

# LIVING IN BALANCE

Doug Nau



**HOW TO CONSCIOUSLY SHIFT  
FROM STRESS TO SUCCESS!**

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## ***Sharing this Book***

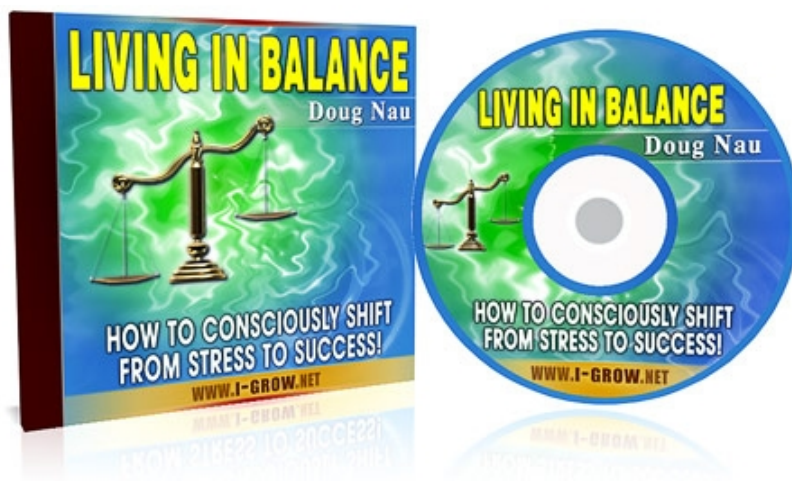
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## ***Audio Book***

An empowering way to remain conscious of the ideas and concepts presented in this book is to re-read or listen to the material presented on a regular basis. For this reason, I have created a full length audio version (67 Minutes) of this eBook which can be downloaded for only \$9.99. I encourage you to read the eBook first such that you are certain to be pleased with the content provided. The audio book also makes a great gift for those with little time and prefer to listen to materials during their commute. Unlike the eBook, reproduction and redistribution of the audio book is not permitted.

To Purchase your copy of Living in Balance: How to Consciously Shift from Stress to Success Audio Book, visit my website at: <http://www.i-grow.net/ebook.htm> or [click here](#).



## ***Getting Started***

This book is a free download, available to anyone, any time, anywhere. While I offer this book at no cost, the information, processes defined, and its potential to inspire transformation in your life has a value that can not be quantified. The value which you *decide* to assign to this book, and the extent to which you *choose* to embrace that value will have a substantial impact on the results you will glean from the materials laid out herein.

Most people will read this book because they are frustrated, overwhelmed, stressed-out, even concerned about the way their life is headed. Some will read this material because they are worried about people that are close to them that exhibit a life that is 'out of balance'. And others may be looking for tools to support their friends, family or co-workers in leading more fulfilling lives.

Whatever your inspiration is, open your mind to a sense of possibility as you read through this book. As with any education you decide to embrace, you will get out of it what you put into it. If you seek a balance between work, health, family and your hobbies, notice the gap between where you are now and where you would like to be. Choose to be a participant in this book (not just an observer) because the material being addressed is no short of the material that constitutes your life.

I encourage you to read through this short book once, to become familiar with the chapters, then to re-read that which calls to you and embrace the actions defined. While you will see that this book provides no direct answers to the questions you've been pondering, it will engage your mental processes such that you can answer the questions for yourself. I highly recommend that you read through this book with a pen and paper (or an audio recorder) in hand to take notes for yourself as you will undoubtedly find ideas

arising as you read through the questions of self inquiry provided.

Above all, enjoy the material, ask yourself how you can benefit from what is provided, and remember to apply that which you find the most empowering in your own life.

Be Well

## ***Gratitudes***

I begin this book with a brief set of gratitudes. I do this for the purpose of sharing my greatest appreciation with those that have had such a tremendously positive impact on my life as well as to express the importance of gratitude each and every day. Each night, I say a prayer, thanking the greater power we are all part of and connected with for the blessings present and transformations that have occurred in my own life. I look back just five short years ago, and I know from experience the power of gratitude, optimism, and the potential for change. I encourage you to write out your own gratitudes on paper whether you are transcribing a book or simply looking for a starting point to create balance. The exercise is centering, fulfilling, and you may find this simple act to be nothing short of transformative.

Without further hesitation: I'd like to express my greatest gratitude towards my loving, visionary, and incredibly supportive wife. A woman to whom action based on principles is the norm and living from the heart is her goal. I love you and thank you so much for being who you are. I am forever grateful to my parents, whom despite my periods of difficulty, have always supported me in every way they could such that I could live the life that was the most fulfilling for me. To all my family and friends with whom I share just how powerful the act of their encouragement, friendship and love is - far too infrequently. You have all touched my life and I am so blessed for the time we've spent together.

To my colleagues and family at Sutter Health Partners and Sutter Health Support Services – for giving me an opportunity to be part of your community and in doing so to follow my passions in my career. Your work is groundbreaking and a demonstration of caring within corporations. I am particularly grateful for all the medical researchers that seldom see the lives of the patients they save. Particularly I'd like to express my most heartfelt gratitudes to the scientists around the globe that work for Novartis. You may never know me, but without you I often wonder if I would be here today.

Finally, I'd like to express my deepest gratitude towards you – the reader. Knowing that I

may somehow share bits of the fleeting wisdom that I have gained in my own life such that you may benefit is a deep rooted goal which I set to accomplish years ago. Whether or not you know it, your act of reading and applying the materials presented in this book is providing me with a sense fulfillment that is difficult to imagine. For your participation in this book and your consideration in passing it along to others that can benefit – I am grateful.

## ***Chapter 1: Introduction – Stress in the 21<sup>st</sup> Century***

The world has changed. We are filling our lives today with activities that were not yet even ideas 20 years ago. Our workplace, education, nutrition, our home life, daily routine, even our family dynamics have all been forged by this revolution of ideas that the last two decades has brought upon us. The change we have seen in the last 20 years is phenomenal.

I've been blessed with the opportunity to visit hundreds of cities in dozens of countries spanning four continents. I've had the great fortune to observe the cultural differences across the globe, but its the universal similarities that strike me as nothing short of amazing. No similarity across the globe is stronger than the ever present constant of change. Whether its been in the remote rice fields of India, the farmlands of central Canada or the metropolis of Hong Kong, change is present and change is being produced at rates quicker today than ever in our history.

New technologies have created improved processes, greater efficiencies, lowered costs and more and more competition. The tools which promised to make our jobs easier are the same tools that seem to create more work for us. With these technologies in our arsenal we are expected to produce more, to increase efficiency, to cost less, to have greater availability, and to improve the bottom line in an environment which job security has become a thing of the past.

While our work life has changed, so too has our home life. The educational systems are not the same today as they were 20 years ago. Children spend 3 hours per night studying for exams and writing papers so that they can one day compete with children in other countries for jobs which have not yet been created. Our leaders fear of this reality puts an overwhelming pressure on our children. Parents spend all their free time driving from the game, to karate, back and forth to day care, they scurry to dance rehearsal and “relax”



over dinner at McDonald's. We are much, much more *productive* than we once were.

Does it surprise you to hear that approximately 90% of all doctor visits are related to illnesses brought on by stress? To compound this problem, we know that not only does the stress itself cause physical and emotional ailments, but that the lifestyle many 'stressed-out' individuals choose further impairs their health and wellbeing.

New technologies in health care have created medications and treatments that can manage disease, and I myself am forever indebted to the miracles of modern medicine. Regardless, for the first time in our history, experts are predicting that in the United States, our children will live a shorter lifespan than their parents. Contrary to what you'd expect with our achievements in medicine, this is purely due to the day to day lifestyle choices we collectively make. No pill, no matter how strong, can change the choices you decide to act upon.

No matter how much we'd like to blame work, the changing environment, or life in the 21<sup>st</sup> century, *our personal decisions* have created the stress we experience in our lives. There is no one else to blame – this can be hard to hear and even harder to face. We have allowed the demands we put upon ourselves to change our priorities. Our thoughts have shifted from *being* to *doing*. Many of us choose to ignore the *absolutely vital activities* of nurturing our physical, spiritual and intellectual bodies. As a result many of us experience a sense of emptiness, we wonder why our lives are not fulfilling, and there's a baseline of anxiety that never quite seems to go away.

Of course, not everyone fits the exact mold that I've described so far. Ask yourself; what stood out for you as you read through this introduction? Listen closely to your response. The universe, life, your voice of wisdom, God, your guardian angel, your mind, soul and body are telling you something.

Take a breath. Slow down. Stop doing and start being for this one moment.

Ask yourself, how would it be if right now you knew with 100% certainty that you could release all of the tension, all of the frustration, all of that stress you are experiencing, and bring a true balance to your life. Immerse yourself in that possibility. See it happening.

Once you've got the vision in your mind ask yourself if you are ready to live that which you are envisioning. Close your eyes, believe in what is to come, and move onto the next chapter when you are ready to manage your stress in a brand new way.

## ***Chapter 2: A Brand New Way***

This is not your typical stress management book. You will not read about deep breathing techniques, meditation, yoga, or progressive muscle relaxation in the pages to come. In fact, that is the last mention you'll hear of any *techniques* to manage stress. While managing stress is important, its analogous to taking an aspirin to mask the pain of an injury. It may help, but it simply moves the attention away from the underlying problem.

In this book you will not be lectured on the forms of stress, the benefits of reducing stress, or the detrimental effects of stress. If you've read this far, you are already aware of how it is affecting your life or the life of a loved one, and you are interested in knowing what you can do to create change.

This book is about change. It is about taking control of your life, rather than allowing life to take control of you. I will address the fundamental power of the decision to do things differently and explain to you how to consciously create the stress free, fulfilling, healthy and balanced life that we all strive for. This book is about action. It provides the framework and the model for creating lifestyle change instead of the answer to the question – 'What should I do?'. Giving you that answer would be very efficient yet extremely ineffective. You may even welcome the answer I might provide as it would not *interfere* too much with your life – wouldn't it be easy if I could tell you precisely what to do! We all want the quick fix. With good reason, anything worth doing takes time to master. Ask yourself if you'd be willing to change to get the results you desire? That is a BIG question.

The purpose of this book is to give you the tool set that allows you to become clear of what you need to do to restore balance in life. The result of reading this book will be unique to you. You may simply use it to gain a perspective that allows you to breathe a little easier. You may fully embrace the concepts and begin creating immediate, large

scale, and fundamental changes in everything that you do. As a result, you may see the negative stressors disappear in your life as you take action to create the life you truly long for.

By choosing now to participate in this book you'll be entering into a journey that rekindles your childhood imagination, one which stimulates new thought patterns, reconnects your mind with your soul and shifts your perspective from stress to success! Should you choose to continue, I welcome you to the process of *Awakening the Soul*.

### **Chapter 3: A Story About Waking Up**

It was December 24, 2003. I was working 50+ hour weeks for a software company in the Silicon Valley and just three days earlier, I had completed an intensive evening MBA program. I admit that I was exhausted from what had transpired the previous 2 years – it was the first time in my life that everything was truly out of balance. Between long and frustrating work weeks, evening courses and meetings with classmates, weekend studying and no real breaks for two years straight, I completely lost sight of my sense of enjoyment and was solely focused on making it through to graduation. The day finally came and upon graduation, the sense of success was surprisingly not there. I was doing, doing, and doing so much that I had lost my ability to experience of how it was to *be* and to live in the moment - at least temporarily.

I knew I wasn't taking care of myself. As a collegiate athlete I had a lifelong passion for exercise which I 'had' to completely drop, and my nutrition for the previous two years defaulted to whatever was quick and easy – I won't tell you what my cholesterol counts were at that time, but it wasn't pretty.

I've always been a planner but lately I had been so busy, that I hadn't spent the time to consider what I would do next. I wanted to complete my MBA but did not know where that would lead. Would I seek a new job? Would I move to Europe and start a satellite office with my current company? How could I possibly shift away from the work I was currently doing? RING RING!! Still Christmas Eve, and the phone awakened me from my drifting thoughts.

Six weeks prior, I flew to Paris to teach a software course. The day after I arrived, I woke up with significantly impaired vision in my left eye. Did I burst a blood vessel on the flight? Never mind, I told myself - it will go away. After 4 weeks of no improvement I met with an eye doctor, he referred me to a retinal specialist. Finals were coming up – and in the

relative scheme of things it wasn't that important, it could wait. The day after graduating, I finally met with the specialist and he ordered a series of blood tests. The phone call awakening me from my daydream was the doctor with the results. I remember clearly that she told me to go to the emergency room to retest and verify that there was not a mistake, without giving a lot of detail as to what the problem could be.

I called my girlfriend with the news and based on the urgency in the doctors voice she told me to stay where I was and she'd pick me up. We went to the hospital together and within a few hours of testing I was informed that I had leukemia. I was 29 years old. They told me frankly that I had a 60% chance to live and that my next year would be spent going through chemotherapy. I absorbed it, and my senses were so dulled at that point in my life that I confidently proclaimed – 'lets do it!' I had been asleep for so long and I was just beginning to wake up.

As a coach, I hear it all too often. I am so busy that I can't find time to..., I am overwhelmed, I am frustrated, things are not turning out as I had expected, there's not enough time in the day, I am stuck, why did this happen, I don't have a choice, I can't control it, I wish I could..., if only my husband/wife would support me, I need to put my family first, I am stressed out, etc., etc., etc. Its so easy to clearly see the problem while altogether ignoring the solution. How would your priorities change if you were admitted to the hospital right now for something you had never imagined possible?

Whether or not living with the level of stress that you are experiencing today is easy, it is undeniably comfortable. It is what you are used to. You know what to expect. Generally we think - it is going to be a lot of 'work' to have a more balanced life. Our minds tell us we want it but our actions tell a different story. We are overwhelmed, exhausted, and in the midst of our busy lifestyles, we've completely lost track of our priorities (or maybe we've never even had sight of them in the first place). Undeniably, we are asleep.

Take just a moment and ask yourself - Where am I asleep? Am I ready to wake up? What will it take for me to wake up? Do I need the impossible event to happen in order for me to wake up? What would life be like if I were awake right now?

When I was diagnosed, I began a long process of personal growth. With my time off I examined my values. I educated myself on nutrition. I read and listened to the most powerful minds on spirituality, achievement, health and wellbeing. Miracles began happening and I saw them for the miracles they were. I bought my first home. I developed a revitalized sense of purpose. I got married. I changed my career and opened a business. My health improved significantly. I was connected with an incredible health care system to work with. My wife gave birth to a beautiful daughter. My leukemia tests began coming back as negative. And now today, I have established the balance I once was too busy even to strive for.

Well into my journey, I began to recognize that there is no perfection when it comes to any aspect of life – even balance. I learned to laugh at myself and to become aware when my life became imbalanced. As imperfect beings, the key is to become so aware of what you want and so conscious of what you are doing that you are able to make the adjustments when when you recognize that you are no longer on track. We will falter – there is no doubt in this. Train yourself to be an expert in your own self awareness. Becoming conscious is a lifelong process and a work in progress. Its likely that for a long time you've been conscious of your mounting stressors, frustrations and inability to create change.

You may be wondering, how does one shift their frame of mind to an alternative consciousness? An alternate awareness? An alternate reality? Ask yourself, deep down in my heart am I ready to invite change? If you can truthfully proclaim yes, excellent. This is an enormous recognition. If not, acknowledge yourself for engaging your curiosity and proceed to the next chapter on shifting your consciousness.

## **Chapter 4: Shifting your Consciousness**

An amazing thing is happening. Right now, you are beginning to wake up. You are considering questions you've held on the back burner for far too long. Something in your life, or in the pages leading up to this chapter has caught your attention. In the past you may have chosen to ignore the very topic that is on your mind right now, and perhaps you've buried this important part of your life so far underneath the daily conundrum that it only surfaces during times of self exploration. Perhaps that self exploration occurs far too infrequently. Regardless, right now, in this moment, you are seeing something for yourself. The activities you participate in may have you stressed out and under pressure, but here and now you are holding on to a vision that brings promise and excitement.

As your consciousness grows, you may notice a sense of tranquility and possibility amidst the metaphorical storm of life. You may even feel a small sparkle of excitement mounting as you read these words. In reading these chapters, you are starting to recognize that change is one of the few predictable constants in life. Its not hard to see that you can either *passively accept* or *consciously create* the changes that will undoubtedly occur in your future. You may be starting to embrace a philosophy that our perfection truly lies within our imperfections or maybe even a state of mind that recognizes whats happened up until now, is simply what happened up until now. You have the incredible and innately human power to choose. Perhaps you are visualizing all the choices you've made in your life and how it has led you to where you are today. Good. Now let that go and shift your perspective to the future.

Being conscious of any aspect of life is a skill that is developed with time. We all have this skill, we just use it in different ways. Some of us are conscious of the successes of our neighbors. Others are conscious of all things related to work. Some are conscious of all of the positive or negative events that occur in life. When we hold our attention onto a compelling thought or idea, we see it clearly in the world and draw relevancies



surrounding that consciousness into our lives. Fortunately, we get to choose what we hold in our consciousness, and when we do so with clarity, our world changes.

Its hard to argue the simple truths above (think of the time you bought a new car and suddenly you started noticing all of the cars of that make on the road when you never noticed them before). We create what we focus our attention on. Its that simple. Focus on the love for your family, and the stresses will be pushed aside when you are present to and participating in that love. Focus on 'not' being stressed out and you guessed it, we stay stressed out. Stress is the idea that is holding our attention.

Now, you may be wondering, if consciousness is the key to managing stress, why has an entire book been written on how to shift stress to success? The reality is that once you wake up, and I mean “earth jolting, you've got my attention, I am serious about this” awake, then consciousness is the easy part. We are all masters of creation in our lives, we do this every day. Failure to create our ideal life lies in our lack of clarity, lack of vision and sense of uncertainty with where we are headed. In other words, people accept whatever comes their way because they simply do not know what they want!

So, you want less stress – sounds good to me, what do you really want? Get specific. Its time for a heart to heart with yourself. Its time to get beneath the surface and really examine your current situation relative to where you see your life going. Becoming conscious means laying down the ego, learning who you truly are, what you want, and what you are willing to do to get there.

Where does one start? You start by becoming curious about life. You ask yourself questions. You read on the topic of personal growth, stress management, fulfillment and achievement. Perhaps you attend a personal growth seminar. You take a break from doing and you embrace being. You become comfortable with who you are. You step outside of your routine. You notice how you react during the day and you learn about yourself. You start to see reality in a new way. You start to see the choices you have and begin to choose in accordance with what is important to you. The concepts are simple and by no means easy.

The upcoming chapters describe a highly effective way to shift from stress to success. These pages contain only words. It will guide you down a path but will not carry you to your destination. Your results will be defined by the embodiment of these words into actions. You begin your path with the decision to change.

## **Chapter 5: The Power of a Decision**

One of the best movie scenes ever filmed regarding the power of a decision and the process of waking up was in the original version of the blockbuster hit 'The Matrix'. Morpheus, a mysterious subculture leader, offers Neo, a character living an unfulfilled life, with a choice of monumental proportion in the seedy Lafayette Hotel. To quote the powerful passage spoken by Morpheus:

“no one can be told what the Matrix is. You have to see it for yourself. This is your last chance. After this there is no turning back. You take the blue pill, the story ends, you wake up in your bed and believe whatever you want to believe. You take the red pill, you stay in Wonderland, and I show you how deep the rabbit hole goes.... “

If you are familiar with the story, you know that Neo chooses the red pill. He decides to wake up and embrace the uncertainty that this may bring into his life. In doing so, he opens up a world he never imagined. One which initially brought about turmoil and frustration, but one that ultimately led to his unparalleled success. There is a lot we can learn from this movie and this passage in particular about the power of a decision in creating the life we desire. Lets look at the key components of the decision to change.

### Decisions are up to you

Ultimately, you have the power to make the decisions involving your life. No, we can not control everything that the world throws at us, but fundamentally we choose the direction that our lives point in. We choose what we eat and drink, the actions we take, how we treat others, what responsibilities we take on, and the perspective we embrace when confronted with any situation. Other people may try to persuade us to think or feel a certain way, but we ultimately take a stance. We need to take responsibility for our choices. Neo was offered a decision based on the information he was presented. The blue pill or the red one. Many decisions in life are not this black and white, yet we still undeniably have the power of choice.

When we decide not to choose when it comes to the matters that are most important to us, we are inviting life to give us more of the same. In essence you've decided that the current situation is just fine and you will not do anything. You've proclaimed that status quo is all right with you. Perhaps this is something you've seen in your own life. Be aware of the decision you have made by not making a decision. This is what I call passive acceptance. If this works for you, then great – I suspect, however, that if you've read this far that you are searching for a new paradigm. This paradigm is called active creation, and it begins with a decision marked in the physical world.

#### Decisions require action

Neo had to swallow the red pill to mark his decision. He could not simply think it. A decision to change begins in our minds but is nothing more than electrical impulses floating over brain matter until a physical act has taken place in the real world.

Think back in your life. What decisions have changed your world as you know it. Was it an impulse decision to take that promotion? Was it the day you asked your spouse to get married? Was it the choice of the University you decided to attend? Perhaps it was the decision to drive home drunk one night? If you doubt the power of the combination of a decision plus a simple action, look back at the biggest changes in your life and the decisions which led to them. How much change was created simply by deciding and taking the first step? Some decisions may have taken you a while to come to, while others may have been on the spur of the moment. I like to recall the last minute decision to go on holiday in Mexico where I met my wife. How different my life would look today if I had simply chosen to stay in California.

If you have a vision of a different, better, more balance life, to begin you *must decide* and I encourage you to do this now, to actively create that life. This very moment is an opportunity that may steer the direction of the remainder of your days. Look beyond what has become *comfortable* and engage your inspiration and passion. In the introspective process you have undoubtedly engaged yourself in as you've read this far you have brought some very important items to the forefront of your attention. Even though you

may have hidden these concerns and ideas in the back of your mind for some time now, at this moment you are standing face to face with a decision that will be of your own making. If you truly want change be willing to do so, and commit.

Consider an action that signifies this decision. Is it committing to be a soccer coach because you want to spend more time with your children? Would it be joining a gym and committing to create a healthy lifestyle? Is it a significant change like resigning from your position? What meaningful step can you take that brings you closer to your vision? Embody your decision by taking action.

Whether or not you see it, at this point the stage has been set. You've risen your consciousness, you are asking questions that you seldom consider (or have elected to push into the background of life), and you are making clear decisions - and yes, remember that a decision to do nothing is still a decision which you will have to take accountability for. You have begun the process and deserve acknowledgment for being willing to explore these HUGE questions. Living in balance is a lifelong decision. Its an awareness. Its an exploration of being rather than doing. In this short time, whether or not you recognize it, you've already begun the process of self inquiry which is a skill you will continue to use as fresh and new challenges arise over the years to come.

While no one knows exactly what the future will bring us, our capacity to clearly define what we want has an enormous impact on what we get. The remainder of this book identifies real world ways to bring about the life balance you desire through a process of conscious intention.

## ***Chapter 6: Conscious Intention***

We create what we focus our attention on. When we hold an idea in our consciousness, we begin seeing and creating that reality. You've just made a decision. The decision has either been to consciously intend a new reality, or to passively accept what the world casts in your direction. If you've decided to create a new reality, then you are considering an action that leads you towards that vision you are beginning to develop.

I can not say enough about the power of a decision. Without decisions followed by action, there would be no conscious or intended outcomes in the world. If, however, a decision plus one action were always enough to bring our dream life into a reality, then we'd all be living a life in perfect harmony because the barrier for success would be so small! I've seen many people decide to change, and in an instant they have developed a routine that lasts for months, and even years. But for most, without an ongoing and conscious process of introspection, a commitment founded in a clear sense of purpose and a larger vision, many will lose touch with principles underlying their decisions and there is a tendency for our motivation to erode with time. Ask yourself, what are the measures I can put in place to ensure long term sustainability of the decisions I am about to embark on?

As a starting point, I ask you to become clear of your priorities, to become clear of what you want right now, and to be clear of a vision beyond today and well into the future. In taking the steps listed below, you'll be laying the foundation for creating success and you will engage your mind to envision the steps you can take right now to bring your ideal life into the physical world today. Your process begins by defining your mission statement.

### Writing your Mission Statement

Most of us have worked for businesses that prominently display their Mission Statement – the guiding principles by which they do business. The mission statement is short, it typically says little about the process by which they do business, but it captures the

essence and meaning behind the work that they do.

Have you ever given thought as to what guides you in the decisions you make? It's a simple enough question. What is important to you? What matters the most to you? What do you really care about? What qualities do you have that you care to express to others? What makes you feel great on the inside?

Our personal mission statement is a written reminder of that which is most important to us. Like the mission statement you'll see in your office, it is brief, prominently displayed and visible such that you are enticed to review it regularly. In effect – it raises your awareness. It is a catalyst for conscious intention because the decisions you will be faced with in the future will have to pass the mission statement for approval. The process outlined below is the easiest and most effective way I know of to raise your overall consciousness as a human being.

There is no right or wrong way to draft a mission statement. I have heard of elaborate stories of people using guided visualizations in which they meet with spiritual counselors as a method to create theirs, and on the other extreme others simply begin writing. In the reading and work I've done, I've collected a few guidelines that I would encourage you to consider when writing yours:

1. The mission statement should be short. Try to make it 2-4 sentences, and do not let it exceed one full paragraph. A short mission statement can be read daily, memorized, and is not a burden to create.
2. Post it in a visible location and choose to read it daily
3. When writing your mission statement, pass it by the 'tombstone test'. In other words, how would you feel if it were prominently displayed on your tombstone when your time has come and gone? For example, mine probably wouldn't say – "Here lies Doug, he loved to work on the computer and play tennis with his family". It would more likely engage the values behind the actions. Another way to write this would be "Here lies Doug, a man that was passionate about personal growth, building community wellbeing, and a devoted and loving husband and father".
4. The mission statement is something that already exists deep within your heart. This should not take you days to write – in fact it should take minutes because it is already within you. If you find yourself spending more than ½ hour writing it, you are over thinking it. Accept what you have written in the time you've given yourself

and feel free to make minor adjustments if needed in the future. Remember, our perfection lies within our imperfection.

You may be reading this passage and thinking that this is a good idea, but deep inside you are hesitant to take action. Are you overly busy? Is this going to be a stressful activity? Perhaps you are uncertain whether or not this will work. Ask yourself what you are willing to do to create the life you want if you are not willing to spend at the most ½ hour writing down your mission statement. Feel free to read on if you simply like the information, but if you are committed to creating change, if you are truly committed to establishing the life balance that you desire, consider the message you are sending to yourself with your decision not to take this simple action. What do you see for yourself right now as you read these words?

Once you've completed developing your mission statement, continue your process of conscious intention by establishing your vision. This is another tool which is incredibly important in the act of building the lifestyle that we desire.

#### Writing your Vision Statement

A vision is a clear and precise depiction of what life will look like at a certain point in the future. You might consider it a snapshot of what is to come. A written vision captures our desires and goals and brings forth those aspects of life that are most important to us today. It also guides us in our actions in the future. Rather than a 'soft dream' we may have thought about from time to time, a vision is a referenceable document with measurable results.

While the mission statement raises your consciousness as to who you are and your guiding principles, your vision statement paints a picture of what life will look like in accordance with those principles. If you've wondered what it means to have a stress free life, here's your opportunity to define it.

You may be wondering, why should I write down my vision? Simply put, a written vision inspires an inner source of motivation that can carry you towards achieving your goals. Reading your vision regularly will keep your mind conscious of those aspects of life that



you hold in the highest regard. This will support you in crafting day to day actions that are aligned with the life you wish to create.

You may be wondering if a vision can change. Absolutely. We are evolving entities, constantly reacting and adjusting to our ever changing environment. My vision today may be completely different from my vision one year from today - however this does not stop me from building a vision that fuels my soul and provides direction. If I won the super lotto tomorrow, my financial vision will be drastically changed, however my vision of family life may be untainted. The vision is organic and flows with our changing lives. Like a business plan, updating the vision is a byproduct of having a vision.

I encourage everyone to write out their vision on paper. In fact, the act of writing it down is even more important than the details of how you decide to write it. The following guidelines will support you in the act of writing a meaningful, usable, and powerful vision statement:

1. Remember, the vision starts deep inside with your dreams and greatest desires. The vision does not need to be limited by the constraints of time and money. Ask yourself, what are my passions, how will they be incorporated in my life in the future?
2. The vision is a picture painted with words, written so clearly that you can taste, see, hear and feel it. The vision is written from the heart and represents how you see yourself and your life in the future. The intent is to provide an extremely clear image of what is to come.
3. Consider the following questions in crafting your vision (please note: not all must be part of what you write):
  - What is important to me in life?
  - Who is important to me in life?
  - What are the places I think of when I consider the happiest times of my life?
  - What are my true passions?
  - When my time has passed, what would I like to be remembered for?
  - What kind of physical condition will I be in?
  - What activities will I be involved with?
  - Will I be working? If so what am I doing?

- How much money will I be making?
  - What will a typical week look like for me?
  - How do I envision my family interactions?
4. Pick a time in the future (ie: 1, 3, 5, 10 years), and write your vision today as if that day has already come. Write your vision in the present tense as you would a journal entry.
    - For example: Today is January 15, 2015 and I am sitting in my log cabin in Lake Tahoe. At the moment I am resting by the fire and my wife and two children are fast asleep. We love the woods and are so happy that we were able to purchase this vacation home last year. We have a 2200 square foot house near my family in Tampa Bay where I work as a senior engineer with a large manufacturing firm. I work a forty hour week overseeing and supervising an engineer team of 10 individuals. I work hard, but am thrilled to say that I spend every evening with my family and I travel just once per month....
  5. The vision is meant to be fun and inspirational. It is not your 'action plan' to get there, rather it is the result of the path you have chosen to get you to this point in time. Enjoy the process, dream big, and be conscious of those things that you hold of true value in your life.
  6. The vision is for you and you only, it is not something to brag about or to show off to friends. It is your dream, your life and your happiness - so don't cheat yourself by creating your friends vision.
  7. Your vision can contain as much detail as you would care to add. As a guideline, the vision should be one to two pages. Remember to keep it short enough that you will read it regularly.

I've guided many people through writing out their vision statement and quite often they struggle with the idea of creating their perfect life. They say that it is not possible so why should I do it. I don't understand how this can work. Its too far of a stretch from where I am at today. They have already given up on their dreams before even starting.

When I look back on my own life just 5 years ago, and I consider the change that has occurred in that short time, I am inspired by the possibility of what the next 5 years holds. Whats transpired in this last half decade is nothing short of phenomenal. In this time, not every aspect of my vision has come to fruition, but in most cases life has exceeded my expectations. The vision has guided me to actively create the life I have today. And for this reason, I find the vision to be the single most important tool in our arsenal of actively creating our future.

For those struggling to develop a 1 year vision, I encourage them to begin by writing out a vision 5 or 10 years in the future. Its easier to embrace the possibility of change as the length of time increases. Once they have written the vision in the longer duration, I ask them to write out the one year vision. The act of writing out the first statement, accustomizes the writer to the process and makes the one year vision much simpler to build.

After writing out your vision read it regularly. Daily for the first two weeks, then weekly, bi-weekly or at the minimum monthly throughout the year. Your mind will find opportunities to create the life which you have become so clear about having. Make adjustments when your desires change and appreciate the journey as no one's destiny is engraved in stone (let alone the paper holding your vision statement). Be aware of what begins happening in your life once you mind becomes more focused. You will literally begin creating the opportunities you desire for a more balanced and fulfilling life. You've created something big!

Upon the completion of your mission statement and vision statement you've established a foundation made of bedrock to build upon. Your next step is to actively create that which you have consciously intended.

## ***Chapter 7: Prepare Yourself***

You've been engaged in some 'heavy mental lifting' so far and before moving to the fundamental step of active creation, let me take a moment to give you the opportunity to step back and simply breathe for a few seconds. I suspect a lot of ideas are scurrying through your head so this chapter is committed to preparing you for the uncertainty and internal conversations that are undoubtedly going to surface as you begin acting to create change. Before going on, let me take this chance to remind you that what we are doing is fun! Again, enjoy the process – you are creating the future's good old days here and now. Envision how one day you will look back at what you are doing right now and think – wow, wasn't that an incredible process!

I often find that those struggling with life balance fall into one of two categories. The first category includes individuals which society may deem to be 'highly successful'. They are very busy, seem to have everything they would want or need and are experts at staving off and overcoming the challenges that life (or often more specifically 'work') hands down to them. Their lack of balance and stress comes from simply having too much to do – even though they are masters of doing. Quite often, this mastery of doing and prioritization is heavily weighted in one area and does not extend well into all aspects of life. Frustration mounts as these people are 'stuck' in a lifestyle that demands a high income, and change represents giving up all that they have accomplished – although their accomplishments certainly do not include an appropriate life balance.

On the other hand, there are many people that feel stressed out and out of balance, overwhelmed by the pressures present in modern day life who are not what one would consider 'masters of doing'. In fact, when the pressure builds too high it is quite often easier to escape, to find a moment of stress free solace because that can be the only practical way to cope with the situation at hand. Upon returning to the real world, this procrastination approach only increases the stress up until the point that the baseline

stress level is so high that it doesn't matter what else happens, it simply could not get any worse. They learn to operate in this fashion -concerned, overwhelmed, just getting by, and waiting for the day that things will get better. By the way that day has not come yet.

Of course, there are other scenario's as well. For some, stress mounts as they feel unfulfilled and lack direction, for others life is out of balance because of personal hardship, and the list of reasons why and how life gets out of balance goes on and on. Regardless, independent of your history, active creation of the life you envision follows the same process of waking up, becoming conscious, making a decision, designing a vision, then acting upon that intention.

Now, at this point, you may not like what you are reading. Wouldn't it be easier if I could prescribe an herbal formula to help you better manage stress? Perhaps you'd spend far more money on that than you would this book because the process would be so simple. What I am speaking of is fundamental. Its the process of creating change. You must face the decision to make change knowing very well what you will have to give up in order to make it happen. You may have to sell that new Mercedes. You may have to pass on a position that people envy. You may have to give up your power over those that constantly offer you support because you 'need it'. You may have to give up the comforts you've received from others because you've been a 'victim' of the treacheries of life. In order to invoke lasting change, *we must* face these sacrifices before we let them decide our future for us.

What the vast majority of us fail to see is what we are gaining by invoking change (and remember we get what we focus our attention on). We immediately gravitate to looking at what we are giving up and it's much more difficult to lose something we already have than it is to gain something we don't have, even when the gain is substantially larger and as fundamental as life balance. We have a perception that if we do not initiate change that we are pretty much guaranteed to maintain all the perks in life we've 'earned' that we've become so comfortable with. But at what costs do those perks come? Furthermore, I do not need to tell you that there are no guarantees in life, there are simply odds. And the odds are that unless you begin a process of actively creating the vision that you have

developed, that you will get more of the same. Is the vision you've created compelling enough for you to put aside the worries of losing the perks you enjoy today and strong enough to inspire you to action? Review your vision regularly and engage yourself in its beauty and possibility.

Undeniably, if you decide to change and are using principles presented in this book, you are stirring the pot of life and things will become less comfortable. Be proactive and ask yourself, What will I need to give up as I decide to create change? Face it now – if not you will face it later and it may come at a moment with less clarity and focus. Are you willing to give up whatever the crutch is that you are holding onto for an *uncertain* opportunity. This is the same opportunity that could very possibly lead to the vision that you have created for yourself. Are you really and truly willing to work at life balance, just as you would an exercise routine or learning a new job function? Its quite simple, we've all got the capability to have a balanced life, the only question is whether or not we truly, truly want it.

Again, take a deep breath. Imagine the life you envision, face your challenges before they face you, and confirm your commitment to yourself. You are now ready to take action.

## **Chapter 8: Active Creation**

When I began writing this e-book I promised myself that I would not focus on goal setting and action. For someone facing questions of life balance and concerns with stress management, the last thing they typically want to hear is that they need to set goals and add more to the to-do list. I will stay true to my commitment not to lecture you on the most effective ways to design actions and set goals, and will instead simply write on the process of active creation and provide a metaphor that may support you in overcoming barriers of momentum. If you would like more detail on goal setting you are welcome to visit my website [www.i-grow.net](http://www.i-grow.net) for a plethora of free articles on the topic.

In the steps you've taken leading up to this chapter, you've already begun the process of active creation. Active creation occurs any time a physical action has taken place in the real world. This is opposed to simply thinking about something. Writing down your mission statement and your vision represents a step taken outside of your mind. In the realm of our psyche – writing out these documents is a huge step in creating an internal shift. From the perspective of the real world, however, its a relatively small step in that it took a small amount of time and effort to create. The more time and effort we invest into our mission and vision, the more ingrained they become in the real world. This is why reading these two tools regularly is so important. Reading is a physical act that can be traced in measurable time, an initial step towards creating change in the physical world.

While the internal decision to create change is a necessary precursor to active creation of life balance, it alone seldom creates the life balance you envision by itself – unless, of course, the vision you have for yourself is not far from what you are experiencing today. Simply put, change requires action and action leads to active creation of the vision you have designed.

Action is where many of us fail. We move forward towards our goals until the first

formidable challenge presents itself and in that moment we choose to stop. Our minds flare up with feedback, questioning our vision, our commitment, our ability to invoke change and we listen to the silly conversations that come in and out of our heads. We choose to give up before ever taking a substantial action – shifting back to the stressed out imbalanced life that we have become so comfortable and familiar with. You will be faced with challenges when you begin taking action and up front those challenges will be bigger and larger than at any other time in the process.

Imagine life as a locomotive running full speed ahead towards the future. You are the train operator and you've been burning the coals, choosing the tracks to follow, in some cases accepting whichever turn the tracks were previously set at, you've been expending lots of energy and you've created a tremendous momentum for the train (your life) to follow the course in front of you. The more coal you've burned the faster and faster you go towards your destination, and there is a direct correlation with the energy you've spent up until now with the amount of momentum you've garnered. You are pointed in a direction that will be difficult but not impossible to change.

At this point in this book I've given you the tools to create lasting change but it is up to you to actively create the life you desire, knowing good and well the challenges that you will face when you begin taking action. To keep from derailing the train, I suggest you start small. What aspects of your vision do you know you can accomplish with relative ease? What values are present in your mission statement that will support you in making this happen? Embrace these foundational strongholds when challenges arise.

As you begin taking action towards your vision, you are setting a new course for the train of your life. The first steps will require you to expend a lot of energy to move the heavy train just a short distance. By contemplating and writing out your mission statement and vision, you've already done much of the work of turning the train in the right direction. The actions you take from this point forward will do their job of getting the train rolling. Each action, like coals in the fire, will build a momentum in a new direction that gets progressively easier and easier to follow once you've picked up speed. Ask yourself what you can do to create the most momentum with the least energy expended for life to



proceed in the direction you desire. Getting started is where you will have the least inertia. Active creation is bigger than just action. Action is simply doing. Active creation is doing with a purpose. Its activity coupled with consciousness. Its where awareness blends with achievement. It in itself is the guiding principle with which you can monitor your progress. Can you realistically say that the activities I undertook today guided me towards my vision. If so, you are actively creating that which you desire. If not ask yourself what is holding you back, how you can overcome those challenges, and what support you can invoke to hold you true to your desires.

You may be thinking that all this sounds like a big deal. You may expect an enormous change to occur tomorrow, and you may be thinking that you are not ready for this earth shattering shift to take place. Rest assured, active creation takes place in all forms. For some, the path forward may not be clear when the vision is created. This does not however keep you from identifying and connecting with the destination. You may feel that the steps you are taking today are so small that they couldn't possibly have an impact. You may not even recognize the steps you are taking today!

How would it be if you were to look back 20 years from now and you realized that this was not a miraculous process? If this process simply engaged our innate human capacity of creation coupled with the ongoing constant of change and aligned these together? What if embracing this approach slowly and surely brought about the change you desired in life over the course of years not days? How would it be if you looked back to this process and remembered just how fun it was, and just how much you loved the journey. This love for the journey is the challenge I face you with today. You are not creating a stress free life, you are designing a life of balance, harmony, engagement and fulfillment.

Whether or not you recognize it, the path towards your vision is already within you. You simply need to allow it to unfold and express itself.

## ***Chapter 9: The Path Within You***

Throughout this book I've provided you with opportunities to look within yourself rather than outside yourself for solutions. The tools I've presented take this self inquiry even deeper, engaging your subconscious and your incredibly powerful brain in finding the answers you seek.

When it comes to stress management and life balance, the answers to the questions you face are all within you. There is no need to look elsewhere, no one but you truly understands your experience, how exactly you feel and what exactly you need. While new technologies, tools, even medications exist today to help manage the symptoms of stress, only you can adjust the underlying factors that have led to your current lifestyle.

I do not claim that the process laid out in this book leads to easy decisions that are simple to implement, but I do claim that this process raises your awareness to the choices that you very clearly have. Even knowing you have a choice can be enough to feel the mounting pressures of stress subside. While the decisions you are confronting as you read through this material may not be easy, you can nevertheless choose to face these decisions with a sense of ease. We can even choose to take on difficult tasks with a mindset of joy. I recognize that it is not my place to tell or show you how to live your life. If I did, that would only add stress. Therefore as I mentioned at the opening of this book, take and use these tools as you feel appropriate. I can only show a path that has led others to their destination, I can not walk it for you.

In closing I share my personal thoughts. As I think about the future, I choose to see a world of possibility, opportunity, and I approach it with optimism. I step into life with my vision in hand and pages unwritten for the future. I know that life will not be exactly what I foresee and that excites me. In the future, I aspire for the perfect life realizing good and well that perfection can only be found in imperfection. And I look at the imperfection of

today, the focus I clearly have, how I embrace the principles in this book and I choose to believe that in each and every conscious moment I live that only peace and harmony exist.

Become conscious, create the future, love the journey – Be well

## Summary and Questions

Now that you have completed reading *Living in Balance: How to Consciously Shift from Stress to Success*, you may find value in revisiting the material presented in this book regularly. This e-book is intended to be a short and easy to read reference guide, but at times it's simply easier to have a one page checklist to ensure that you are on track. This summarizing chapter provides you with the key points presented throughout the book, as well as a listing of introspective questions that can help guide you through the process of actively creating change.

### Key Points

- ✓ The only 100% reliable, predictable, and universal constant is that of change
- ✓ Change is occurring faster today than ever before in our history. The speed of life today has increased our stress levels as a society
- ✓ Our personal lifestyle choices have the most significant impact on our sense of life balance and stress.
- ✓ We don't always recognize our choices because many of us are asleep. We are so busy, caught up in doing everything that life *requires*, that the years unconsciously fly by without even knowing where they went.
- ✓ Its time to wake up. To face life. To see reality for what it is and to choose to raise our consciousness. Its time to choose to create change
- ✓ We can consciously intend or passively accept change. Both are choices which create our future reality.
- ✓ As human beings, we have an innate and immensely powerful capacity for creation
- ✓ We create what we hold our attention on, its that simple
- ✓ To create the life balance we want, we need clarity and direction. We must know what life balance is before we can strive for it
- ✓ Creating life balance begins with a decision and commitment to change, coupled with meaningful and appropriate action. The decision must come from within
- ✓ Deciding to do nothing is a decision that you must hold yourself accountable for.
- ✓ Decisions are extremely powerful but require action. Seek to mark your decision with an appropriate action in the real world
- ✓ Consciously intending the outcomes related to your life is possible through the process of writing and reading regularly your mission and vision statements. This step alone is offers immediate rewards
- ✓ Read these daily at first then weekly thereafter for best results. This is your

- foundation for creating change and the life balance you seek
- ✓ Regardless of what has brought about stress into your life, the process for alleviating it involves waking up, becoming conscious, making a decision, designing a vision, then acting upon that intention
  - ✓ As you create change you will face challenges along the way, prepare for and predict those challenges such that you are ready when they surface. Leverage your mission statement and vision as a personal stronghold you can rely on as you create change
  - ✓ Action is where most of us fail, this is where we face the momentum of the physical world and we must address this momentum. A compelling vision, firm decision, and commitment to the lifestyle you envision will compete with the ease of falling back into the routine you've become comfortable with.
  - ✓ Active creation is the process of bringing your vision into a reality. It occurs when the actions you take are guided by purpose and consciousness, towards a directed outcome. It is what is happening now when you are on the right path
  - ✓ Active creation occurs on its own time scale and you must flow with change rather than force it. Attaining life balance may be subtle and not as dramatic as you'd hope or expect
  - ✓ The capacity to change lies within. You have all of the power embedded within you already. It's your choice to unleash that power.
  - ✓ Remember, when we hold onto a vision, its easy to get lost in the vision for the future. Life occurs in the now. Become conscious, create the future, and most importantly love the journey

#### Questions to Invoke Consciousness/Waking Up

- ✓ How would it be if right now I knew with 100% certainty that I could release all of the tension, all of the frustration, all of the stress that I am experiencing, and bring a true balance to my life?
- ✓ Where am I asleep?
- ✓ What will it take for me to wake up?
- ✓ Am I looking for an impossible event to happen in order for me to wake up?
- ✓ How would my priorities change if I were told I only had 10 days to live?
- ✓ What frustrates me most about where I am at today?
- ✓ What pleases me most about where I am at today?
- ✓ What would life be like if I were awake right now?
- ✓ For me, what does it mean to consciously intend or passively accept change?
- ✓ Am I ready to wake up?
- ✓ Am I willing to spend the time to write my vision and mission statements?

#### Questions for Writing the Vision

- ✓ What is important to me in life?

- ✓ Who is important to me in life?
- ✓ What are the places I think of when I consider the happiest times of my life?
- ✓ What are my true passions and how will they be incorporated in the future?
- ✓ When my time has passed, what would I like to be remembered for?
- ✓ What kind of physical condition will I be in?
- ✓ What activities will I be involved with?
- ✓ Will I be working? If so what am I doing?
- ✓ How much money will I be making?
- ✓ What will a typical week look like for me?
- ✓ How do I envision my family interactions?
- ✓ What qualities do I have that I care to express with others?
- ✓ What makes me feel great on the inside?

#### Questions with Creating Change

- ✓ Am I ready to live the life which I am envisioning?
- ✓ Am I willing to change to get the results I desire?
- ✓ What is holding me back?
- ✓ What will I need to give up as I decide to create change?
- ✓ How can I overcome those challenges?
- ✓ What values are present in my mission statement that will support me in overcoming these challenges?
- ✓ Is the vision I've created strong enough to compel me to action through the difficult decisions I will face?
- ✓ What support can I invoke to hold me true to my vision?
- ✓ What measures can I put in place to ensure long term sustainability of the decisions I am about to embark on?
- ✓ How much change can I create simply by making a decision and taking the first step?
- ✓ What aspects of my vision do I know I can accomplish with relative ease?
- ✓ What action can I take to create the most momentum with the least energy expended to proceed in the direction I desire?
- ✓ How would it be if I were to look back 20 years from now and realize that this was not a miraculous process – rather an innate capability that I developed?
- ✓ How can I remain conscious of living in the moment?

## **Author Biography**

### **Doug Nau, MBA, Certified Life Coach**

Certified Health and Wellness Consultant

Owner/Operator: [i-grow.net](http://i-grow.net)

Owner/Operator: [The Wellness Coach](#)

Professional Wellness Coach: [Sutter Health Partners](#)



### **About Doug Nau**

In the spirit of being rather than doing, I'd like to spend a moment letting you know who I am as the author of this e-book. I am a social, compassionate, respectful, fun loving, health conscious, supportive, dedicated, educationally motivated, growth oriented, open hearted, conscious, athletics enthusiast whom absolutely loves spending time with my amazing wife and incredible daughter. I was once touched by cancer, which provided me with the wake up call that I needed to create a tremendous amount of change at a point in which my life was spiraling out of balance. I am a blogger, I have a passion for writing, and most importantly, a personal mission to support others in living balanced, fulfilling, as well as spiritually and physically healthy lives.

### **i-grow.net & The Wellness Coach**

[The Wellness Coach](#) is a personal life coaching business that I opened in 2006. In this business, I work with executives struggling to find the right balance between work, health, enjoyment and family. I also provide customized presentations to organizations on this and similar topics.

[i-grow.net](http://i-grow.net) is a free personal development, coaching, and lifestyle change blog/website. This is a resource designed for individuals seeking coaching on topics related to change and life balance. It is also built for life coaches and wellness coaches seeking new tools to implement with their clients. [i-grow.net](http://i-grow.net) was officially launched on January 1, 2008, it currently has over 90 articles on topics of personal development/coaching, and original content is added weekly. The website will be undergoing some significant structural overhauls in 2009 to allow for a sleeker interface and more active community involvement. I encourage you to visit regularly for the latest articles, podcasts, and community features. A full listing of all the articles currently available is provided in the appendix to this book.

### **Qualifications/Memberships**

- ✓ Certified Health and Wellness Consultant (AFPA)
- ✓ Certified Life Coach (Academy for Coaching Excellence)
- ✓ Masters in Business Administration (University of Arizona)
- ✓ Bachelor of Science Environmental Studies (University of California Santa Barbara)
- ✓ Member – International Coach Federation

## **Appendix - Online Resources**

The following is a listing of free online audio and written resources that can be found at [www.i-grow.net](http://www.i-grow.net). Topics range from stress management, to life fulfillment, to success, matters of the mind, health and wellness, to financial and life coaching. I highly encourage you to browse through the topics below and visit back frequently as content is added weekly.

### **Audio Podcasts (as of 10-27-2008)**

- ✓ [Podcast #1 - What is coaching and the Decision to Change](#)
- ✓ [Podcast #2 - Developing Your Vision](#)
- ✓ [Podcast #3 - 10 Steps to Success](#)
- ✓ [Podcast #4 - Design Empowering Belief Structures](#)
- ✓ [Podcast #5 - Our Power to Create Change \(This I Believe\)](#)

### **Online Articles (as of 10-27-2008)**

- ✓ [How do I create a Fitness State of Mind](#)
- ✓ [Why do I act the way I do? How can I change this?](#)
- ✓ [How to Write a Vision Statement](#)
- ✓ [Book Review – Personal Development for SMART PEOPLE](#)
- ✓ [How to Choose a Life Coach Training Program](#)
- ✓ [Growing a Blog Business – October 4, 2008](#)
- ✓ [Book Review – The Book of Secrets](#)
- ✓ [Book Review – How to Overcome Fear](#)
- ✓ [Striving But Never Arriving – Creating Long Term Goals](#)
- ✓ [i-grow.net: The Conscious Growth of Prosperity and Balance](#)
- ✓ [Transcending Duality](#)
- ✓ [Working through Deflections](#)
- ✓ [Growing a blog business- Sept 9, 2008](#)
- ✓ [Fail Many Times for Success](#)
- ✓ [Is Wellness Coaching Compatible with Life Coaching?](#)
- ✓ [Book Review - The Now Habit \(Overcoming Procrastination\)](#)
- ✓ [Positive Psychology and Life Coaching](#)
- ✓ [Creating Unparalleled Success](#)
- ✓ [The Power of Presence](#)
- ✓ [Writing your Personal Mission Statement](#)
- ✓ [Growing a Blog Business - Aug 2, 2009](#)
- ✓ [Life Coaching & Christianity](#)
- ✓ [What's Better - Telephonic or In Person Coaching?](#)
- ✓ [This I Believe - A Credo for Personal Growth](#)



- ✓ [Book Review - This I Believe: The Personal Philosophies of Remarkable Men and Women](#)
- ✓ [The Who, What, When, Where and How's of Wellness Coaching](#)
- ✓ [Why to Hire a Wellness Coach](#)
- ✓ [Growing a Blog Business - July 5, 2008](#)
- ✓ [Conquering Monkey Mind](#)
- ✓ [Who are you?](#)
- ✓ [I just need to do it... What do you really want?](#)
- ✓ [Book Review - Who Moved my Cheese?](#)
- ✓ [Thriving through Bankruptcy](#)
- ✓ [Growing a Blog Business - June 6, 2008](#)
- ✓ [Supporting Others in Lifestyle Change](#)
- ✓ [Shift your Paradigm](#)
- ✓ [Letting Go of the Ego](#)
- ✓ [Strengthen Relationships by Observing Projections](#)
- ✓ [The Benefits of Higher Gas Prices](#)
- ✓ [Exercise Your Soul](#)
- ✓ [4 Qualities of Motivated People](#)
- ✓ [How to Change my Lifestyle - Lowering the Bar](#)
- ✓ [Growing a Blog Business - May 4, 2008](#)
- ✓ [Book Review - The 7 Habits of Highly Effective Families](#)
- ✓ [Being an Empathetic Listener - Skill #1 for Life Coaches and those seeking to Enhance Relationships](#)
- ✓ [Life Coaching and Personal Growth - A Demonstration of Abundance \(Lets Exchange Links!\)](#)
- ✓ [Living in the Moment - The Moment is Now](#)
- ✓ [The Fallacy of - 'I Just Want to be Normal'](#)
- ✓ [Setbacks are Normal - They Indicate Progress](#)
- ✓ [One Pill for Wellness - The Cure for Cancer](#)
- ✓ [Writing Your Vision - Doug's Five Year Vision Statement](#)
- ✓ [Writing Your Vision - Doug's One Year Vision Statement](#)
- ✓ [Coaching Someone with High Stress](#)
- ✓ [Growing a Blog Business - April 1, 2008](#)
- ✓ [The Difference Between Life Coaching and Psychology](#)
- ✓ [The Lonely Life Coach/Sole Proprietor](#)
- ✓ [Empower Your Life with the Words You Choose](#)
- ✓ [Breaking Down Limiting Beliefs](#)
- ✓ [How to Get Motivated to become Healthy](#)
- ✓ [Learn from your Mistakes - How to Turn a Negative Situation into a Positive One](#)
- ✓ [A Societal Shift to Wellness - Get Enrolled!](#)
- ✓ [How to Become a Life Coach](#)
- ✓ [What Most Don't Know about the Law of Attraction](#)
- ✓ [What is a Life Coach?](#)
- ✓ ["Do as I do" Copy Someone for Success!](#)

- ✓ [The Contract - When Goals are not Enough](#)
- ✓ [Book Review - The Science of Being Well](#)
- ✓ [The Benefits of Full Disclosure \(in business & life\)](#)
- ✓ [Growing a Blog Business - Feb 18, 2008](#)
- ✓ [How to become a Wellness Coach](#)
- ✓ [10 Steps to Success - Step 10 Acknowledge and Celebrate Success](#)
- ✓ [10 Steps to Success - Step 9 Consciously Learn, Evolve and Grow](#)
- ✓ [10 Steps to Success - Step 8 Clear Energy Leaks](#)
- ✓ [10 Steps to Success - Step 7 Enroll Support](#)
- ✓ [10 Steps to Success - Step 6 Understand Time Horizons](#)
- ✓ [10 Steps to Success - Step 5 Take Action](#)
- ✓ [10 Steps to Success - Step 4 Set Goals](#)
- ✓ [10 Steps to Success - Step 3 Develop a Vision](#)
- ✓ [10 Steps to Success - Step 2 Provide Value to the World](#)
- ✓ [10 Steps to Success - Step 1 Welcome Success](#)
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