

A GIFT FROM THE SAN ANTONIO PROFESSIONAL COACHES



This month's technique

10 Choices For Ageless Living[®]

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CHOICE #1: Replace your number of years old with a *new* age attitude. Feed your energy to sustain lightness, positivity and possibility. **DON'T...** buy into the number of years old, make it the number of years young.

CHOICE #2: Refrain from people and activities that deplete your energy. **DON'T...** judge, gossip or criticize. Focus on finding something positive no matter how deep you need to dig.

CHOICE #3: End each verbal and written contact with a positive intention, word or statement. **DON'T...** let emotions hold you down or back from being your true self. No matter how brief, state a positive ending in business, or an *I love you* in life.

CHOICE #4: Find celebration in each breath you take. If you are not breathing nothing else really matters. **DON'T...** feed your thoughts with fret or worry. Take your breath away with moments of joy.

CHOICE #5: Stay present in the moment so you don't miss a beat. It's the small moments that add up to the big memories. **DON'T...** live in the future or you will miss the real moments that influence and create what is next in your life.

CHOICE #6: Be adventuresome and look at new products and services that allow you to age with style and grace. **DON'T...** be stuck with the same hairstyle (ladies—and make-up) when the rest of you has changed. Look for a new hairstyle and make the experience fun.

CHOICE #7: Focus on your internal light not just your external ornaments. **DON'T...** be superficial. Your first impression with fashion will only carry you so far. People want to connect and know who you are below the surface.

CHOICE #8: Let your heart lead. People sense when you are ego centric versus heart centered. **DON'T...** believe that showing compassion will limit people's perception of your knowledge and ability. You will be received as genuine, authentic and capable.

CHOICE #9: Be of service whenever the opportunity presents itself. Helping other people on the planet feeds your soul and increases your energy. **DON'T...** get caught in a *me focus state-of-mind*. It can be a very lonely place.

CHOICE #10: The gift of time is rationed out equally to everyone. No one gets more and no one gets less. Remember all things have an end. The clock starts ticking with your first breath and stops ticking with your final breath. Fill in the gap between breaths with moments of joy, a sense of accomplishment and the feeling of significance with whatever you do in your life. **DON'T...** get caught in competing with others. *Remember curiosity did not kill the cat, comparison killed the cat.* Be true to you. By doing so you will be a gift to others and a friend to yourself.

Jayne Garrett is a Professional Certified Coach. She is also the author of two books and speaks to a variety of audiences throughout North America on topics related to business and life.



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