

FOCUS *on* FEAR!


“OUR FEARS ARE OUR ENEMIES” - WILLIAM SHAKESPEARE



Here's an outstanding once-only opportunity to enjoy a LIFETIME subscription to online life Coaching.

This is a unique offer for you to pay a single year's subscription for a LIFETIME membership! This offer is absolutely time-limited.

This brand new internet site offers you a lively (anonymous) FORUM for your Coaching questions and responses from a professional life Coach.

As the site grows, there will be more and more tips, techniques, templates, life-skills, video tutorials and lots of freebies uploaded every month. A virtual treasure-trove for you to create and enjoy a lifestyle that is happy, healthy, wise and wealthy! What more could you want! Click here: 

[COACHONLINE](http://www.clivelittin.com/membership)

I'm very excited this month to be launching perhaps New Zealand's **first** fully functioning online Coaching service:

[COACHONLINE](http://www.clivelittin.com/membership)

I'm not sure that I agree with Sir William but I haven't spoken to many folks who aren't at least a tad concerned with the fiscal condition of our planet...

It's turning out to be a scary ol' year. Titanic institutions going down faster than a blink. People we thought we could trust turn out to be rogues and swindlers. Our friends who invested their savings in reputable brands losing it all. It's pretty scary stuff.

And the headlines. I've never seen so many in font sizes I didn't know existed. Day after day. Obsessional, blood thirsty headlines. More than enough to put you off your breakfast.

And then while the media is still wallowing, and certain fiscal types are queueing up to be arrested, along comes the "Swine Flu." Rather aptly named I thought.

So who hasn't been feeling a little bit scared or rattled? Fear has always been the darling of the media, but some of it usually rubs off.

President F.D. Roosevelt said: *"The only thing we have to fear is fear itself."*

I think we Kiwis are good at camouflaging our fears. We can play down a crisis. "Were you scared" asks the reporter "I guess" comes back the modest Kiwi reply. Let's cut to the chase. Below is a handful of tips for those of us who have been feeling

somewhat uneasy this year... weighing things up, looking at our debt levels and future plans.

Here's a small clip of ideas for facing the fear:

- 1. What is it that worries you?**
- 2. Do you know what you can change and what you can't?**
- 3. Get more exercise and walk with your sternum lifted.**
- 4. Notice the good things you do each day.**
- 5. Look around and count all the things you can appreciate in your life.**
- 6. Don't spend too much time looking in the rear vision mirror.**
- 7. Check out the words you use to convey your feelings. We can scare ourselves with our own words sometimes!**



I'd be honoured if you would check it out. The idea was born out of meeting some people who say they would love some Coaching support but feel they couldn't afford it at the moment.

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