

INSIDEOUT Coaching and Consulting



Bringing the Inside Out

NEWSLETTER

July 2007

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Coaching: Attracting the Success You Deserve

A sure fire way to attract success is to **Add Value** to every key relationship in your life. The trick is to go beyond everyone's expectations and to do it in ways that are relatively inexpensive to you or ways that cost you nothing.

In business, for instance, when you add value to your clients you make them feel like there's no one better to do business with than you. In your personal life, when you add value to people close to you--or those you want close to you--you make them glad they are near you and keep them interested in staying close.

Example

Try looking to nature for the perfect example. Think about bees. They go from flower to flower collecting raw materials to produce their product. Essentially they are in the honey making business. Their career is working to support themselves and the rest of their family in the hive. But they also create a by-product. They add value to the rest of the world by pollinating.

What are you doing to pollinate your world?

When you're looking to promote yourself or to create a good buzz for your business, remember the bees. Add value to your world. Your reward will be choice.

(Adapted from Coaching Compass – CTA newsletter)

INSIDE OUT COACHING & CONSULTING

www.insideout.com

Box 882, Golden, BC V0A 1H0

Email: insideout@uniserve.com Phone: 250-344-6949 Fax 250-344-6919



The Secret and the Law of Attraction – Part 2

In last month's newsletter I discussed the first two parts of Michael Losier's formula to the Law of Attraction. Step one is to identify what it is that you really want and the second step is design your desire statement. This article will discuss the third piece of the formula which is ALLOWING.

Allowing is the most important part of the formula. If you feel yourself thinking or saying "but I've wanted things before and been excitedly anticipating them and they still didn't manifest" this may be because it is not enough to just enough to follow steps one and two. You need to reduce or eliminate your doubt about your wish or desire and your abilities to attract it.

Allowing is getting rid of your doubt. If we go back to comparing positive and negative vibrations, doubt can be a strong negative vibration which can lessen or cancel out the positive vibration of desire. A symptom of doubt could be "I can't because...." or "I never" Michael Losier in his book Law of Attraction, The Science of Attracting More of What You Want and Less of What You Don't states that "the most common source of doubt is from your own limiting beliefs." We all have beliefs about the world and the way it works. Our experiences in life have established deep-seated notions in each of us about what is or is not possible. Limiting beliefs are thoughts that restrict our choices and limit our capacity to change the ways we behave.

In the third step of his book, M. Losier gives us some tools to change our limiting beliefs and lessen our doubt so that we can more easily get what we desire through the law of attraction. The following tools can assist you with lessening or removing doubts that may be preventing you from getting what you want or slowing the Law of Attraction process down. You will know when the tools work if you feel relief or if you notice your desire manifesting in your life.

Tool #1: Allowing Statements:

You can write an allowing statement whenever you hear yourself doubting that what you want will come true. The formula for the statement works this way:

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- a) Start by asking yourself: “is there anyone currently doing what you want to do or having what you want?”;
- b) If so, then how many people have been doing this today, yesterday, last month or last year?;
- c) Then write your statement in believable terms.

An example of doubt could be: “I’d like to get my Master’s Degree, but I can’t because I am too old to return to school.” So, ask the questions: “Is there anyone currently getting their master’s degree at your age?” “Yes”; so how many? “Hundreds”.

So, the allowing statement might look like this: “Hundreds of people, even some that I know, have started and completed their master’s degrees. There are thousands of people my age who have their master’s degrees and are using them every day.”

Tool #2: Celebrate the Evidence and Record It

In order to manifest your desire through Law of Attraction you need to lessen your doubts and limiting beliefs. The best way to lesson the doubt is to find evidence or proof. Most people (including me) only believe what we can prove to be true.

So, you probably know that when you get something you want, you get happy and excited. These are positive vibrations. So it is important to recognise and be grateful for the closeness of what matches your desire even if it is not a perfect match. Even if the match isn’t perfect, it is important to celebrate the parts that are what you wanted, not concentrate on the parts that don’t exactly match. If you concentrate on the negative bits, you will send a negative vibration and we know what that does!

M. Losier says: “When you find and experience proof (evidence) of the Law of Attraction, celebrate it by acknowledging how close you came to getting what you desired. It’s in the celebration of the closeness of the match that you offer more vibration of what you desire, and at that moment, the Law of Attraction is responding to your vibration. Law of Attraction doesn’t care whether you are remembering, pretending, playing, creating, complaining or worrying. It simply responds to your vibration and sends you more of the same. So find proof and rejoice.”

As part of this tool, I also recommend that the evidence or proof is documented in a Law of Attraction journal. As we have been discussing, finding proof lessens doubt. So if you record all your evidence, no matter how small, if the doubt starts creeping in, you can review your journal and see the evidence.

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An example of evidence for the desire of financial security can be finding a quarter, a friend taking you out for coffee or lunch, a free sample, a gift, winning a door prize, finding a great sale or getting a rebate, getting free coaching or advice from a friend and so on. Examples of proof for the desire of finding the perfect mate could be seeing a couple kissing in the park, being invited to a party, getting checked out at the grocery store, riding up the chair lift with a nice person, sharing a great experience with a friend etcetera. Try recording or journaling it all, no matter how small.

Tool #3: Lots can Happen

Sometimes you notice a lack of results even though you've done a compare and contrast list, you've written a marvellous desire statement, you've written allowing statements and you've been keeping a journal. Sometimes you'll start thinking: "this is taking forever, I wonder when something is going to happen?" Sometimes there is just a part of you that continues to doubt and you start to put pressure on yourself. "Maybe I'm just not doing it right!"

If this continues to happen to you, these questions might help:

1. Can lots happen in the next few days?
2. Can lots happen in the next week?
3. Can lots happen in the next 30 days?

If you can answer yes to all these questions, remember the phrase "Lots can happen." You could feel a shift from a feeling of worry and doubt to one of relief and optimism or from a negative vibration to a positive one.

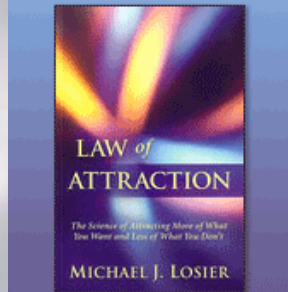
In Michael Losier's book: Law of Attraction, The Science of Attracting More of What You Want and Less of What You Don't there are several more examples of how to lessen doubt. I don't have the space to go into them all now but if you are interested, either look for Michael's book or call Inside Out Coaching to find out more.

There are many other books out there that teach Law of Attraction aside from this book and the movie the Secret. Many of them are listed on my website as well, or e-mail me at insideout@uniserve.com (or call me at 250-344-6949) and I would be happy to recommend some of my favourites. If you are a resident of Golden (or live close by), please consider taking the Law of Attraction 5 week course this fall (again, contact Inside Out Coaching for details).

Now YOU know how to practice the SECRET of Law of Attraction!

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Tips: 10 Ways to Set Priorities

By Lisa Kanarek

1. Use a paper-based, electronic or computerized list to keep track of your tasks, instead of relying on your memory. A list will give you a clear idea of what you need to accomplish.
2. Which tasks could you handle another day? If you would face no consequences by moving a task forward, move it ahead another day or another week.
3. Know the difference between important and urgent. Important means a task needs to be done, while urgent means it must be done immediately. Knowing the difference between the two will make prioritizing easier.
4. Realize that you can't do everything. This will help you to realistically prioritize your tasks.
5. Determine if postponing the task would affect other projects you are working on. Tasks and projects can have a domino effect. If you do one task, yet fail to do another, you may have wasted effort on the first task.
6. Set clear goals. There's a saying, "If you don't know where you're going, how will you know when you get there?" By not setting clear goals, you may be accomplishing tasks with short-term benefits.
7. Decide if the task will help you achieve your goals. If so, give it a higher priority.
8. Are you making a task a top priority because it's easy? Don't be fooled by easy tasks, especially when they could be done days or weeks later.
9. Focus on quality, not quantity of tasks. Accomplishing a few tasks that are a higher priority is better than accomplishing several lower priority tasks.

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10. Which task will increase your income? If the task will only serve to keep you busy, it is not a top priority. Think in terms of how the task will improve your productivity and performance.



WHAT'S HAPPENING?

This summer, things have slowed down, allowing Leslie to focus on business development and professional development; however the Fall season looks very interesting and busy.

Through the summer, I am participating in an intensive **Community Leadership Development** Course and if the promise of the first weekend is fulfilled it looks to be tremendously exciting.

Starting September, exact dates to be announced: A 5 Week **Law of Attraction Study Group** will start. This will be based on the highly successful group hosted by Inside Out and Living Proof Nutrition this spring.

Also in the Fall: Inside Out Coaching and Consulting and the College of the Rockies will be partnering to offer a series of public workshops including **True Colors, Effective Communication and Time and Stress management**.

In October, Inside Out will be working with the Alternate School students on career planning using **True Colors**.

Also this fall, the **Adult-Youth Diversion** Program will be offering training using Leslie as their facilitator to work through the handbook.

Lastly, I have had some inquiries from some local businesses about **Time Management** and **Team Building** for the fall and the Childcare Resource and Referral has indicated they will invite me back to do some of their professional development.

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If there are workshops that you or your business could benefit from and you are interested in seeing them offered, please contact us at insideout@uniserve.com.

Quotes to Live By:

“True change happens within, not without. Find the Now within. Everybody you come in contact with will be touched by your presence and affected by the peace that you emanate whether they are conscious of it or not.” ~ Eckhart Tolle ~

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