

2010 HOW TO LOOK AFTER YOURSELF THIS YEAR

SEVEN SIMPLE TIPS FOR BEING CONTENT



Have you ever thought of running your own business from home? Imagine all the advantages - no more commuting, some serious tax advantages and work just the hours that suit you.

A part-time career as a LIFE COACH might just fit the bill! Income, lifestyle and making a difference in peoples' lives.

This year I am again offering my one on one Life Coaching Training Course. It's entirely flexible. Drop me a line for the full prospectus and details!

Clive@getacoach.co.nz

✕ Nemo Dat Quod Non Habet ✕

I hope you can pronounce that! The phrase has legal roots but in this context it means that you cannot give what you haven't got. If you don't know how to fix something you can't. If you don't know the answer, you can't give one and so on...

If you don't take proper care of yourself you have less to give, your ability to be kind and helpful is diminished. Here's handful of self-care tips to remind you of what you already know:

1. Learn to say 'no'. Quit doing things out of guilt or a false sense of obligation.

'personal time'. Burnout waits those who don't know how to rest.

2. Manage Your Time.

Only about 20% of what we do is actually essential. What are the 'vital few' of your daily tasks?



5. Have your meals with the ones you love and remember to taste your food!

3. Keep A Gratitude Journal. This will surprise you. It's a spontaneous record of the little things you notice that you enjoy.

stressful and potentially dangerous to your health.

4. Protect Your Time Off. It's too easy to give up your

7. Set 'Kaizen' goals and read them every day. 'Continuous improvement in small steps.' is the best way forward!

This newsletter is published by

Clive Littin Coaching

PO Box 199 177, Auckland, 1746

www.getacoach.co.nz

www.clivelittin.com

Clive@getacoach.co.nz

Referrals are the lifeblood of my business. If you refer a colleague to me for Coaching I will acknowledge you with a small gift. And your friend will thank you for introducing us - guaranteed!