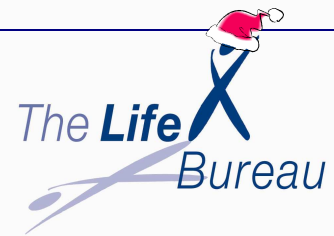


Be Inspired!

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Hi everyone,

Well, the Christmas season is upon us and I for one just love it! It always seems to creep up on me so that I end up trying to fit everything and everyone in, in rather a short space of time, but the lights, the carols, the parties and meeting up with friends and family all give me that feel-good feeling and I hope it does the same for you.

This month I want you to take a moment to think about your year and we'll take a light-hearted look at how *NOT* to do Christmas!

I want to wish all of my clients, readers and friends (of which you may be all 3!) a very happy Christmas and a wonderfully inspiring and successful 2008!

Thank you for your support in 2007.

Until next year, take care

Marcia

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Take a moment...

As we come to the end of 2007 take 5 minutes to reflect on the year that's been:

- *Have you achieved everything that you wanted to this year?*
- *What's been your proudest and/or happiest moment?*
- *What do you wish you'd done that you never got around to doing?*
- *What changes do you want to make over the coming year?*

How do you feel? Happy, excited, disappointed, frustrated, confident, unsure?

If you are seriously committed to making a change and achieving more in 2008 and think life coaching could help you, why not contact me for a free consultation and find out more at

<http://www.thelifebureau.co.uk/personalcoaching.html>.

How NOT to do Christmas (part I)

'...because you are, of course, super-human...'



1. Worry about everyone else and their feelings and what they want to do all of the time and feel guilty if you don't. After all, your opinion's not important so you should always go along with what everyone else thinks... right?
2. Make sure you finish all the tasks at work before you break up for Christmas, answer all those emails, home-bake everything a la Jamie or Delia, buy the perfect gift for everyone, spring clean your home before your guests arrive.
3. Make sure that you not only put up the decorations, write all the cards, buy all the gifts, but that you also wrap them, get up early to make Christmas breakfast, dinner and tea, do the washing-up and generally ensure that your every visitors needs are catered for and that you never get to sit down to relax, not even a little bit.
4. Eat lots, drink lots, sleep little and work hard (to finish all those tasks before you break up for Christmas) because you are, of course, super-human and your immune system won't suffer one little bit when you finally stop for breath ... will it?
5. Let everyone in shopping malls, on the roads, in the supermarket, on the street wind you up, because can't they see that you're in a hurry, that you're trying to find that perfect gift, that you have to pay for this now, that you want to get home, because they're not all trying to do the same things too... are they?

QUOTE OF THE MONTH

"Christmas gift suggestions:

To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect."



Oren Arnold

How NOT to do Christmas (part II)

Let's face the Christmas season can bring all sorts of pressures upon us and the truth of the matter is that we probably bring most of these upon ourselves. If you recognised yourself in any of the points in Part I, below are some tips to help you make the festive period one of calm, not a crisis, joyous and not jaded...

1. *Stop worrying about what everyone else thinks you should do. If you've made a decision to do something different, because it's what you want to do - stick with it. If you change your mind, do it because you're happy with the decision, or the compromise, otherwise you'll only end up feeling resentful.*
2. *Ask yourself this - is it really necessary...? We put a lot of pressure on ourselves, most of which is self-inflicted and so here's another question - what happens if I don't?*
3. *Ask for help. Don't be a martyr trying to do/finish/cook/buy everything yourself. Enlist the help of people around you and if someone offers to do something for you - say yes!*
4. *How many times have you finally finished everything you had to do, gone everyone you had to go and then the next day when you're finally ready to relax (usually Christmas*

Eve) you come down with a awful cold!? Look after yourself, take some time out and put yourself first every now and then.

- 5. If you stress yourself out, you won't enjoy the season at all. Get yourself in the right frame of mind (and the festive spirit). If you're feeling wound-up before you've begun it's probably not going to be your best day out or journey. Accept that it's going to be busier than normal and work with it, or find ways around it that will make it easier, less stressful and more enjoyable for you.*



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About The Life Bureau

Marcia Cave helps clients to identify their goals and to take action to achieve results and more fulfilment in their personal and work lives. She is a qualified personal life and business coach and Director of The Life Bureau; a coaching and HR consultancy company.

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