

SPARK

Catch the SPARK to honor your values, envision your success and tap into your creativity.

Online Newsletter by
Julia James, CPCC



What's New?



I'm pleased to announce that I've been nominated for the 2005 Inspiration Awards.

Upcoming Workshop

Enjoy the first **Life Balance Workshop** in the relaxing atmosphere of Semperviva Yoga Studio.

You will:

- Examine your whole life
- Identify areas for improvement
- Design action steps towards your balanced life

Saturday, Oct. 29, 2005
11:30am-1:30pm
2582 West Broadway

Register at 604- 379-2009;
space is limited!

For more details and the complete event schedule visit
www.JuliaJames.ca

FALL IS FULL MAKE IT FULFILLING

Fall is such a busy season; we are trying to fit it all in rather than taking the time to choose our priorities. In our society "more" and "faster" is better, so slowing down and taking the time to choose your priorities for the coming months, might seem like an impossible luxury.

I challenge you to take this time for yourself! Take half an hour to reflect and prioritize and make this Fall season fulfilling instead of full.

Turn off your cell phone and your computer; make yourself a good cup of coffee or tea. If you need to leave the office to be uninterrupted, please do so. Take a pen and a blank piece of paper and enjoy this reflective time by yourself.

1. Imagine you have just been given enough resources for the next three months, so that you don't have to work. Knowing that this is a unique opportunity, what will you do with your time? Write down all the things that come to mind.
2. Look at your list and choose the three items that are most important for you.

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Collaboration

“THE POWER OF YOUR STORY” launched a series of collaborative workshops on “how to live the life you really want” with award winning speaker, Cindy Willick.

This is what participants said about the experience:

“Invigorating and very positive experience. You will leave with a fresh and positive perspective on the next chapter of your life.”

Rosie Cooper
Community Planner

“An insightful trip into one’s reality with fabulous presentation. A warm and nurturing approach to delving into the story that gives us our true power!”

Allan Brooks
Head of North American Operations, KE Software

“Fun and energetic way to explore and discover what’s in your heart. A safe place to get out of your comfort zone!”

Krista Barron

Stay tuned for our upcoming workshops in the Winter and Spring!

FALL IS FULL MAKE IT FULFILLING (cont.)

3. Now close your eyes, take a deep breath and imagine you had already completed these three projects. Connect to each experience as vividly as possible. How do you feel? What body sensations are connected with your achievement? What did you learn? Open your eyes and write your vision down as quickly as possible before it fades away.
4. What would happen if you made these three items your priority for the Fall? What would be the consequences?

You might want to repeat this process two or three times, to arrive at the priorities that have heart and meaning for you. Once you are happy with your priorities, write them on a blank sheet of paper and post them to remind you daily.

Enjoy your fulfilling Fall season!

Julia James is a Certified Professional Co-Active Coach and member of the International Coach Federation.

Julia partners with busy professionals to help them achieve balance in their lives. She creates a safe space for clients and group participants to explore their passion. For more info visit: www.JuliaJames.ca

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