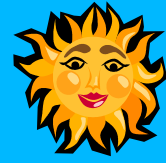




# June



June 2006

Volume 2, Number 8

*"The purpose of life is to increase the warm heart."*

Dalai Lama

*"Whatever you want, wants you."*

Mark Victor Hansen

*"The privilege of a lifetime is being who you are."*

Joseph Campbell

*"The reality of time exists only within us."*

Chin-Ning Chu

*"And when you have reached the mountain top, then you shall begin to climb."*

Kahlil Gibran

*"Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more."*

Tony Robbins

## **Successful Life Coaching**

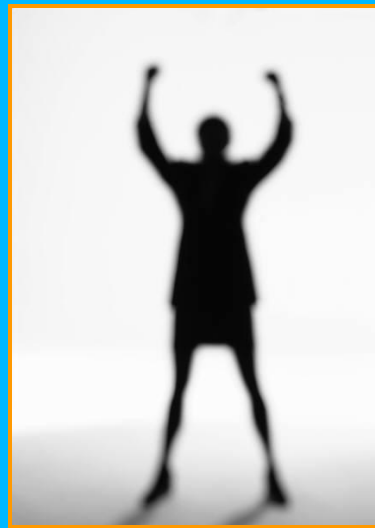
Phone  
631-567-0008

Fax  
631-567-0009

E-mail  
[Kgreenelmsw@aol.com](mailto:Kgreenelmsw@aol.com)

We're on the Web!  
[www.successfullifecoaching.com](http://www.successfullifecoaching.com)

## *A few words from your Successful Life Coach.*



*Give yourself the credit you deserve.*

*Feel strong as you move forward.*

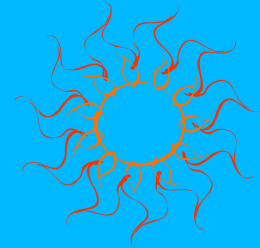
*Take a chance and reach out in a new direction.*

*Let the sunshine in and let your spirit grow.*

*Have some fun before your day is done.*

Successful life coaching is committed to getting results for our clients. We are constantly striving to provide useful insights, practical ideas, and information which will benefit our clients, their families, and their associates.

A beautifully written essay came to us, author unknown, which we would like to share with you. The essay embodies many of the principles which successful life coaching is based. Please sit down and take a few minutes to read:



*“The purpose of life is to increase the warm heart.”*

*Dalai Lama*

*“To abolish all valleys is to get rid of all mountains.”*

*Alan W. Watts*

*“The assistance you need will be provided by the universe as soon as you convert your readiness to willingness.”*

*Wayne W. Dyer*

#### **Successful Life Coaching**

Phone  
631-567-0008

Fax  
631-567-0009

E-mail  
[Kgreenelmsw@aol.com](mailto:Kgreenelmsw@aol.com)

We're on the Web!  
[www.successfullifecoaching.com](http://www.successfullifecoaching.com)

## **HAPPINESS**

‘The expectation that only certain things can make you happy will continue to keep happiness out of your reach. Putting conditions on happiness serves only to prevent it from happening.

The assumption that conditions must improve before you can be happy is precisely backwards. For when you can truly be happy with who you are and with what you're doing, conditions cannot help but improve.

If you feel that you could never be happy with things the way they are, you're absolutely right. So choose to be happy, and things will no longer be the way they are -- they'll immediately start to get better.

Once you truly choose to be happy, then your thoughts and actions will reflect that choice. You'll be moving in the direction of your most treasured values and desires, rather than holding yourself back from them.

But isn't it naïve, unrealistic, simplistic or disrespectful to choose happiness when the world is so filled with difficult and dangerous challenges? Not at all, because by choosing to be genuinely happy with yourself you're also choosing to be the best, the strongest, and the most effective person you can be.'

Happiness isn't out there in the world, it comes from within, and it lives in your heart. You have the power to generate happiness for yourself at anytime. Share it, be it, live it! It's the greatest gift you can give yourself and give others.

