

THOUGHTS FOR THE

# good life

PUBLISHED BY SUSAN SPRITZ MYERS, LIFE COACH 847.242.0351

Welcome to my FREE quarterly newsletter, full of fun stuff that will make you think, laugh and hopefully share a thought or two with a friend or colleague. What is the good life? It is whatever you define



as your good life. For many it means having the time and energy to do what you love to do. My hope is that this newsletter will give you

ideas or inspire you to make more of your day. Perhaps just start by asking yourself the question, what does the good life mean to me!

Be well and enjoy!

## So What is Coaching?

*Coaching is a powerful process that helps people create more fulfillment in their personal and professional lives. We look at where you are today and build from there. What works, what doesn't, what you want more of and what you want to eliminate. We have four 30-minute phone appointments a month and make things happen in your life.*

Heather Robinson used coaching to create an amazing new career for herself. Here is her story:

In 1997, when I first hired Sue Spritz to be my coach, I was a Director of Product Management at a large direct marketing company. I had the credentials to succeed: a Wellesley B.A. and a Cornell M.B.A in marketing. Nevertheless, I had been trying, without success, to be promoted to Vice President for six years. But this is not the story of how I became a Vice President, it is the story about how I uncovered my soul and found my life's true path.

Our first sessions were involved, and required homework on my part. I vividly remember some of the exercises Sue asked me to do. One had me writing a dialogue between myself and my Higher Self. It seemed crazy at first, but I was stunned at how strong and urging my Higher Self was about the direction I should be taking. Another exercise, called the Wheel of Life, evaluated my feelings about all aspects of my life, including marriage, home, family, health, career and more. During these client intake sessions, I realized that I was not succeeding because I was not on my true path. Sue asked me what my secret passion was, and I told her about a book I had started writing in 1991. She focused in on that, and I realized that it had been a lifelong dream of mine to write. At work, I was reviewed again and not promoted, I knew what direction my life would and should take. I was elated to quit my job in July 1998 and embark on my writing career.

To say that things have changed for me since then would be an enormous understatement.

In addition to developing my writing skills, I began to recognize that I had psychic gifts that I could hone and, with Sue's encouragement, I began to cultivate these gifts. Her ability to find and connect me with resources, (books or people) has always been wonderful, no matter where I was on my road. With Sue's gentle prodding, I decided to combine my psychic and writing skills. In the last year, I have written two 300-page books. Both books are about real unsolved crimes about which I received psychic messages. I regularly work with police departments sharing the psychic messages I receive.

I can honestly say that I am happier, healthier, calmer, more confident and alive than I have ever been before in my life. The coaching relationship was the catalyst that started the reaction, which made me, understand who I was and who I could be.

### "How to Make Luck— 7 Secrets Lucky People Use to Success"

by Marc Myers

Many of us have heard or even thought to ourselves, "Well, they are just lucky!" Marc Myers, the executive editor of *Bottom Line/Personal* and *Moneysworth*, has just published *How to Make Luck*. Marc proposes that you can take chance out of luck and put yourself in charge of making good luck. The key steps highlighted in the book are:

**Lucky Secret 1: Make life look easy—but don't rub it in.**

**Lucky Secret 2: Cultivate charisma—Even if you're shy.**

**Lucky Secret 3: Become known for your childlike curiosity.**

**Lucky Secret 4: Simplify other people's lives.**

**Lucky Secret 5: Let powerful people own a piece of you.**

**Lucky Secret 6: Fireproof your bridges—people have long memories.**

**Lucky Secret 7: Turn small triumphs into lucky streaks.**

The book is available at Amazon.com or try your local library. Because it is new, they may not have ordered it, so request it. My library purchased it after I requested it. Wasn't I lucky!

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face....You must do the thing which you think you cannot do." ELEANOR ROOSEVELT

# Slow down, you move too fast.

Many people feel their days fly by and they can't seem to accomplish anything. They are pulled in so many different directions and are overloaded with information. Whether you are a busy executive, a stay-at-home mom or a creative soul looking for the next inspiration, here are some ideas to help you enjoy your day, be more productive and have more fun.

## MORNING BREATHERCISE

Set your alarm ten minutes earlier than you intend to get out of bed. When the alarm goes off, continue to lie in bed with your eyes closed. Concentrate on your breath. Breathe slowly in through your nose and out through your nose or mouth. DO NOT think about what you have to accomplish in the day. Just focus on your breath. Continue for ten minutes in a relaxed, reclining position. After ten minutes, get up and go about your day.

I have found that this simple way of starting the day

improves my disposition tremendously. Several years ago I used this technique daily when I was traveling a lot for my job. I was under a lot of stress in order to be productive in a job I no longer enjoyed. One day, one of the guys I worked closely with stopped and asked me what was I doing; I seemed so much happier and I wasn't getting upset about the things on the job that normally upset me. I smiled and reported that the only difference was this little morning breathing exercise. Try it. See if it helps you feel calmer, more relaxed and better able to focus.

## DO SOMETHING WONDERFUL FOR YOURSELF EVERYDAY

How often do we stop and do something to please our selves? I suggest you incorporate one activity into your day to please yourself. Don't wait until tomorrow. Make today count. As they say, "live the day like it is your last." That may sound harsh, but I have found that thought very powerful after the recent tragedy with JFK, Jr.

## GIFTS TO YOURSELF...

- Call a friend and tell them what you respect about them.
- Take time to write in a journal. Just jot down your random thoughts.
- Make a wonderful meal for your regular dinner eaters, especially if you dine alone!
- Take an extra half an hour in the bathroom and really clean and buff yourself.
- Buy flowers for your desk.
- Send an old friend a card with a sentimental message.
- Call your parents just to ask them what they are doing today.
- Really floss your teeth well at the end of the day.

You will notice that many of the ideas on the list involve reaching out to someone else. These are wonderful gifts to yourself and those in your circle. Share yourself openly and warmly. It will come back to you in magical ways.

*As we approach the holiday time, what better gift to give yourself than coaching. You can use it to help you get clear and then get in action. Coaching is a great tool if things are good and you want to stretch yourself to take new risks in any area of your life. It is also wonderful support if you are afraid to leave your safe job, have an idea for a new business, are overwhelmed by your life or want to make changes and don't know where to start. Call me and we will talk about how coaching can benefit you.*

***I hope you enjoyed this newsletter. I will continue to send it to you, unless I hear from you. If you want me to forward a copy to a friend or don't want to receive future copies, you can call, fax or send me an e-mail message at [SSpritz@aol.com](mailto:SSpritz@aol.com).***

***Be well and enjoy! Susan Spritz Myers Tele: 847.242.0351 Fax: 847.242.0352***

“Learn to get in touch with the silence within yourself, and know that everything in this life has purpose. There are no mistakes, no coincidences. All events are blessings given to us to learn from.” ELIZABETH KUBLER-ROSS

P.O. BOX 383 GLENCOE, IL 60022

good  
life  
THOUGHTS FOR THE

This moral conception of the good life has had plenty of champions. Socrates and Plato both gave absolute priority to being a virtuous person over all other supposedly good things such as pleasure, wealth, or power. In Plato's dialogue Gorgias, Socrates takes this position to an extreme. What is key to this hedonistic conception of the good life is that it emphasizes subjective experiences. On this view, to describe a person as "happy" means that they "feel good," and a happy life is one that contains many "feel good" experiences. The Fulfilled Life. If Socrates emphasizes virtue and Epicurus emphasizes pleasure, another great Greek thinker, Aristotle, views the good life in a more comprehensive way. According to Aristotle, we all want to be happy. Choose from 500 different sets of flashcards about what is the good life on Quizlet. Written by Vivien Sung. Expresses how Happiness, Longevity, Prâ; One of three ways of thinking about how the Good Life is achieved; Roots of Ayurveda. Written by Dominik Wujastyk. Expressed a holistic system of meâ; Volitional Action. One of three ways of thinking about how the Good Life is achieved; 209 terms. Tigerlily08TEACHER. What is good for Whaaaaat? Best to give for missed period and notâ; Best to give for a painful period? PIPPALI is best RASAYANA for? TRIPHALA is good for? Hing (brings VATA down) A good life is not a specific way of life for every person. For each person, the meaning of a good life differs. What ever way of life a person is. ...Universal Definition to the Good Life By Devin Fink Ethics Business and Public Administration Professor Michael Beltz October 9th, 2012 The "good life" is a phrase that is used to describe the ideal life for one to live. According to Aristotle, the good life should be free of any greed, full of virtue

October, 2015 What is the Good Life Essay A popular saying is "live life in the moment." People believe that by doing this, they will live life to their fullest potential, and this will lead to the good life. This is a good theory, but it is not actually a good idea to live this way. What is the good life? This is a question that many Christ at the Core classes have attempted to answer this semester. There is no objective answer to this question and this is why it is so difficult to deal with. However, by looking at life in Christ, we as Christians can more easily answer this question. In this paper I will attempt grow closer to an answer for the questions "What is the Good Life?", discuss what it means to have life in Christ, and articulate how life in Christ informs answering. Read More. Image via Wikipedia

What is good life? What is happiness? What is success? What is pleasure? How should I treat other people? How should I cope with unfortunate events? How can I get rid off unnecessary worry? How should I handle liberty? The answers to all these questions are condensed in a [...] Many people have a definition of what the good life means, but what does it really mean to live "a good life"? Is it helping others all of the time and not caring for yourself or Vic versa; being very selfish and having no remorse for others? I think there are subjective things that each individual person will have, but I also think there are certain objective things that everyone should have. The first thing should be yo u r health. If you are not healthy and taking care of your body everyday, you are on board for a trip to the bottom because as your body degrades, as you get older, all of the unhealthy foods you have been eating and the months you have been putting off the gym will come back to haunt you. Eating healthy and working out is like cheap health insurance that adds up over time. Choose from 500 different sets of flashcards about what is the good life on Quizlet. Written by Vivien Sung. Expresses how Happiness, Longevity, Prâ€| One of three ways of thinking about how the Good Life is achieâ€| Roots of Ayurveda. Written by Dominik Wujastyk. Expressed a holistic system of meâ€| Volitional Action. One of three ways of thinking about how the Good Life is achieâ€| 209 terms. Tigerlily08TEACHER. What is good for Whaaaaat? Best to give for missed period and notâ€| Best to give for a painful period? PIPPALI is best RASAYANA for? TRIPHALA is good for? Hing (brings VATA down)... In the context of life, everyone has a different definition of the word "good." "Good" depends on many factors like where we live, how we live, what our childhood experiences are, and what character strengths we value in ourselves and others. Maslow's hierarchy of needs suggests one such definition. The scheme models different human needs as a pyramid in which each level builds on the last, from physiological needs such as food and water at the bottom to "self-actualization" at the top. In other words, "what is better" is sometimes the enemy of "what is good." More isn't always better and sometimes, when we acquire what we thought we needed, we are still ambling for meaning. We Live in a Society in Which Less Is More.