

**Baystate Coaching for Success: Newsletter  
February 2009 Issue**

**“I Want a Different Life”**

Do you ever awaken in the morning hoping your day will be different? Or wish for a different body, bank account, job, relationship, home, daily routine or other aspect of your life? And, then at the end of the day go to bed unsatisfied in some way?

Every now and then we take stock of our life and decide what would make a difference in our happiness and we set goals accordingly. Rather than pick something that is not going well, hasn't happened yet despite your previous efforts, consider this *simple approach* which will have a *profound impact* on what brings you happiness. I like to keep it simple, realistic and attainable!

**Take a deep breath and enjoy what matters to you most that makes you happy right now in your life.** Write it down and post it in clear view for you to see daily. Remind yourself over and over again what already exists that brings you joy. It is there with you always.

**Rather than focus on what you do not have that you wish were different, enhance what is going well.** For example, you enjoy your friendships so what can you enjoy with your friendships even more? It might be you want to send them a card more often, get a few of your closest friends together that have not met, commit to a more regular time with a certain friend, join an activity together, etc. It is so simple to bring more joy to what is already working for you.

**What is stagnant that you could step up your game a bit and therefore you would get more enjoyment, satisfaction or fulfillment from.** For example, you and your partner have become busy balancing work and family leaving little time for your marriage. As a result you notice you are not enjoying each other the way you once did. What can you do today toward creating intimacy, time, and attention to your partner?

**Identify what is missing that if it were different it would really make a difference in your quality of life?** It can be as simple as taking time to read

books, see particular friends, scheduling a guilty pleasure or hiring a cleaning service. Perhaps it is something greater such as seeking a spiritual practice to attain peace or wisdom or open your heart.

**Look inside yourself and decide how you want to be this year.** What do you want to bring to the world that is who you already are? You do not need to change a thing about yourself. You already have it in you, just need to be more generous with who you are by bringing it to the world even more.

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**If you would like to consider hiring a coach** to help you achieve your most important goals, aspirations and dreams you can contact me at (978)686-5693 or email me at [lisa@baystatecoaching.com](mailto:lisa@baystatecoaching.com) for a complimentary coaching consultation. Go to [www.baystatecoaching.com](http://www.baystatecoaching.com) to learn about my services.

**Kindly forward this newsletter to anyone who will benefit from it. Thanks!**