

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 6, Issue #12, December 2007, *What's Your Theme (Song)?*

Have you ever had a song or a refrain from a song that you couldn't seem to get out of your head? The other day I woke up with the tune *1,2,3* by Len Barry playing over and over again in my mind. The section that repeated incessantly, like a broken record, (this is probably an archaic expression, but I'm not sure of the CD or digital equivalent) was "It's easy, it's so easy, like taking candy from a baby." This is an oldie from 1966 that I haven't heard in ages. In case you're not familiar with it, or would like a walk down memory lane, here's a link to a video clip for you to enjoy:

<http://www.youtube.com/watch?v=An1-ntyBcz8>

I puzzled a bit over why this song came to me, but I noted it in my journal and mentioned it to a few people throughout the day. Because "It's so easy" was such an insistent message, I decided that I'd make it my theme, not only for the holidays, but also for the upcoming year.

As a theme, it's already serving me well. Shortly after adopting "It's so easy" as my theme, I suffered agonizing mouth pain for a number of days and ended up having to have a root canal the Friday before Christmas. Even a simple filling feels like an ordeal to me. As an auditory learner, I'm especially sensitive to sound and find the sound of a drill torturous. So I was especially dreading this procedure. With the support of my new theme, which again kept popping into my head, and my sympathetic husband who drove me to and from the appointment during a heavy snowstorm, it really was easy. Armed with headphones and a relaxation CD, I was mostly able to drown out the drilling and filing sounds. I barely even felt the Novocain and was so relieved to be pain-free for the holidays.

There are a number of things I plan to do to help make "It's so easy" a recurring and supportive theme for the New Year. Whenever I find myself at a crossroads, I'll ask myself, "What's the easy way?" When I find myself getting bogged down, I will ask myself, "How could this be easy?" In the next week I will make a new dream map collage to hang in my office. In the center, as a visual reminder, I plan to place a picture of one of Staples's red "Easy" buttons. I'm also enlisting the support of my family, asking them to remind me to make things easy when I start to make things complicated. And I'm going to order a copy of Deb Busser, a fellow coach's, book *New Easy Women*, which I'm sure will offer valuable insight.

What theme would you like to choose for yourself for the coming months or year? Is there a song you keep hearing or a phrase that keeps cropping up that resonates with you? What is this phase of life about for you, and what word or phrase best describes it? What do you want for yourself in the coming year? What do you need to remind yourself of frequently? What feels fun and inspiring?

An Invitation

You are invited to play in our Telegathering ThemePark to experience the power of declaring a theme. I'd like to invite you to share your theme with me and other readers to

catch the excitement and make it come alive for you. We'll meet for 30-40 minutes on a tele-conference call at noon Eastern on Monday, January 7th. Please email me at grace@balancewithgrace.com to reserve a spot and receive the telephone number. (Long distance charges will apply.) Please pass along this newsletter to others, and invite them to play in our "ThemePark."

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Please forward this newsletter to others you think would enjoy it, and encourage them to subscribe. To subscribe/unsubscribe or read archived issues, please visit <http://www.balancewithgrace.com/newslet.html>.

Book update:

Make 2008 a year of balance and joy! You can now pre-order *Balance with Grace: Celebrate the Kaleidoscope of Life* the book from my website. Anticipated delivery is late January.

Reader Feedback

In response to November's counting blessings newsletter:

Liz wrote, "We saw White Christmas over the Thanksgiving "break". One of the bigger numbers from the production is Irving Berlin's "Count Your Blessings Instead of Sheep". As I read your newsletter the song broke out in my head."

Renée Canali, The Mindset Coach, www.landofpossibility.com wrote, "I read Counting blessing and would like to invite you and your readers to my Virtual Gratitude Party. It is a perfect setting for counting blessings!"

*You are cordially invited to the
Virtual Gratitude Party
When: Now. Stay as long as you like, visit often.
Where: www.virtualgratitudeparty.blogspot.com
Dress: In your grateful best*

*Please, all gifts allowed-share with your friends,
colleagues, family.*

And, expressing gratitude for having you as a mentor coach 3 years ago!