

Baystate Coaching for Success
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Hi Everyone,

Happy New Year! Yes, it is that time again when we reflect on our life and look ahead at what we want to create or change. This newsletter is intended to inspire you to think about what you can create with the power you have to make an impact on your life, relationships, career, parenting, community and larger world. Imagine the possibilities!

Warmly,
Lisa

Start a Chain Reaction

Rachel Scott was 15 years old when she was killed at Columbine High School in Colorado on April 20, 1999. In her father's book, *Chain Reaction*, he wrote, "*Rachel committed her life to the belief that each person, by reaching out to others in compassion and kindness could start a powerful chain reaction of goodness that just might change the world*". I am so impressed by this extraordinary young woman who was able to purposefully and intentionally live her life in ways that had a positive impact on others. In the short time she lived she made a difference to so many and still her contribution to the world lives on through her chain reaction.

What do you want others to say about you?

Rachel had developed her own Code of Ethics which she wrote about in an essay. This Code guided and directed her behaviors and actions toward others. It brought her life purpose, self-fulfillment and happiness. In essence she created a vision and mission statement for herself based on her values, beliefs, and experiences. For her, compassion, honesty and seeing the best in everyone guided her. She defined compassion as forgiving, loving, helping, leading and showing mercy.

If you wrote an essay about your beliefs and values that are most important to you what would it say?

What are you dedicated to and why? Where will you make your mark and how?

By relating to others with compassion and kindness, Rachel is a great example that one's happiness and joy comes from within and when directed outward creates a chain reaction of joy, love and happiness in others. Her many random acts of kindness brought her joy when seeing it make a difference to another. It took effort, time, courage and strength at times. Sometimes she needed to be out of her comfort zone to make a difference. She did not do it for her own gain. Rachel welcomed new students, sat at lunch with someone who did not have friends, stood up to bullies, lent a helping hand to a stranger in need and endless other acts of kindness and compassion.. Those who benefited from her actions shared how they in turn helped others or went on to make a difference in their own ways just by what Rachel started for them.

From what is most important to you, what kind of chain reaction can you start?

Or, how can you raise the bar on something you already do?

When we hear of stories like Rachel's we are once again reminded of what is important. It is easy to get caught up in the busyness of all that seems to need to get done yet what we really would like to be doing or could be doing gets lost. We may not even notice the beauty around us, the many opportunities to connect with others, the simple ways we can make a difference. We may allow ourselves to watch others making a difference and not take the bull by the horns and do it ourselves.

What might you need to change in order for you to live your values even more?

Where do you waste energy doing things that do not really matter to you or others?

I highly recommend this book to anyone who wants to deepen their commitment to living out their values. It is a great book for parents who want to influence their children in living a life of purpose and meaning. You can go to www.rachelschallenge.com to order the book.

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Coaching assists clients who want to make transformational changes in their lives. If you desire to change an area or areas of your life, feel free to contact me at (978)686-5693 or lisa@baystatecoaching.com for a **FREE consult**.

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