



Inner Journey Coaching

“The journey forward begins inward!”™

A Message from Elaine: December 2009

Hello to ALL the amazing women out there! 2009 has been a year of tremendous change. Many of us have faced situations/circumstances that have challenged us to the very core of our being. Yet, in doing so, we've learned a great deal about **our resilient spirit** and the **profound power that reside within us**. Specifically, the depth of our strength, courage, wisdom and compassion.



My holiday wish is for each woman to fully honor and celebrate her courageous journey this past year on 3 levels:

- 1) **Celebrating Our Angels in Disguise**: It's important during the holidays to appreciate the people who have journeyed alongside us, reminded us of our strengths/gifts and loved us through it all! I like to call these special people “Angels in Disguise” because they often bless our lives in unexpected ways. Select 3 people you'd like to thank for their significant impact in your life. Consider **sending** them a card expressing your gratitude, **calling** them so they can hear the deeper sentiments in your voice, or **meeting** them for a fun evening out or visit at home together. Let them know how their support and kindness uplifted your spirits when you most needed it.
- 2) **Celebrating How We've Made a Difference**: Take some time to reflect upon this entire year (from January through December). *Who have you made a difference for?* Think about the people, groups or communities you have touched in a deeper way. You may have listened to a friend in need, volunteered your time at a community event or spontaneously helped someone when the need suddenly arose. Each of us makes a big difference so this holiday be sure to celebrate the impact of your generous spirit.
- 3) **Celebrating Our Learning & Growth**: Think about the challenges you have bravely faced and learned from this year. *What qualities did you connect with in yourself? (i.e., your inner strength) What are you most proud of? How have you grown as a woman and person (separate from any role)?* It is essential for women to recognize and honor each year of their life's journey. We focus on others so much that we may not fully realize how much WE have evolved (physically, emotionally and spiritually). So take some time this season to celebrate the unique inner journey you have been on.

In closing, I'd like to sincerely “thank you” for allowing me to be part of your amazing journey in 2009. I wish you ALL a heart-felt and joyful holiday season with your family and friends. Here's to continuing our exciting journey together in 2010!