

Life Matters in March

What is Life Matters?



For those in contact with us for the first time, Life Matters offers professional Life Coaching and Counselling to individuals and families; we also offer counselling for children. Life Matters has rooms in Greymouth, New Zealand. We also offer telephone consultations for international enquiries.

Life Changes that Matter in 2011!



For 2011 I have moved to Greymouth, New Zealand to pursue further study in outdoor recreation. **YES**, Life Matters is operating via **telephone** appointments. Please contact me via my website or by email for more information.

Are you thinking outside of the box?

Consider this:

You are driving down the road in your car on a wild, stormy night, when you pass by a bus stop and you see three people waiting for the bus:

1. An old lady who looks as if she is about to die
2. A very old friend who once saved your life.
3. The perfect partner you have been dreaming about.

Which one would you choose to offer a ride to, knowing that there could only be one passenger in your car?



Think before you continue reading.

This is a moral/ethical dilemma that has been used as part of a job application.

You could pick up the old lady, because she is going to die, and thus you should save her first.

Or you could take the old friend because he once saved your life, and this would be the perfect chance to pay him back.

However, you may never be able to find your perfect mate again.



The candidate who was hired for the job (out of 200 applicants) had no trouble coming up with his answer. He simply replied:

'I would give the car keys to my old friend and let him take the lady to the hospital. I would stay behind and wait for the bus with the partner of my dreams.'

Sometimes, we gain more if we are able to give up our stubborn thought limitations.

Never forget to 'Think Outside of the Box.'

Questions:

Where in your life are you limiting yourself right now? Or, where do you feel stuck?

What are the benefits to you of being in this 'stuck' or 'limited' situation (remember, you wouldn't stay in it if it didn't benefit you in some way – think financially, socially, mentally, physically, vocationally, family)?

If you were to come up with an 'out of the box' solution, no matter how far out it may seem – what would that solution be?

What do you need (resources ie. people, finances, material possessions, time etc) to bring that solution closer to you?

What is the timeframe for this solution (ie. 1 week, 1 month, 1 year)?

What would be the very first step you would have to take to move towards this solution? Write it down. Also, how long will it take to achieve that first step? (If it is too long/too big/too overwhelming...break it half, and half again, and half again until it is manageable).

What would be the second step? Write that one down too. How long will it take to achieve it?

Finally, write down the third step. How long will it take to achieve this step?

Now you have a plan. Sit back and look at your answers.

In front of you are the first three steps and a timeframe to getting out of the box you have put yourself in.

Now give this plan to someone who will hold you accountable along the way. Have fun executing your plan, enjoy the experience and the lessons along the way!



March Words of Wisdom

Which Wolf Will You Feed?

A grandmother told her granddaughter: "A terrible fight is going on inside me -- a fight between two wolves.

One is evil, and represents hate, anger, arrogance, intolerance, and superiority .

The other is good, and represents joy, peace, love, tolerance, understanding, humility, kindness, empathy, generosity, and compassion.

This same fight is going on inside you, inside every other person too."

The granddaughter asked: "Which wolf will win?"

The grandmother replied simply:

"The one you feed."





Humour for your Health

Lingerie

Seventy-five year old Marvin goes to the local mall and tries to find a gift for his wife for Women's Day.

Upon passing a lingerie store, Marvin realizes that his wife has never bought any lingerie in her life. He gets the idea to buy his wife something sexy to make her feel good and young.

Marvin goes into the store and tells the clerk to wrap up the most expensive, sheerest negligee she has.

Marvin takes the gift and excitedly runs home to his wife. Upon finding her in the kitchen he tells her to take the gift upstairs and unwrap it. He'll wait in the kitchen. His wife thanks him and goes up to the bedroom.

Once the package is opened she realizes that this is something she's never had before. She also sees that it is so sheer it leaves nothing to the imagination. She thinks for a moment and then decides that she'll really surprise Marvin and go downstairs without any clothes on at all. So she leaves the negligee on the bed and starts down the stairs stark naked.

She calls out: "Marvin, come out to the hallway and look."

Marvin walks out to the staircase, looks up at his wife, and exclaims: "All that money and they didn't even iron it?!"

Source: www.rd.com



I trust you enjoyed the March edition of Life Matters *What Matters*.

For appointments and enquiries please contact me on the details below.

Warm Regards,

Kristie