



Do Your Relationships Sizzle?

Shhhh... I am flying to Milwaukee tomorrow to surprise my mom on her 75th birthday. Probably not a secret anymore ~ just like when I was a kid ~ being the oldest of 5 ~ there were NO secrets!!! And, I just returned from Madison seeing Danielle the first time since August 25th. Bittersweet!! Sweet because I saw her and bitter because the time flew by so quickly. I think about my mom and daughter all the time. And, really our relationships with others are really us thinking about them and deciding if we want to be with them or not!

At the same time, my coaching practice, especially my Overcoming Overwhelm presentations are really taking off. I am spending more and more time in my office creating these hands on seminars.

One of the greatest gifts I have received as a life coach was to learn to be keenly aware of what truly matters the most. Although giving presentations pumps me up and makes me feel important ~ it truly pales in comparison to my deep connecting relationships with family and special friends. I have been thinking about how I can be with special people in my life more and let them know that I care. So, I created November as "relationship month." What did I need to create this "relationship month?" I needed **F R E E** time.

Fabulous **R**elationships (create) **E**nergy. These Fabulous **R**elationship **E**nergizers are just what I need during the gratitude month of November. This **F R E E** time nurtures my spirit and soul and adds sizzle to my life. What about you???