



Midwest NLP Monthly Muse

September 2005

Volume 19

See local events, NLP training and Hypnosis training at the end of this ezine!

Write all comments to:

jim@trulyhumancoaching.com

Feature Article->

*When you wish upon a star
Makes no difference who you are
Anything your heart desires
Will come to you*

*If your heart is in your dream
No request is too extreme
When you wish upon a star
As dreamers do*

*Fate is kind
She brings to those who love
The sweet fulfillment of
Their secret longing*

*Like a bolt out of the blue
Fate steps in and sees you through*

IN THIS EDITION!

Intro: Welcome To Issue #20

Article: Mondays Suck! Attitude is Everything ☺

Tools: Nourishing Yourself with Regular Habits

Book Review : First Things First: Stephen Covey

More! October Midwest NLP Events

More: Upcoming Local Events

Welcome to Issue #20

Wow... 20 issues... 20 times I've sat down to write to you.. how very cool indeed.

Welcome to issue 20! IN this issue, as in past and future issues, I hope to provide you with information that will assist you in living the kind of life you truly want. Things that will make you think, some that may make you laugh, some may interest you more than others. I include a "NLP" theme in all of my writing and coaching, some times very explicit, other times not quite as clear...although still very present.

Jim Accetta ☺

Mondays Suck! Attitude is Everything

I was visiting briefly with a neighbor and in parting I wished him a good day. His response? "Well, you to but it's Monday and Monday Suck". Mondays Suck? SO, 1/7th of the time in is life sucks? What about those people who on Tuesday say; "Boy, I can't wait til Friday". Does that mean their merely putting up with life on Tuesday, Wednesday, and Thursday? For years I have heard people describing how the are putting up with life til; 5pm, the weekend, til that 'well deserved vacation', etc...

How about designing your life so you look forward to each day?

What do you think it is like to wake up each day, smile and say MMMmmm... another day! To get up looking forward to life has in store, to what you are going to create that day for yourself, for those in your life? I have often heard that 'attitude is everything'.. well, 'nothing is everything.. there is most often something else... in this case I will refer to values and beliefs being the 'something else'.

When you wish upon a star
Your dreams come true
- Disney 1940
- (Jiminy Cricket)

"Happiness is worth
the effort."
-Edgar Mitchell

**"Never let the urgent
crowd out the
important."**
-Kelly Catlin Walker

"Most of the shadows of
this life are caused by
standing on one's own
sunshine." - Ralph
Waldo Emerson
(9/16/02)

If someone believes that Monday's suck, or shopping sucks, or work has to be a chore, or parenting is difficult, they perceive the world through that paradigm. Their thoughts and feelings are screened through that belief, or one might say, through those glasses...

How do you want to experience your world?

Recently at a two short talks I gave I showed the audience how they could change how they feel with just a few simple words. However, learning our beliefs, facing them, challenging them... well, sometimes a few simple words will do, sometimes it can take much more (notice my belief here?). Would you like to explore a limiting belief or two? Or more?

I encourage you to explore your beliefs—anytime you notice something that you say or do that is not nourishing to you; anytime something you do stops you from living in fulfillment... examine this, then ask: what if I believed _____? Now act as if it is true! ☺

How do you nourish yourself?

Regular Habits

How do you nourish yourself? What are the daily or regular habits you do as part of a practice to insure you are taking care of yourself? Is it diet? Exercise? Prayer? Meditation? Reading? Journaling? Time with friends? A walk? TV time?

Regularly, I talk with people who are SO BUSY with life, they forget about living... SO BUSY making sure that their 'tasks' get done, that they meet the demands of their work, their boss, their family, the many SHOULDs running around in their heads that they forget a very important thing: we need to take care of ourselves!

Are you taking care of yourself?

This very important question crops up regularly with each person I talk with... people are so, so busy with daily life that they forget to take care of themselves! How are our regular habits developed?

Well, first of all, we need to explore our values... what is truly important to us. Stephen Covey has named the very important activities that have to do with what is most important to us as 'The Big Rocks'... These big rocks are often consistent over time, however can change. For me currently they are (in order):

1. Becoming and remaining centered, peaceful and grounded. This includes daily meditation, exercise, really good diet and rest.
2. My most important relationships, with my partner and children.
3. Business: Growing and Developing my business

“Change and growth take place when a person has risked himself & dares to become involved with experimenting with his own life.”
-Herbert Otto

“Knowing I need to listen and knowing how to listen is not enough. Unless I want to listen, unless I have the desire, it won't be a habit in my life.”
-Stephen R. Covey

What are your ‘big rocks’?

What are the things that are most important to you? Then from that place, what regular habits do you want to develop? What daily & weekly tasks and activities do you want to schedule in to insure you are doing what is most important to you? THEN... AFTER and only after you have done those things that honor your values, do you honor and attend the ‘other’ often urgent but much less important things that too often consume your time.

What are regular habits?

(taken directly from my discovery package ☺)

Regular Habits

Small, constructive actions done on a regular (daily, weekly, etc.) basis can quickly bring about effective change and create forward momentum. These regular habits form the foundation upon which major changes take place. Look at your Wheel of Life, your Primary Focus areas and your Commitments to get ideas for habits that would support you in boldly moving forward. What action(s), if taken on a regular basis, would make a difference for you in one of your areas on the wheel? Here are four examples: 1. Meditate 15 minutes every morning, 2. Return all voicemail and email messages by Friday at 4:40 p.m., 3. Exercise 4 times a week and 4. Practice the guitar one hour every evening.

Are you doing what is important to you?

Please call me for a free consult or complimentary coaching session at 847-256-2396 or write jim@trulyhumancoaching.com if you'd like to begin to sort out your values and begin develop regular habits that will make a difference in your life.

First Things First:

By Stephen Covey

How many people on their deathbed with they'd spent more time at the office? This is the title of the first chapter of this great book. One of the first questions I ask during my coaching discovery process is this:

1. Pretend that you are near the end of your life. In looking back, what would you have needed to do/see/experience in order to consider your life to be one of fulfillment? Of few or no regrets?

In his book, Stephen discusses the process of putting first things first through the use the “Quadrants” tool where he separates our tasks into 4 quadrants:

1. Urgent and important
 - a. Crisis
 - b. Important problems
 - c. Deadline-driven projects, meetings, preparations

**Upcoming
local events:**

2. Not urgent and important
 - a. Preparation
 - b. Prevention
 - c. Values Clarification
 - d. Planning
 - e. Relationship building
 - f. True re-creation
 - g. Empowerment
3. Urgent and not important
 - a. Interruptions, some phone calls & emails
 - b. Some mail, some reports
 - c. Some meetings
 - d. Many proximate, pressing matters
 - e. Many popular activities
4. Not Urgent and Not important
 - a. Trivia, busywork
 - b. Some phone calls
 - c. Time wasters
 - d. "Escape" activities
 - e. Irrelevant mail
 - f. Excessive TV.

After classifying your 'activities' your goal or position would be to do as many or all of the important things first, urgent prior to not urgent... then the other quadrants.

This is just one of the many tools used in the book to offer us a guide to how to make first things first in you life... well worth the read... I would say: Important and not urgent ☺

Midwest NLP October Event

Communication Excellence

**Saturday & Sunday - October 22nd & 23rd 2005 - 10am-6pm
Holiday Inn, Skokie IL**

Holiday Inn-Skokie, IL. RSVP jim@trulyhumancoaching.com

Do you want to be more influential? In any situation? No matter what? What would it be like for you to be able to build rapport with prospects or clients immediately, maintain that rapport and use you communication to help them to reach their goals? How do others who are so influential and persuasive do it? In any situation? No matter what?

NOW YOU CAN LEARN TO BE MORE INFLUENTIAL!

It all has to do with you we use our own brain—how we connect our language

and how we use both our verbal and non-verbal to influence. LEARN NOW what thousands of others have learned! Gain for yourself the insight that allows you to create the results you want in almost any situation! Register today! Go to <http://www.midwestnlp.com/nlptraining.php> or call Jim at 847-256-2396

Upcoming Local Events

Open Hypnosis Forum: Hosted by Larry Garrett of Garrett Wellness Center

Sunday, October 2nd: 1-3pm

3020 N. Kimball Ave. Chicago

If you've not been to Larry's, and enjoy good people and the topic of hypnosis or personal growth, then this is the place to be! Larry has been hosting this group for MANY years. The group includes: fellow hypnotists, trainers, coaches, business owners, current and former clients, neighborhood folks and friends and associates with purely an interest in learning more about hypnosis as well as some their just to socialize with kind people. For more information, write Larry at Mesmer1@aol.com

Emotional Intelligence: Applications in Coaching

With Carmine Leo

Monday Oct. 10th, 4-7pm

Oakton Community College, Des Plaines Campus
1600 E. Golf Road, Des Plaines, IL 60016

Come join us Monday, October 10 at Oakton Community College, for the second in our new series of presentations, covering "All Things Coaching," with our guest speaker, Carmine Leo, who will be talking with us about Emotional Intelligence in his presentation, "Emotional Intelligence:

Applications in Coaching".

For more info call 847-635-1600

To sign up now go to:

[http://www.chicagocoaches.com/DesktopDefault.aspx?tabindex=3&tabid=107
&referr%27ingTabId=108](http://www.chicagocoaches.com/DesktopDefault.aspx?tabindex=3&tabid=107&referr%27ingTabId=108)

The Business-to-Business Network (B2B)

Chicago Area Gay and Lesbian Chamber of Commerce

October 11- 7am-9am

The B2B Network series is an innovative and exciting opportunity for LGBT and LGBT supportive professionals and businesses to regularly network and create, or increase, business opportunities.

This meeting Jim Accetta (me) will be involving the group in an interactive exercises learning how to make the best first impression through building rapport in 60 seconds or less!

*Relationships are not about finding someone just like you. Relationships are about learning how to dance gracefully with someone who is different than you.
-Louise Cloutier*

Register now via e-mail at iperdue@glchamber.org or call (773) 303-0167.

Early registrants will receive advance listing of attendees.

Toastmasters Coaches Elite

7-9pm

Wednesday, October 12th

Wild Oats Market, Ogden Ave. & I 294, Hinsdale

Do you want to:

- Learn or practice your ability to speak in front of groups?
- Become comfortable with developing varied presentations?
- Enjoy networking with other coaches?
- Like to have fun?

If you said yes to any of these, then Toastmasters coaches Elite is for you. We meet on the 2nd Wednesday of every month. Join us once and experience the fun for yourself! Contact jim@trulyhumancoaching.com for more information. Or see www.chicagotoastmasters.org for a Toastmasters group near you!

Prosperity Breath Meditation

Wednesday, October 12, 7-9pm

\$25 (take two workshops for \$40!)

For more info call 847-491-6397 or write louise@voiceborne.com

A simple, powerful technique that opens you wide to receive full abundance into your life !

Dissolves old beliefs of lack and undeserving, that may be keeping you from receiving all possible good blessings.

Deepens your connection to a generous Universe that only wishes to give you all you need.

Open up to the yumminess !!

"Louise's work cut right through the pain and lethargy, transforming them into life-affirming strength and joy."

-- P. Battaglio, Chicago

Space is very limited, pre-registration encouraged. Workshop will be held at a private studio in Evanston. Directions available after registration. For more information, call 847-491-6397 or write louise@voiceborne.com

OTHER UPCOMING MINI-WORKSHOPS:

**Feng Shui Chanting --Song Midwifery for a
Happy Home
Angel and Spirit Guide Chanting
Sound Healing for Emotional Cleansing**

**The Magic of Your Mind
Join in for the 22nd Annual
Mid-America Hypnosis Conference**

October 14th-16th

Holliday Inn—North Shore Holidome
5300 West Touhy Avenue, Skokie Il

Expand your knowledge. Learn more about hypnosis and more!
Your invited to a weekend of hypnosis and healing. Whether you are a
hypnotist or just want to expand your knowledge and skill for living your
life: THIS IS THE PLACE TO BE!

For registration information call 847-451-9303 or
visit <http://www.mid-americaconference.com/pages/937202/index.htm>