

Let's R.I.S.E Newsletter

January, 2010

Greetings!

Welcome to the FIRST edition of the Let's RISE newsletter! I hope you will find this first article relevant, meaningful and worth sharing....



Yesterday is HISTORY
Tomorrow is UNKNOWN

Today is a GIFT.....

With all the hope a heart can hold for your new decade,
Sydney Davis

"What To Expect When You Aren't Expecting..."

I am not sure who I can give credit to for sharing one of my favorite truisms in life but the saying "The only thing that stays the same is change" seems to be my mantra. I often close frequent long distance conversations with my dear friend with "OK my dear, go expect the Unexpected". I share this with all of you in my first newsletter because I find it equally - if not MORE important - to embrace this reality at the threshold of a new year, a new decade. It is one thing to set our intentions but it is another to accept the rest of the stuff that can come along in the name of "never would have predicted...."

It is human nature to take inventory; make our lists, set our goals and do everything in our power to feel like we are in ultimate control of our destiny, our future, our world. And - in spite of it all - it can feel like the universe resounds with a giggle, or on its more playful days, a loud fart or burp maybe to say "Yeah RIIIGGGGHHHTT". Our wise pastor once shared the same philosophy by saying "If you want to see if God has a sense of humor, make a plan."

Oh don't get me wrong....I am a planner planner PLANNER - Since I can't stop the runaway plan-train, I decided a solution was to just start planning my "unstructured time" - giving it a chunk in the schedule. Better yet, I have recently learned to allow such time to take up greater space on my calendar so we can actually let things unfold and have room for spontaneity in our over-structured lives. I am learning to do this more but confess it is a challenge and doesn't come naturally, easily or without struggle and compromise.

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Expecting the Unexpected...

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Where do you find stillness? Where do you create room for the unexpected or allow yourself to - ohmygosh - CHANGE your plan or say NO to making the plan in the first place? This is unsettling and a new, learned behavior but it is possible and realistic for anyone to try this on for size. YOUR CHALLENGE - find a 3-4 hour chunk ONE weekend this month where you will spend time with someone you love (your entire family if you have kids) but you agree to NOT plan how you will spend the time until you are together....I DARE you! Just see how it feels - (kinda like how your body feels different after you've held a really long yoga pose and you hear the instructor say "Notice what FEELS different" - you might be in some pain, but you know it was good for you!) Let yourself see what happens when there were NO plans or expectations!

What happened to you in this past decade that was unexpected but changed your life for the better? Much of it could come in the form of tragedy, loss and heartache that I doubt any of us are including or wishing for when we are making our 2010 plans. My own personal inventory would include my father's death, the dismantling of a marriage, typhoid fever, and an awful murder. Each dismantling breakdown meant a putting back together - and each came with a gift I never would have dreamed possible - a life changing experience that gave new perspective, new life or new love - an eternal "Humpty Dumpty" exercise that came with astounding blessings. 2010 will hold a lot of unexpected and perhaps even unwanted or unplanned events.....and we will forever be changed by all of them - both personally and globally. By understanding this now - and not letting the surprise of it all diminish our strength and growth in how we respond - that makes the difference. The Unexpected.....it doesn't have to be our enemy.

P.S. Author's Note - The very morning after I wrote this, my foot went into a small pothole on my morning run. I have a fractured ankle and am waiting for the hard cast. I am - (sigh) - unable to be active and must rely on others for everything (bigger sigh).....The UNexpected - it will find you so be ready for it! :0) And the lessons are there for the learnin'! (next time I will be more specific and mention how great it is to win the lottery)

Life changes are just a click away....hire me as your life/career coach today!

New women's group has formed "Get Your Groove Back" starting Monday 1/18 - please email me if interested.....

Sincerely,

Sydney Davis
Let's Rise

**Save
\$25**

If you book 4 sessions of life coaching and mention this add, save \$25! This coupon is transferable to family and friends! For more information, please go to www.letsrise.org

Offer Expires: February 15, 2010