

Working Well, Living Well

Halcyon Coaching

Mike Linardi, *Personal and Business Coach*

November 2008 Newsletter

A Time for Thanks!

November is, for me, the start of the Holiday season. The seasons are changing, fall is in the air and Thanksgiving is approaching. Even though I'm thankful everyday for the joys in my life this time of the year seems to "heighten" that feeling for me. It's truly a time to stop, reflect and really give quiet thought to all that is good in my life.

One of the wonderful things about being thankful is that it's impossible to come from a positive place of thanks and gratitude and feel the negative emotions of disappointment, anger, frustration.....etc. Being thankful makes you feel good. It put you in a state of joy!

Challenge yourself to come from a place of thanks this Holiday season and watch what happens around you.

Quote of the month

What we see depends mainly on what we look for – John Lubbock

What are you working on? What will your life be like when you have that?

Would you like a partner in that process? Call or email Mike for a complimentary coaching session.

Halcyon Coaching

Mike Linardi, *Personal and Business Coach*

410-820-4757 email: m_linardi@friend.ly.net

www.smoothwaters.com

Subscription Information:

Subscribe to this free monthly newsletter by sending a blank email message with "subscribe" in the subject line to m_linardi@friend.ly.net.