

Alison Smith

"I love and accept myself
exactly as I am"
you



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Developing Passion in life Developing Passion in Business

I watched "how to look good naked" the other night and was reminded how easy it is for us to forget that we are perfect as we are. Perhaps if we feel better about ourselves we might decide to loose some weight or get fitter but essentially we're perfect now. We don't need to change anything, or do anything, we just are perfect.

I've been using the affirmation on the left in all the workshops I've run this month and with a number of clients. Anyone visiting my house will also have come across it too. Why not try saying it to yourself daily and notice the difference it makes for you.

Love and acceptance are themes that came out in a story I wrote recently. Having shared it with friends, who then shared it with other friends and clients I've decided to make it, and other stories I've written, available for others to share with their friends. We'll send you more details in the new year.

Wishing you a festive season of your dreams.

Enjoy and find what gives you passion in life.

Alison x

And for anyone still struggling with what Christmas gift for that special someone - life coaching [Gift Vouchers](#) might just be the solution

See <http://evolvedstate.com> for an online magazine with a difference. There's an article on the [Transformation Game](#) written by yours truly on it.

Passion in life

How did you get on? Last month you took your hierarchy of values and considered whether it was well formed by ensuring it was:

1. A clear hierarchy
2. To be relevant to the area of life
3. To not be predominantly negative

I wonder if doing that helped you identify what was stopping you achieve what you want in life? This month we're going to consider the remaining conditions for well formedness:





4. To have no conflicts
5. To include self and others
6. To be chosen

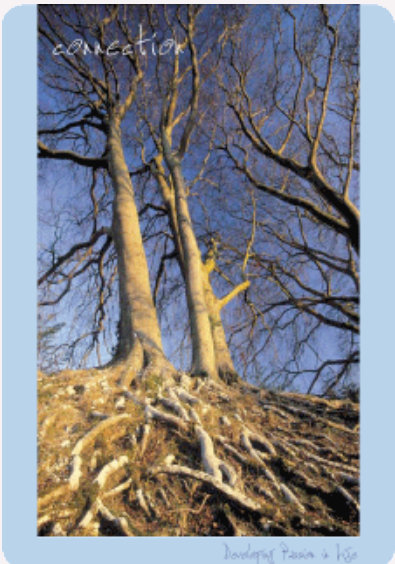
We'll continue using as an example my hierarchy of values of Truth, Freedom, Play, Participation, Control, Love, Connection, and Growth.

4. To have no conflicts - I didn't see the conflict in my list until I wrote the chapter of my book on control. I only realised then how much my need to be in control was compromising my ability to allow freedom and play into my life. As these values were more important to me than control I needed to do some work on releasing my need to be in control. As I say there's a whole chapter in the book on that! What conflicts do you notice on your list?

5. To include self and others - This is about ensuring that your values aren't just for you or aren't just for other people. So for me I personally do get something from my values but other people do as well.

6. To be chosen - Our values develop as a result of our relationship with the significant people in our lives e.g. parents, teachers, friends, partners and the culture we grew up in. In some instances we take on the values of those around us and don't question their applicability to us. This condition for well formedness asks us to check if we really connect with the value or whether we're just saying what we were told when we were younger, or sometimes not so young?

If you follow these conditions then it's unlikely to be your values that are stopping you achieving what you want in life. Do let me know how you get on.



Passion in Business

Since leaving full time employment to work for myself I had been trying to move away from purchasing, even though I had 20 years experience at it! However recent conversations have made me realise that I might be able to bring the values and beliefs from passion in business into purchasing. And it's something I'm finding very exciting. Here's where I'm up to with my thinking so far:

Management of any business relationship whether that's with a team member, colleague, manager, customer or supplier requires seven basic attributes to be present:

- Grounding
- Creativity
- Influence
- Connection
- Communication
- Knowledge
- Unity

This month I'll cover the first three of these in relation to buyer/supplier relationships. You can of course map across the learning to other types of relationship - I've already done an article for speakers and their audiences.

Grounding

Grounding within a relationship is about being with each other in the here and now. It's about leaving all our other problems at the door and listening to each other now.

It's certainly not about worrying about what will happen at the end of the contract. Effective relationships get over the doubts and fears by concentrating on building a stable relationship that can withstand anything thrown at it later. A rocky foundation based on fears will never achieve that.

Creativity

Each relationship is unique both in what is being created from the relationship and the people involved. The decision to enter into a relationship will have been based on this uniqueness. To maintain this uniqueness, and not discount it, it is essential therefore that both parties find their authentic way of relating to each other. Suppliers need to adapt how they relate to each of their purchasers and visa versa.

Influence

Perhaps influence is something to be traded earlier in the purchasing process but in a relationship it has to be shared otherwise it isn't a healthy relationship. Influence is about maintaining our power and not allowing it to be depleted when faced with the needs or demands of the other. There is however a fine balance because over exerting our power can leave the other depleted.

I'll leave you to ponder on these and complete the model next month.

Transformation Game

This is such a fabby process and never fails to amaze me the insights it provides and the way in which it challenges me to enable the release of old patterns. Solo, box and group games available from 2.5 hours to 3 days.

Before reading on don't forget to think of an issue you'd like some clarity on.

The process, the insight, setback and angel cards used here are from the Transformation Game © Innerlinks - www.innerlinks.com. ANGEL ® cards © Drake and Tyler



Setback

"Do this! Do that!" You've slipped back into an old power trip

I know this card can relate to power trips with other people but I wonder in what way it can also relate to the impact saying those words has on ourselves? The new concept for supplier/buyer relationships has really inspired me. This has resulted in an additional list of things I want to do - talk to this person, read an article, send an email, agree the model and so on. All other To Do lists have been pushed to one side and this one takes priority. It's as if I have to know everything that has to be done to make it successful. And it has to be done NOW. If I don't do it now then it will all fail! This is causing tension in my body which is resulting in me feeling very tired. So yes telling myself what I have to do is causing tension and it's this tension that is holding me back.





What about you? Are you telling yourself what you should be doing? If so - in what way is this causing you pain and holding you back?

Angel

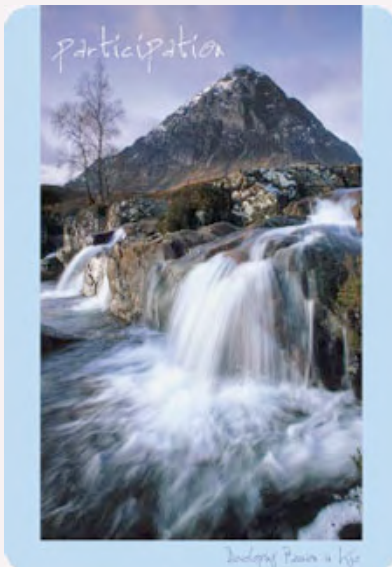
I had a run in with the angel of transformation earlier in the year so picking this card has reminded me of the learning I got then. The energy of transformation allows more space into the doing. It's a reminder that life is about flow and things being easy and effortless. So whenever I make life difficult and lose the flow I am reminded that there is another way to achieve the outcome and stay in the flow. So it's not about writing lists and forcing the pace but about watching for the next synchronistic email or conversation and following the flow.

Insight

"You face what's in front of you squarely, openly and courageously, and give thanks for all you receive"

Insights may underlie steps we might take, or are taking, to realise our goal, or pinpoint a truth we need to remember. So consider in what way you need to be reminded about this insight?

Normally when I get this card I think it's telling me to be more courageous and get on with it. Here I wonder if it's just reminding me how I normally tackle new challenges. The giving thanks for all I receive also seems very important. I think I'd forgotten that I will be receiving from others and that it's not about me doing this all on my own. Now that has released some of the tension.



Partooking Events

There are three workshops currently being arranged:-

- Make 2008 a year to remember - 28th Dec, 29/30 Dec, 18th Jan, 24th Jan
- Group Transformation Game - 12/13 January
- Accessing your intuition by using cards - TBA

Please contact Alison direct for further information or to book a place on any of these.

In addition to workshops individual coaching is also available - in person or over the phone - so distance isn't really an issue.

Feedback

Thank you so much for the feedback and do keep it coming.

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