

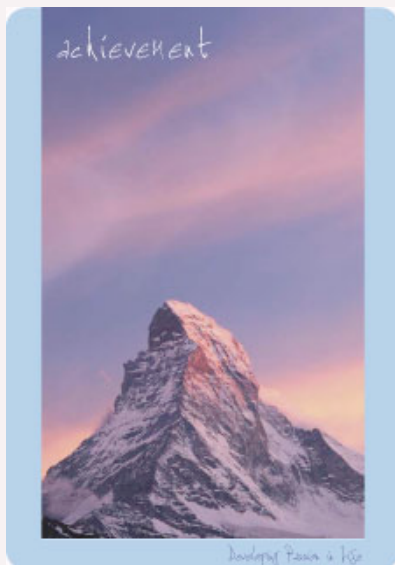
Alison Smith

"You must be the change you wish to see in the world"

Buddha



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Developing Passion in Life Developing Passion in Business

Wow and I thought September and August were busy! In addition to developing the consultancy side of the business with lots of meetings with potential clients there's been plenty of activity you can see too.

The first is the launch of the [Passion In Business website](#) which I'm really excited about - so do forward it on to others you feel might benefit from the services I offer.

The second is that this year, just in time for Christmas, we're making the first Passion in Life [gift vouchers](#) available for that perfect Christmas or birthday gift. As coaching can take place over the phone just as effectively as in person there's no excuse not to give it to a loved one, wherever they live, to really make a difference in their lives.

Enjoy and find what gives you passion in life.

Alison x

PS. You've been sent this email because at some time you've expressed interest in what I do. If you don't wish to subscribe to future newsletters please use the link at the bottom to unsubscribe.

Passion in Life

How did you get on? Last month I asked you to take your hierarchy of values and consider how they impacted what you do and don't choose to do. This month we're looking at whether your values are well formed. That is really ensure that they support what you want to do in your life not hinder or get in your way.

The example used last month included my hierarchy of values of Truth, Freedom, Play, Participation, Control, Love, Connection, & Growth. The conditions for well formedness are that the hierarchy needs:-

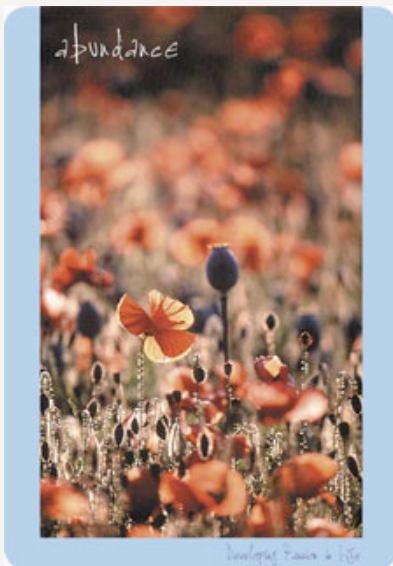
1. A clear hierarchy
2. To be relevant to the area of life
3. To not be predominantly negative
4. To have no conflicts
5. To include self and others
6. To be chosen

We'll cover the first 3 this month and the others next month just in time for Christmas. In fact we covered 1 last month. So on to 2.

2. Values should be relevant to the area of life - If the area of your life you identified your values for was work for example consider if you can really achieve each value at work. In the example above is it really appropriate to expect work to give love? If not how can love be achieved in life without expecting it from work?

3. Values should not be predominantly negative - in the above example they are all stated positively. However if your list has values stated negatively such as: not be controlled by others, avoiding conflict, not being vulnerable consider how these may be stated in terms of what you do want.

Once you've made these changes notice what impact they have? Don't forget taking these actions will help identify what's stopping you achieve what you want and move you towards developing more passion in life.



Passion in Business

When I left full time employment I had a plan of what I thought I was going to be doing. Whilst what happened didn't really match the plan I realise it has all turned out to be perfect. In fact everything seems to be coming together, even the tangents I thought I was being distracted by.

I would always advocate doing plans. I even provide coaching to support vision and goal setting. The key is letting go of the attachment to the end result once you've taken the first few steps. Consider the abundance picture for a minute. Even if you'd decided to grow poppies, even if you'd prepared the ground and sowed the seeds. The one thing you can't do is force the poppies to grow in a particular pattern, direction or place. All you can do is everything in your power to support their growth and then allow the end result to appear. Infact imagine how much effort you'd need to put in to make the poppies conform to your precise requirements?

Life is no different. Do everything in your power to support the achievement of a goal and then let go of your attachment to a precise outcome and be amazed at what happens.

Transformation Game

I love the Transformation Game and how it provides guidance in a way that is just perfect for the person playing. Don't forget this taster of the process is just that. It's like enjoying the sample of a hotels cooking and trying to compare it to the banquette. The sample will give you an idea whether the chefs can cook food but the banquette is a whole different experience.

Don't forget each of us will have a different relationship with the cards chosen. The views expressed below are just what I intuit to say as the cards appear. The cards will mean something different even to me every time they appear. So if the explanation I give doesn't make sense for you just go back to the cards and explore what they mean to you in this situation? Or you could go to www.innerlinks.com and pull some cards for yourself.

So 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

"You are set back by your complaining in the current situation"

There are a whole variety of different ways in which we can make a statement that we're not happy with a situation. When we're complaining there's a certain energy about it that's heavy. As soon as I think about complaining my body droops and my tonality becomes more whiney! In fact the issue is certainly not my fault and there's nothing I can do about it! I would suggest not the best way in which to resolve the situation.

Angel

In this situation the energy of purpose reminds us to think about the outcome we want in the situation. If we're not getting the outcome then doing the same things, saying the same things isn't going to miraculously give us a different outcome? We have to remind ourselves of our purpose and then try a different means of achieving it. Perhaps this situation is part of a bigger purpose and we just need to remember that.

Insight

"You are able to express yourself clearly and without using jargon"

Need I say more really? What is it you really want to communicate to yourself or other people? What do you really want to see happen in this situation? In what way could this be expressed more clearly and without the 'complaining' tonality, body language or thought patterns?

Partaking Events

Places on the following workshops are currently available in Fife:-

- 16th November - Taster evening introducing the Transformation Game
- 29/30 December - Make 2008 a year to remember 2 day workshop
- 12/13 January - The Transformation Group Game weekend

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

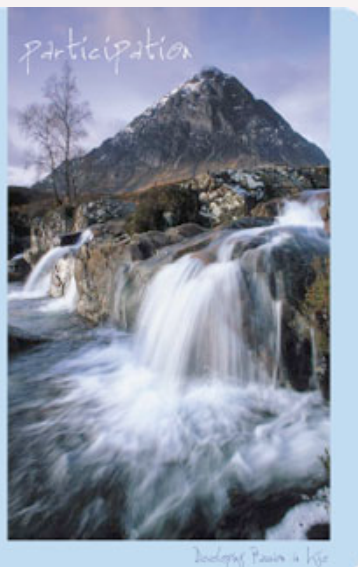
In addition to workshops individual coaching is also available - in person or over the phone - so distance isn't really an issue.

Passion in Life coaching enables you to identify how to move away from where you are to where you want to be for any aspect of your life. This might cover building confidence, setting goals, achieving work life balance, losing weight, giving up smoking or what ever else is holding you back from having passion in your life.

Don't forget [gift vouchers](#) are available for that perfect Christmas or birthday gift.

Feedback

Thank you so much for the [feedback](#) and do keep it coming.



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