



▶ FEELING CREATIVE?
JOIN IN THE **WRITE2HEAL** WORKSHOP OFFERED
JAN 27TH AT 6 P.M.
REGISTER: REBECCA@INNER-ELEMENT.COM

○ No. 1 ○ VOL 1 | ○ 2009

WWW.WRITE2HEAL.COM



▶ SEEKING FULFILLMENT?
TUNE INTO 94.1 FM EVERY
SATURDAY AT 3 P.M. FOR THE "LIVE ON PURPOSE"
RADIO SHOW!

WWW.LIVEONPURPOSE.ORG



▶ IT'S NEVER TOO LATE TO
GET IN SHAPE! SHAPE UP
YOUR MIND, BODY AND SPIRIT
IN **FITNESS BY FAITH**.
COURSE IS OFFERED
JAN 17TH AT 10 A.M.

WWW.FITNESSBYFAITH.ORG

Inner Element *empowered*

CREATING FITNESS FROM THE INSIDE OUT.
SHARING TOOLS SO OTHERS CAN **LIVE ON PURPOSE!**



Comfort in 2009

At the start of the New Year, we tend to re-process our lives – de-cluttering the old to make room for the new. The thing is we are in a constant state of new beginnings. We experience new beginnings in relationships, births, deaths, jobs, homes, even our own identity. If we could create more awareness, we can see these new beginnings, throughout the year, as new opportunities...

- Opportunities for change
- Opportunities for reorganization
- Opportunities for wisdom
- Opportunities for reinvention

And the greatest opportunity that is often overlooked is the opportunity for self-evolution.

Many of us, myself included, experience these new beginnings with a sense of overwhelming unsortedness. Instead of relaxing in the moment of change, we experience difficulty, even dread, and fight the inevitable continuous shift in our existence.

If you're anything like me, you may have challenges simply relaxing until problems are sorted, the dishes are done, or the final response is sent via email. This is not a healthy attitude.

See, the issues around finances, relationships, projects and identity will continue throughout our lives. One empowering question to ask is:

"When do I have the right to relax, to seek comfort, despite the circumstances around me?"

In a recent workshop, I joked with my audience that I did not want my epitaph to read, "*She had the laundry caught up.*"

With a fourth baby, a fourth son ready to be born, laundry should not be a priority for me. Balance in my life should!

What I've come to realize and share in my coaching is that "getting caught up" is simply a myth. Complete resolution in one's life is simply impossible. Instead, in the interim of new beginnings, piles of projects, great inspirations and life's obligations, we must learn to allow ourselves a sense of comfort, time to relax. If we wait until we are "caught up" (or age 80, whichever comes first), we will probably already be dead from the stress.

The answer to seek is "How can I be comfortable in this uncomfortable world?"

If I can share my own experience with you, which is simply defining comfort. Being comfortable means flexibility. Constant change, movement and flow in life need not be stressful, but can become more of a dance between me and the world I navigate.

Seek your own answer.

For 2009, focus on dancing through your life and defining comfort through transition.

Rebecca Evans is an author, Transformational Speaker and Certified Empowerment Coach. She has published five books and three DVDs, all of which are available at local bookstores. To hire her as a presenter or register for her workshops, contact her at 208-794-5578 or www.inner-element.com.