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To:
Reply-To:



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News from Buoyant Life

Welcome to my "new look" newsletter! I'm excited to continue to improve the articles and resources available to you as a parent and professional. My intention is to provide you with inspiration, motivation, challenges to your current thinking, and links to people and services that may make your lives easier and happier.

As always, I invite you to forward this newsletter to everyone you think would benefit from and/or enjoy it. At the bottom of this page is a convenient [Forward Email](#) link.

Wishing you success, balance and freedom every day!

Sincerely,
Lauren

The Value of Values

When we make major life decisions, we plan for them, right? For example: when we buy a house, we first consider what lifestyle we want to live, how many bedrooms we need, what sort of space and neighborhood appeals, what we can afford. We may continually renovate or upgrade as time goes on, but we start the process looking ahead - envisioning how we want to live in the upcoming years.



So why do we sometimes get trapped in simply reacting to life?

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Blog Log



Recent topics on my blog include:

- Transitions to Motherhood
- Job Description: Just Mom?

[Read on here...](#)

I've noticed that this often happens when it comes to our kids and the attitudes and actions we want to foster in them. Don't get me wrong - everyone who is reading this is probably doing a fantastic job as a parent and is acutely conscious of the importance of their job in raising a "good person." I know we all correct inappropriate behavior when it comes up and talk to our kids about right and wrong. But have you ever realized that those lessons are generally reactive rather than proactive? The message is more often negative ("please don't...") than positive?

Many of us don't sit down and plan for the attitudes, behaviors, values and morals we want our children to exhibit. But we certainly know what we don't want as soon as we see it!

Ask yourself: how would my outlook on parenting change if I had a clearly defined vision for the positive values and behaviors I hope to nurture in my children and specific ways to do so while going about my everyday life? Would it feel more empowering? More positive? Do you think you and your children would benefit?

I'm interested in your thoughts on the subject! Please [email me](#) your comments, views and ideas around this.

Success Story

Ruth* started coaching with me when she was looking for direction in many aspects of her life. She is an articulate, bright, insightful and caring young woman but life had temporarily thrown her off course. She had weathered a deep personal loss, become disillusioned with her work, missed using skills she had carefully cultivated in the past, and was living in a space that was not really her own. She was ready to reclaim her purpose, direction and self.

Several months later, she now sees a bright future at work having integrated her long-term vision, language skills and other talents into her ideal job. She has personalized her current living space in subtle but important ways and is planning to buy her first house. She has a stronger self-identity and takes steps every day that bring her closer to her long-term goals.

Ruth has achieved much in a short period of time and I am honored and grateful to have been a part of her journey. Ruth's story is inspiring to me because it embodies many of the aspects of life about which I am passionate:

- **Defining a goal or vision** - Ruth formed an idea of the changes she wanted to see in her life and was ready to further clarify what her successful outcome would look like so she could move forward with purpose.
- **Opening to possibility** - She was willing to explore several

Karma Corner

Monthly featured business

Want to get more exercise and teach your child about the outdoors at the same time?

Check out [Colorado Mountain Mamas](#) - organized hikes designed for moms!

Quick Links

[Free Sample Session](#)

[Upcoming Events](#)

[Buoyant Life Homepage](#)

Coaching Question

What do you desire more of in your life?

If you already had it, how would your life feel different?

possible routes to get her to the destination.

- **Using intention** - Ruth inherently understood the power of intention (or law of attraction), I simply helped her figure out how to let the universe do some of the work for her.
- **Taking meaningful action** - She embraced her journey and stepped joyfully into action, knowing that she was moving closer to her goals.

Every person's life situation, goals, and journey is unique and fascinating. My work invigorates and inspires me because I love to see people changing their lives to get more of what they desire.

I invite you to take a moment to contemplate your own desires by considering my Coaching Question at the right.

** Name changed to protect client's confidentiality.*

Events

Remodeling Mom Workshop - June 9th

Moms, let the "real you" shine by exploring your life as a remodeling project: do you need to restore, refresh, demolish or add on? Join other motivated and interesting women in this fun 5-step workshop. [Find out more...](#)

Parenting with Intention Workshop - coming soon

Parenting is the most important job you'll ever do - so how will you know that you've succeeded? This workshop helps you clarify what parenting success means to you, what values and attitudes you hope your children will embrace, and everyday strategies for modeling and supporting those goals.

Special Offer: [Bring a Friend to an event and save!](#) [Find out more...](#)

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