



FOCUSSED PATH  
COACHING

DECEMBER 2018

Dear Focused Path Friends,

I find it hard to believe that 2018 is almost over. Even so, for me, this time of year is exciting, invigorating and also calming at the same time. The yin and yang of the end of a solar year sparks energy and calm, an opportunity for looking back to look ahead, and, taking stock of and celebrating accomplishments. Reflecting is a powerful and deepening experience that can benefit you even during a time wrought with challenges and concerns.

Today, right now, I challenge each of you to schedule time to reflect on your year and celebrate all that you have learned, experienced, and discovered. Holidays can bring up lots of mixed emotions and often there are those times where you find yourself in a situation where all you want is PEACE. I have been investigating what this means to me internally and how I can improve my communication to promote interpersonal peace. Check this out: 10 Things You Can Do To Contribute to Peace. These ideas align with compassionate communication with yourself, between others and with the world! Think how amazing it would be if all people would practice compassionate communication, non-violently! Be kind to yourself first and foremost, especially during possible tense filled holiday events, and see how your kind communication is received.

I love to bake - most always - and especially during the holidays. Below I share a yummy holiday biscotti recipe! Enjoy and let me know if you try it, change it up and if it gets a thumbs up.

Check out the upcoming Retreat for Yourself | Discover Your Path and Define Your Vision for 2019. This is happening on January 12, 2019 from 1-5pm at the amazing Delta Mind Body Center in Sacramento. It's a great opportunity to give yourself the gift of time to focus on YOU. Consider this also for someone on your holiday gift list! In this workshop, we explore the 7 steps to creating intention, use meditation to imagine dreams and desires, and journal with curiosity to ultimately map your 2019 vision.

Enjoy the days of winter moving through the solstice and inching toward longer days once again. Consider celebrating in one of the 10 ways below and, whatever you do, I can't wait to see you in January.

Happy Holidays!

Lisa

Reflect:

Celebrate 2018

Make Your Own Holiday Biscotti!



RETREAT FOR YOURSELF

DISCOVER YOUR PATH • DEFINE YOUR VISION FOR 2019

10 Ways to Celebrate the Solstice



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SCHEDULE YOUR FREE DISCOVERY CALL TODAY!

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