

## Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 12, Issue #1, January Newsletter, *New Year's Wishes*

Some years I find I've got my goals and action plans well in place and I'm ready to hit the ground running on January 2<sup>nd</sup>. Other years, such as this one, it takes me a while to get into the swing of things. It was such an exceptionally busy and challenging fall with multiple trips to Virginia to help my ailing parents. (My mom had further surgery for ovarian cancer, was in the hospital and rehab over three weeks, and has just begun six grueling rounds of chemo. As she's been the caregiver for my dad who is declining with Parkinson's and kidney failure, we got him settled into a nearby nursing home. My sister has moved in with my mom and I'm thankful that they both have good support and care.) For me, the holidays were a quiet time to rest, rejuvenate, and to enjoy have our college-aged son home for his winter break.

Once I felt restored, I began to reflect on the past year and my hopes for 2012. I'll sketch out a bit of the process I used in hopes that it will help you complete with the past and move into your New Year's Wishes.

It's important to acknowledge the past before planning or pressing on to the future.

Starting with the positives, consider and better yet, write down:

- \*What are you proud of accomplishing this past year?
- \*What did you bring into fruition? (both personally and professionally)
- \*What did you give your energy to?
- \*What's still a work in progress?

For a balanced approach, consider what was less than positive as well:

- \*What fell short of your expectations?
- \*What disappointed you?
- \*If there's no such thing as failure, only feedback, what did you learn from this?
- \*How have you grown through your experiences?

Next, begin to imagine what delights you'd like this year to bring. Give yourself full reign to dream. Daydreaming is far from a waste of time. Everything is created first in the mind before it becomes manifest. Then choose the way that works best for you to get very clear about these possibilities that you would like to experience as realities. This is a great time to make a dream map or vision board, write a "future letter" to someone describing all that transpired and was transformed in 2012, make wish lists, or draw or journal about your heart's desires.

Albert Einstein stated, "The definition of insanity is doing the same thing over and over again and expecting different results" and this is good wisdom to bear in mind as you determine your next steps. What new action(s) or way(s) of being will create the results you seek? Then begin taking these actions and being that person, knowing that each new day, like each New Year gives the opportunity to begin again.

Happy New Year and may all your wishes come true!

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## Upcoming Programs and Events

### Get Clients NOW! <sup>TM</sup> A Marketing Program for Service Professionals

Are you tired of wishing for more clients? If you are a consultant, broker, coach, realtor, designer, or other service professional wanting a system for generating a steady stream of clients and referrals, this marketing program is for you! With an overview of the Universal Marketing Cycle, we'll take the mystery out of marketing and help you determine where you get stuck in the process. You will learn the most effective marketing strategies for service businesses and will create a customized action plan. Follow-up group coaching will keep you motivated and in action. What you get in the program:

- Two 90-minute tele-seminars
- Five follow-up group coaching sessions with a small group of other professionals
- A tool-kit of proven sales and marketing techniques

#### Kickoff Seminar

**Two Mondays, March 12 and 19, 2012** (Plan to attend both)

10:00-11:30 AM Pacific Daylight Time

(1-2:30 PM Eastern Daylight Time, 5:00-6:30 PM London Time)\*

#### Four Mondays

**March 26, Apr 2, 9 and 16, 2012**

10:00-10:45 AM Pacific Daylight Time

*(1-1:45 PM Eastern Daylight Time, 5:00-5:45 PM London Time)\**

AND

One Thursday, Apr 19, 2012

10:00-10:45 AM Pacific Daylight Time

*(1-1:45 PM Eastern Daylight Time, 5:00-5:45 PM London Time)\**

Depending on registration, group sessions may be extended to 60 minutes each, or an alternate group may be scheduled on the same dates at 12:00 PM Pacific (3:00 PM Eastern). To register please call Grace at (978)689-7446.

To register or for more details call Grace at (978)689-7446

Cost \$295

Required purchase: Get Clients Now! by C. J. Hayden

#### Reiki I

This first level of Reiki training awakens your innate healing ability, giving you access to Reiki energy which can be used as a:

- rejuvenating self-care practice
- means to support healing in yourself, friends, and family
- service profession, providing Reiki to clients

- enhancement to other professional services such as coaching, counseling, social work, nursing, and body work

In Reiki I class, through an engaging combination of teaching, discussion, and experiential practice you will:

- hear the history of Reiki
- learn the Reiki principles
- explore the applications of Reiki
- be introduced to the chakra energy system
- be taught the standard hand positions
- receive an attunement to open the channel to Reiki
- learn how to give hands-on Reiki treatments to yourself and others
- use Japanese Reiki techniques to facilitate the flow of Reiki
- practice giving Reiki

March 9th

9 a.m.-5 p.m.

North Parish Children's Chapel

190 Academy Road, North Andover

Fee- \$160

Includes training manual, certificate, and healthy snacks

Learn more by visiting [www.coachingwithreiki.com](http://www.coachingwithreiki.com). Please call Grace at (978)689-7446 or (888)833-1903 or e-mail info at [balancewithgrace.com](mailto:balancewithgrace.com) to reserve your spot in an upcoming program or request more information.

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