.

Use your imagination to create a vision that will pull you forward, that will call you awake each morning and energize you throughout the day. Fill your vision with details and passion, have it begin today and extend well beyond your life span. When you have a powerful beginning start making your decisions based on your vision.

I say beginning because as you grow into your vision it will change and expand as will your world and your world view. Always be ready to grow.

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COACHES CORNER

WAYS A COACH CAN HELP YOU

1. A coach can help you define your vision and create your action plans.
2. A coach can help you restore balance.
3. A coach can help you begin again when you get off track.

MAKE 2010 AND BEYOND THE BEST!

Complementary Coaching Consultation

The only way to know if a coach is the right match for you is to spend some time with her. To help you with your decision I offer Complementary Coaching Consultations. This way you can know how I work and I can be sure I can be of service to you. At the end of 30 - 45 minutes we will know if there is a match.

I save a few coaching blocks each week - To get started e-mail me today and we can arrange a time that works well for both of us.

DON'T DELAY - DO IT TODAY

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Let your imagination run wild, far beyond the horizon and create a marvelous image for 2010 and beyond!!

With Joy,

Jo Christie, Life Coach

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