

From: Lauren Still <lauren@buoyantlife.com>
Subject: **Making Someday TODAY**
Date: September 25, 2007 9:05:31 PM MDT
To: lauren@buoyantlife.com
Reply-To: lauren@buoyantlife.com



September 2007



News from Buoyant Life

Dear Lauren,

This month's newsletter comes from San Francisco, where I am getting to know my brand new nephew, Alejandro! Perhaps it is fitting then that my recent blog entry is titled "New Beginnings" (see Blog Log to the right).

I'm working on some exciting new coaching offerings (some at no cost!) for October, so stay tuned!

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

Make "Someday" Today

How often have you, or someone you know, said "Someday I'll...(fill

Issue: 9



In This Issue

[Make "Someday" Today](#)

[Blog Log](#)

[Karma Corner](#)

[Quick Links](#)

[Coaching Question](#)

Blog Log



Recent topics on my blog include:

- [New Beginnings](#)

[Read on here...](#)

in the blank)" or "I really want to X, but I just can't right now"? We all have dreams, some of them simple and some of them grand and far-reaching. A dream should stretch us, challenge us at least a little, inspire us to achieve a little (or a lot) more than we have in the past.

Regardless of the scope of the dream, have you noticed that some people seem to reach for them, while others hold back? If you think of someone who strives to reach his or her goals, what words come to mind for you? People often say: *brave, confident, happy, healthy, energetic, inner strength*. Attributes that most people want for themselves.

So why do so many people stand and gaze into the distance of the future they could have, that they want to have, and yet always say "tomorrow" or "when the time is right"? Well, sometimes it is because the timing ISN'T right, and sometimes it is because they don't want to admit that the only thing standing between them and the dream is... themselves.

If you think of a goal or a dream as a gap in the ground before you, with your future stretching out on the other side, do you imagine yourself trying to bridge that gap? Maybe it is as simple as taking a large step to cross. Or maybe you could make it if you took a running start. What if, just by reaching into the distance, trying to get as close to it as you could, others saw what you were doing and came to help -- they joined with you and brought tools and materials to build the bridge you need?

Five steps to make your own "someday" today:

1. Get clear on your dream or goal. How will you know you've reached it?
2. Decide that you don't want to wait any longer.
3. Identify what you'll need to get there -- whose support will you need? What skills and resources?
4. Face your fears. What is holding you back?
5. Make an action plan, and break it into bite-sized chunks. Take one small step on your plan today. Do the same tomorrow.

You don't need to do all this on your own. A coach can help and motivate you with every step of the process.

"If you don't know where you're going, it doesn't matter which way you go." (Cheshire Cat in *Alice in Wonderland*). The wonderful thing is that when you decide to go for what you want, and that now is the right time, I suspect that you'll find people and opportunities showing up in your life to help you. Amazing things will come to you if you decide that "someday" is today.

I'm always interested in hearing your thoughts. Please [email me](#) your comments and ideas for future articles you'd like to see.

Karma Corner

Monthly featured business

Consulting on your child's environment, discipline, toileting and more. Doula services, baby signing, and various classes offered.

[Denver Family Consulting](#)

Julie Buck - Family Consultant

Quick Links

[Free Sample Session](#)

[Upcoming Events](#)

[Buoyant Life Homepage](#)

Coaching Question

Finish the sentence:
"Someday I'll ____"

Now read the article to the left and see if you are ready to change the sentence to
"Today I'll ____"

Events

Remodeling Mom Workshop - Saturday October 6th

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 - Wednesday November 7th

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. [Find out more...](#)

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

Lauren Still
Buoyant Life LLC
www.buoyantlife.com
303-668-1386

[Forward email](#)

SafeUnsubscribe®

This email was sent to lauren@buoyantlife.com, by lauren@buoyantlife.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Buoyant Life LLC | 2222 Eudora St. | Denver | CO | 80207