

Re-Ignite Your Spark: Tap into Your Personal Power!



January 2009
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Light your fire- re-ignite your spark- create ultimate personal power. And of course, sit by the

fire, meditate on a candle, and connect to your spirit and core values during quiet indoor time this season. Visualizing and daydreaming actually perpetuates goal setting and action! No SAD (seasonal affective disorder) for our readers- keep yourself surrounded by light-and be the light! Maintain your energy and keep spirits high while allowing time for introspection and self-care. When it gets to the doing, below are some tips to reverse procrastination. We all procrastinate; acknowledgement of being in this mode is the first step in moving forward. Procrastination is often fear based and manifests itself through negative statements such as: "not the right time now" "Why even bother...can happen (worst case scenario)."

Sometimes a prolonged act of "non-doing" is an indication that the idea needs to be tossed. Here are additional tips to Reverse Procrastination:

- chunk down tasks and prioritize for best action/least overwhelming
- "Step back and reframe the situation; visualize the action as a positive outcome.
- Outline the steps needed to complete the project.
- Create realistic timelines.

- Allow new ideas to "percolate".

EFT (emotional Freedom technique), together with traditional coaching and relaxation techniques, are a wonderfully successful in reversing procrastination. Often deeper emotional issues are involved which may be addressed with these modalities."Tap" into your personal power!

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Contact Eileen 516 623 4353 or eileen@balanceandpower.com for a complimentary twenty minute telephone consult to find out about a program to meet your needs.