



# July



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*"You are never fully dressed until you wear a smile."*

Charley Willey

*"Happiness can only be felt if you don't set any condition."*

Artur Rubinstein

*"Wisdom is to the soul what health is to the body."*

Francois de La Rochefoucauld

*"Poor is not the person who has too little, but the person who craves more."*

Lucius Annaeus Seneca

*"A man's doubts and fears are his worst enemies."*

William Wrigley, Jr.

*"A man cannot be comfortable without his own approval".*

Mark Twain

## Successful Life Coaching

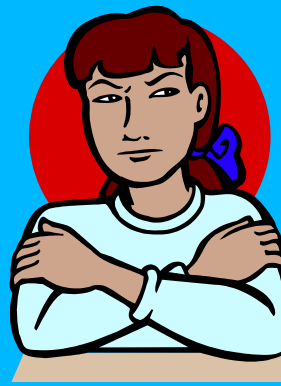
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## Understanding Your Emotions



One of the most important aspects of being successful in life is gaining insight into our emotions and feelings. It would be so valuable for us to begin the process of understanding our emotions and feelings. If we can gain some insight into the messages that our emotions offer us, we can really begin to use our emotions and feelings to support us to achieve our most treasured desires. Most of us, however, don't do that, especially feelings and emotions that aren't pleasant. First of all, we should never make our feelings wrong or invalidate them, nor should we resist, avoid, or suppress them because they are a part of who we are.



“Measure yourself by your best moments, not by your worst. We are too prone to judge ourselves by our moments of despondency and depression.”

Robert Johnson

“Never bend your head. Hold it high. Look the world straight in the eye.”

Helen Keller

“Your future depends on many things, but mostly on you.”

Frank Tyger

“The only discipline that lasts is self-discipline.”

Bum Phillips

“The efficient man is the man who thinks for himself.”

Charles W. Eliot

“If you don't like something about yourself, change it. If you can't change it, accept it.”

Ted Shackelford

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## Understanding Your Emotions(Cont.)



*They are there for a reason and it is important that we learn to embrace them and learn something from them. Our growth as a human literally depends on our ability to experience and face every aspect of our emotionality.*

*We grow from sadness, we grow from frustration, we grow from disappointments, and we grow from all that life has to offer, even the painful parts. Of course, we do not want to dwell in bad feelings, however, when we can allow our feelings to be, we can begin to see that they are a part of ourselves and essential to our growth and development. Our emotions have messages in them, however, we must learn and grow from them. If we think others are causing us to have the feelings we have, then we have become victims of forces outside of ourselves and then have no chance to learn and grow. Our power comes from us outside of ourselves. Begin to own your emotions and feelings as your own creation, you will then be in a position to gain some mastery in this area of your life and you will see that you will be a lot happier and find life much more fulfilling.*

