

Branching Out Life Coaching



“Embrace change, not fear.”

Issue One Volume 6

Hi All,

Is it just me or are my eyeglasses on too tight? This month's newsletter has to do with how we see things in the world.

I didn't want to go with, "It's Valentine's Day" and how lots of chocolate can make you smarter. If it did, I'd be brilliant.

I look around at the world and I am amazed at how others see things. I try my best to keep an open mind. The first of these two little essays speaks about how I am trying to keep an open mind and the second one is about how the situation makes me feel like I am losing my mind.

Low Down

When I lived in Manhattan I evolved into a people watcher extraordinaire. Loved the mini dramas that erupted from high energy conversations, the eye popping "what were they thinking when they left their apt. this morning" outfits (I was known to wear a few myself, but it was *all* about self expression), to the kindness of strangers who stopped to open a door or picked up a fallen package and to the dastardly creatures who tried to lift the handbag off my shoulder. Didn't like them much at all.

Manhattan has its own unique rhythm and most days the city resembles a Broadway stage without intermission.

To do a little people watching where I live now requires getting in a car and going to a mall. Sorry, against my religion. Plus there's the Mall Law that states anyone who enters a mall must leave with a purchase. No exceptions. The Mall Enforcers rough up unsuspecting individuals who dare to leave without an eco-unfriendly plastic bag wrapped around their wrists. One of the enforcers pulled my hair once.

Here is where I am trying to keep an open mind, but I am struggling. Why won't the guys pull up their pants? This has nothing to do with me getting older. God forbid. It's just, it just looks inane. Nobody's butt should look like that! Not until they are in their nineties and you know what, not even then!

Sure, women went without their bras (but it was a political statement...sort of) and now they are paying for it. So just take this request from a kind soul who has your best interest at heart. Not pulling up your pants now could result in problems later on. I know it's giving me problems right now. Please, my open mind depends on you. Okay, just pull them up an inch or two. Just for me.

Ahh, the upcoming elections. Acid reflux, anyone?

I don't think it is just me but are most of the candidates (who were kind enough to at least keep their pants pulled up) acting like naughty children who need to be sent to the principal's office for annoying most of the country?

Does the Dummies for President Rule Book include chapters on the fine art of being a playground bully who glares at their opponent with nostrils flaring, to hiring your second cousin to dig up dirt about what some candidates did when they were young (and trust me, there is nearly a whole generation (except for my sister) who did "stuff" back then and who now won't run for

office because they know that they will be hung out to dry) to spending millions of dollars so they can make up some real nasty stuff about the other guy or Hillary? I mention Hillary by name because she is the only girl running. And I'm a girl.

I watched some of the debates on the days when I wanted to feel like all hope for this country was lost. I have to say if I acted like some of the candidates do, my TV privileges would have been taken away for a week.

And to paraphrase The Reverend Martin Luther King, Jr. shouldn't we judge the candidates on the content of the character and not the color of their skin or their gender or who has got the biggest moneybags?

And if all these candidates are as dreadful, corrupt and big fat hairy liars as the other candidates swear they are, shouldn't they be in jail and not running for the white House?

I have been thinking hard about the November election and I am excited about the possibility of this country going in a new direction, but if the candidates don't start acting like politicians that young kids will strive to emulate when they grow up, or as honest statespeople that we adults can admire, respect and vote for then I just might not vote *twice* in November.

Arthur Hays Sulzberger once said: "I believe in an open mind, but not so open that your brains fall out." And your pants might fall down.

I am attaching this website that shows us all, "How to Exercise an Open Mind."

It has 50 exercises which will help us look at things with an open mind. I like #25. Never going to do it, but I like it.

Go to: <http://www.wikihow.com/Exercise-an-Open-Mind>

A shameless plug

I believe that having a coactive partner who is there to support, motivate and help you find more balance and fulfillment in your life is good for the heart and soul. So why not schedule a complimentary coaching consultation today? If you are a loved one could benefit from coaching, please call or email me. End of shameless plug.

So what do I do with all this stuff that I want to get rid of?

The prom season is coming up soon but so many young girls won't have a gown to wear. Be the fairy godmother you know you are by going to: www.operationfairydust.org

Got business suits that won't work in the casual dress environment you find yourself working in?

Help women get the added confidence they need as they move back into the workforce

by donating to: www.dressforsuccess.org

Had Lasik surgery and now see 20/20? Contact:
www.neweyesfortheneedy.org and gift someone with a clearer
sunset.

**Big news – my blog is live. So please feel free to go to
www.BranchingOutLifeCoaching.com
and leave a comment, compliment or concert tickets!**

Take care.

elizabeth

Learn more about Branching Out Life Coaching at: www.BranchingOutLifeCoaching.com

For a complimentary Coaching Consultation, please email me at: BranchOutLife@optonline.net

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your email info to anyone without your permission.

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Branching Out Life Coaching February 2008



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