



January 2022 – To change, or not to change

Are you ready for your dreams to take-off?

Happy 2022! Coaching provides a space for you to think and reflect. This newsletter is a monthly collection of some things to take you back to that reflective space, just for a little while. So grab the drink of your choice, tune everyone out and see whether anything here inspires you. Our focus this month is on changing... or not.

Ellie

you do enough.
you have enough.
you are enough.



Light the fire – Something to do

Words and Music

I'm not a huge fan of New Year resolutions. I choose a word of the year instead. My 2022 word is "Enough", a word that has various meaning across all parts of my life. At a recent freelancers meeting I was also asked to choose a "soundtrack" for the year. I have chosen "This is me" from the Greatest Showman, as I want to put more of "me" into everything I do. **What words and music do you choose for 2022?**

Ready to fly – something to read

Uncertainty can be ok – honestly!

I'm a planner. I like to know what's happening because I like to feel like I have control (or at least influence) over a situation. Uncertainty isn't great for me (boy have the past 2



years been tricky!). Even when the uncertainty is self-imposed, as it may be if you are thinking about a career change, it can be a barrier to making changes. So I found this [article about the upside of feeling uncertain about your career](#) interesting. I think I'm a work in progress in accepting and living with uncertainty but I'm open to the idea it's not always a bad thing.



Ready to soar - Something to watch

Do we need to change the stories we tell ourself?

I usually put the "Something to watch" as the first item in the newsletter, but this one is a bit more thought provoking than some I have shared with you. [Lori Gottlieb's TedX talk](#) poses the idea that we all tell ourselves (and others) stories about ourselves. But sometimes we might need to recognise that these stories need an edit. They are almost certainly only from one perspective, and may not be entirely true. Her premise is that by editing the stories we tell ourselves, we can unlock new opportunities. She's a therapist who draws on a story about relationships, so if that's not helpful for you, feel free to skip this one!

Coaching explanations

Blogs from the SendThemSoaring Archive



Wheel of Life exercise



On goals and motivation

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