



Coach's Comments...3 C's for the bottom line!

Hello everyone,

In January I heard a speaker mention the 3 C's that effect the bottom line of your business, your life, or your relationships.

They are:

Don't complain, don't compare, or be contrary.

Much to my surprise, the following week I caught myself being contrary, complaining, and comparing! And realized how much those states create negativity, and drained my energy.

What's the flip? Fairly obvious I suppose what not to do. But what DO I do?

How about: simply accepting reality? It is as it is.

If I don't like the 'is' then I simply suffer. I have been suffering a great deal when I haven't liked or accepted current reality.

Food for thought. I am finding more peace within the more I observe myself, my tendencies for the 3 C's, and my willingness to accept what is and/or change what is within my control.

My aim in life is to feel good as much as I possibly can. This helps!

See below for launch of my new dog book!

Until next time,

Sherri

P.S. You are welcome to FORWARD this newsletter!

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Sherri Olsen is a Life Coach who assists you in creating the life you want! For a complimentary 30-minute coaching call, call me at 403-282-8467.

Sherrri's new book! COOLdog: TM a guide to fun, safe off leash walks!
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