



Breakthrough Coaching Newsletter

Harness that Summer Holiday feeling!
September 2005

Dear Lisa,

Welcome to September's issue of the Breakthrough Newsletter. I trust it finds you well.

With the children (yours or otherwise) firmly back at school and most of us back at work after our Summer holidays, it can start to feel like they never happened. Although if you stop for a moment and concentrate, you can almost put yourself back there. You can almost certainly remember how you felt when you bounced home feeling rested and recharged, ready to make happen that resolution to live like you're still on holiday.

Wouldn't it be great to have that 'just back from holiday' feeling all year round? Yes? Great, because that's what we're going to look at in this issue.

You'll see to the right that I've arranged a free personalised Goals Report for you. It only takes 5 minutes and is really useful in helping you to define your goals for the coming months or years. A great motivator if you're suffering from post holiday blues! Plus I'm offering free 30 minute follow-up coaching sessions to support you in moving towards your goals. Feel free to pass this to your friends so they can have a go.

It's always great to have your feedback so do drop me a line or call to let me know what you think.

Happy reading,

Lisa Ravenscroft - The Breakthrough Coach

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Harness that Summer Holiday feeling!



Everybody and every holiday is different, but for most of us, having a change of scenery, a break from our usual routine and time to do what we choose, we come back feeling great with a different outlook, a fresh perspective and more energy. We've often made up our minds to do things differently on our return. We resolve to not sweat the small stuff and spend more time doing what we choose. We want to be relaxed and rested more of the time. In short, we want that holiday feeling all year round.

Life and routine have a way of taking over if we don't actively take control of them, so we can often look up three weeks later and find that the holiday feeling has slipped out of our grasp! Happily, it's pretty easy to get it back.

The saying is true, a change really is as good as a rest. When you look at it, holidays are a lot of changes, some subtle, some bigger, all rolled into one. A change of scenery, a change in the time we get up and when/where we eat, a change in how we spend our time, who we spend it with. It's what we're doing differently that make us see life differently and gives us the fresh perspective that we come back from holiday with.

The key to keeping that holiday feeling all year round is in doing things differently more often. It's in deciding to not settle for only what's in your day-to-day routine, but to choose what goes into it and to change it whenever you want. Try doing something out of the ordinary and see how it makes you feel.

Tip from your Life Coach: Go somewhere you've never been before!

If you need a kick start to get that holiday feeling back, but another holiday is out of the question, think of a place within an hours drive or so that you haven't been to before. Take yourself off on a day out, relax, enjoy your unfamiliar surroundings and see what new perspectives you take home with you.

Over to you... YOUR year-round holiday

You'll need a quiet space, time to think, a pen and a notebook (holiday props optional!). Read each of these questions through two or three times before writing down whatever comes to mind. Don't feel that you have to make sense of your answers at this point, just answer on instinct for now.

Q: How did you feel during your last holiday? How about when you returned?

Q: What new perspectives, insights and ideas did you have at the end of your holiday? What did you think you'd do with them?

Create your personalised Goals Report FREE!



A goal is a dream, but with a date.

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Q: What did you feel you wanted more of and less of?

Q: If you wanted to get that holiday feeling back right now, what could you do?

Q: When you're feeling jaded, what changes of scenery or routine could give you a fresh perspective on life?

Spend some time reading through your answers. What will you do today with what you've learnt from your answers, to have that holiday feeling and keep it all year round?

Want to talk to me about using your holiday perspective to make your everyday life better? Call for a free, no obligation consultation on 01303 891671 to see how life coaching could help you get the results you want.

Wise Words

"You must be the change you wish to see in the world." Mahatma Gandhi

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