

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



“It is our choices that show what we truly are, far more than our abilities.”

By Joanne Kathleen Rowling

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What’s new?

New products listed in the “Products” section of the website.

Stories on the home page – Alluring Abstracts, Colourful Confidence and Accepting Alopecia

Chosen Choices – April 2010

Yes whether we like to admit it or not, life is all about choices. How we experience life, how we create life, how we dance in life revolves around the choices we make each and every moment. They are powerful things and determine our emotions, thoughts and actions. To be more involved in the choices you make, take the ones that honour you the most. Express the ones that align with your integrity. Grab the ones that bring you joy.

Natalie

Ps. Happy Choky Easter

When Its Time To Say “I just don’t want that anymore”

Written by Di Riddell

Hello ladies, the short story is – ‘It’s my time – I just don’t want that anymore.’ Do you ever have thoughts like that? As women, single, married, divorced or widowed, we all have experiences that are varied and there comes a time to say ‘I just don’t want that anymore.’

We start out in life as teenagers wanting to fit in, to be like everyone else and be popular. We can spend so much time trying to fit in we lose our uniqueness. There is no one else like us anywhere in the world and it is your uniqueness that sets you apart. When you are you, no one can undercut you.

What sets me apart is my ability to be inspirational, light hearted and elegant. Wow! You say who is this woman? I am single, a grandmother, a professional speaker and wedding MC. That is who I am today. But it is not the story I used to tell. Life is a journey – I fumbled through nursing and when finished, typical of youngsters, armed with a little bit of knowledge and confidence thought I could conquer the world. I set out to find myself and found I was already there. I moved, I shifted, yet when I looked in the mirror there I was yet again! In life we try many things, sometimes they do not work out – they were just not meant to be. It means that door is not for you. But how exciting there is another door somewhere else you can explore.

Today I wonder who I was back then, and back then is not that long ago. In my case it’s just eight years. Yours may be longer or shorter but at some stage in our lives we come to a point where we wonder about how we used to think and act and what might have made us do that. I’m not sure if it is something that comes with age or if it might be as some researchers say, that changes in thinking occur when a roadblock in one’s life causes the brain to have a kind of accident in thinking. Then new neural pathways have to be forged because the brain cannot access old thinking patterns.

My particular roadblock happened eight years ago when my husband, Les, of thirty one years died and life as I had known it came to an end. That is not when I started thinking about what I had been thinking about or questioning my previous life that is when my thinking went on its own journey. It was as if time got

This Month's Recipe

Lighter Choice Egg Salad Wraps Recipe

Ingredients

- 1 whole hard boiled egg
- 2 additional hard boiled eggs, yolks removed (if doing the lighter version)
- 1/4 cup plain nonfat yogurt
- 1 tsp dijon mustard (a nice spicy one)
- 1 1/2 tsp capers, drained and chopped
- 1 scallion, chopped
- 1 Tbsp. mayonnaise (I use a canola-based mayo)
- Salt & pepper to taste
- 2 8" multi-grain low carb tortillas (or other 1-point bread item, if doing the WW thing)
- Lettuce
- Cucumber Slices
- Chopped fresh dill or paprika (optional)

Directions

1. Chop eggs.
2. Mix together yogurt, mustard, capers, scallion, mayonnaise, salt and pepper. Stir in eggs.
3. Arrange sliced cucumber and lettuce on each tortilla and top with half the egg salad. Sprinkle with dill or paprika, if desired, roll up and serve.

This Month's Poem

The Choice

by Lucy Maud Montgomery

Life, come to me in no pale
guise and ashen,
I care not for thee in such
placid fashion!
I would share widely, Life,
In all thy joy and strife,
Would sound thy deeps and
reach thy highest passion,
With thy delight and with thy
suffering rife.

muddled up and I was catapulted back to a time before Les, before family, before the halcyon days of being a corporate wife in the sugar industry. For nearly seven years I was caught up in an old story from my childhood and teenager years something I had safely buried as my past or so I thought.

It had its purpose I am sure; it drove me to do more things of a different nature than I had ever done over the last thirty years. But it certainly led me on a not so merry chase. It became the focus of my life, I even wrote a book about it, 'Beyond Abuse'. I made it my purpose, gave speeches about it, cried buckets of tears over it, got therapy and did courses around it and even started a business based on it. And then one day not so long ago, just a year or so, I heard myself telling the story yet again, and I said you know what "I just don't want that anymore!" And just like that, that part of my life was over, well to be fair it took a while to really let go. But on that day I started to think about how strange it was that I would have thought and acted in such a way for so long and that I was now a stranger to the old story and the business I had built around that story.

Like the guru says, awareness is the first step on the rocky road to enlightenment, my new thinking that caused me to say "I just don't want that anymore!" was the first step to the changes that came in quick succession. Some great, some less so. At times I have to admit I was a bit concerned. But angels came into my life too, angels who saw me as a different person to the one I had been parading as, and they have helped me to emerge as the colourful, and they say inspirational and elegant woman, who could draw on the skills and competencies that were developed during my years of marriage to form a new life and business.

I would love to share just one example of past skills and competencies. There is little doubt in my mind that one of the greatest sources of lessons was my quilting days.

You might have seen quilts and not realised the breadth and depth of love that goes into every one of them. There are friendship quilts where a team works to design and make a quilt that one person will own, every lesson on team work can be gleaned from this. There are memorial quilts which are usually made for others where compassion, love and mercy are stitched. And then there is the sheer level of commitment required to finish a quilt. I learned patience, competence, confidence, love, determination, joy, satisfaction, and so many of life's important lessons.

While you have been reading you have probably been distracted by your own thoughts about things that no longer serve you. That you just don't want that anymore! So let's let your mind think about those things without distractions. Close your eyes for a little bit, just relax, let any sounds float away and allow your mind to think about those things that you might not want anymore. Just let them arise ... Is it your time to say 'I just don't want that anymore?' Then ask what past skills or competencies can I draw on?

Di is our feature business story for this month. Read more about her or find her contact details in the feature business section of the website.

7 Tips For Making Better Choices

By Kim R Smith

Believe many of us do not actively choose what we want in our lives. Let me give you a personal example. For years I simply went with the flow, so to speak. It was if I was in a rowboat, with no oar, out on the river of life. I went wherever the river took me and unfortunately it took me to some pretty depressing places. One area that was particularly challenging was choosing a career. I always took the path of least resistance, usually abdicating any choice I had, especially if it involved a difficult decision.

It just seemed easier to live for each day, and never worry about planning for the future. I took whatever jobs I could find, and thus usually ended up working somewhere that I didn't enjoy at all. Then one day I realized that there actually

Whether I bide with thee in
cot or palace,
I would drink deeply, Life, of
thy great chalice,
Even to its bitter lees
Yea, shrinking not from
these,
Since out of bitterness
come strength and solace
And wisdom is not won in
slumberous ease.

Wan peace, uncolored
days, were a poor favor;
To lack great pain and love
were to lack savor.
Life, take the heart of me
And fill it brimmingly,
No matter with what
poignant brew or flavor,
So that it may not shrink
and empty be.

Yea, Life, thus would I live,
nor play at living,
The best of me for thy best
gladly giving,
With an unfaltering cheer,
Greeting thee year by year,
Even in thy doourest mood
some good achieving,
Until I read thy deep-hid
meaning clear.

Choice Reading

Choices: Taking Control of Your Life and Making it Matter

By Melody Beattie

The Paradox of Choice: Why More is Less

By Barry Schwartz

was an "oar" in my boat that I could use to "row" to wherever I wanted to go. At that point things began to improve. In essence, I started to make better choices in all areas of my life. It didn't happen overnight, but gradually I became more proficient at the planning and decision-making processes that lead to a better, more enjoyable life. Here are a few ideas I encourage you to experiment with in your own life:

1. Start noticing the choices you are making on a daily basis. Many times each day you are faced with choices. It may be something as simple as, "What will I have for breakfast?" Or it may be a bit more complicated, like, "What actions should I take today to make my business a success?" You are literally making thousands of choices a day. Are they taking you closer to the life of your dreams, or are they keeping you in a place that you're not entirely happy with? *Carefully watching your thoughts around the daily choices you are making is a good place to start.*

2. Realize that you always have a choice about how you respond to something or someone. Each and every event in our lives is neutral, in and of itself. It is how we respond to the event that creates our experience of it. If you feel that you do not have a choice in a situation, then take a closer look. You may be faced with alternatives that are difficult to accept, or maybe you have just overlooked some possibilities. Reconsider your options and/or brainstorm some new solutions. *During the next situation that presents itself; don't just "react." Stop and think about how you would like things to turn out, and then "respond" in a way that will help you achieve the desired outcome.*

3. Understand that over time your choices influence who you are. Each morning you wake you have a choice to make. You can choose to be in a good mood or you can choose to be in a bad mood. Each time something bad happens, you can choose to be a victim or you can choose to learn from it. Every time someone comes to you complaining, you can choose to accept their complaining or you can help them see other possibilities. Over time these little choices become part of your personality and the essence of who you are. *Ask yourself, "Am I becoming the person I've always wanted to be?" If not, decide what needs to change and get the help and support needed to make it happen.*

4. Recognize that what you focus on is a choice. Do you see the glass as half empty or half full? Do you worry about failing instead of focusing on the rewards of success? You do have a choice about what you focus on in life. *Begin to notice how you focus your thoughts on a regular basis. Do you see a constructive or destructive pattern?*

5. Realize that to a great extent you choose your own limits in life. If you're 7 feet tall, or weigh 200 lbs, then chances are you won't be able to be a professional jockey. But in many areas of life people choose to practice self-imposed limited thinking. You can be and do so much more than you currently believe is possible. It's your choices and decisions that hold you back for the most part. *Think about an area of your life where you may have chosen a self-imposed limitation that you are unhappy with. Then go out and get the help and assistance necessary to break through that limiting belief.*

6. Practice, practice, practice. Learning to make choices is a skill that improves with practice. The more choices you make in life the easier it gets. *Why not take the opportunity to make as many conscious choices as possible in the upcoming week?*

7. Having a choice is a choice. Realize that you have the power to change many things in your life. You must first decide that you want to change. You can choose right now that you will be a person that takes responsibility for the choices they make. Don't let your life run on automatic pilot. *Begin to take control of your future by making choices that lead you towards your goals, dreams and desires.* The famous Psychologist Carl Jung once said, "I am not what happened to me; I am what I chose to become."

Kim Smith is a Life Coach who passionately helps people learn and master the skills and strategies they need to experience the peaceful, happy, satisfying lives they want and deserve. Find out more at <http://coachkim.com/>.