

**Amaze Yourself Career Notes**  
**by Keri Coffman-Thiede, CPCC, Career Coach**

*Information and inspiration to support you in finding and following your Passion!*

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**Theme and Quote for the Month:**

The person who makes a success of living is the one who see his goal steadily and aims for it unswervingly. That is dedication.

~Cecil B. DeMille, *US movie producer (1881 - 1959)*

Happy 2008!!!

Isn't the New Year an exciting time?! It always arrives delivering a sense of renewed possibility and a chance at a fresh start. It's so fun to set new goals and intentions for the year. However, by February we often have lost momentum and focus. If you haven't already, I want to encourage you to take some time to write out your goals and intentions for the year. Spend some time brainstorming some actions you are willing to take to start to make them a reality. Writing them down is the first step toward making them happen.

I know as we look at goal setting there can be this cynical voice in your head that says, "Why bother!" as you recall past New Year's resolutions and their accompanying action plans that were left by the way side of your busy life. We get discouraged when we find ourselves not following through on the action plans we wrote while enjoying a moment's hiatus from "reality". You know the ones that say, "Everyday, I'll get up early and do X." or "Three days a week, I will [insert task that takes 30 to 60 minutes.] Don't give into discouragement. It's true, no one is exempt from the demands of daily life AND it doesn't have to keep you from pursuing what's important to you. You just need to be willing to change your approach.

Most us of operate like this. You have a goal, for example, getting a new job. You think, "I need to write my resume." But then you think this task is going to take at least 2 hours and you don't have 2 hours right now to devote to it so...you don't do anything. You're going to wait until you have the time to write it all. This is known as the ALL or Nothing approach. If you can't do it all right now you don't do anything right now. So you procrastinate and procrastinate and sometimes NEVER get to it.

This year, I want to encourage you to replace the "all or nothing" approach with the *do SOMETHING now* approach. Because our lives are so busy, sometimes all we can do is put 2-5 minutes worth of effort towards our goal on a typical day. So today, let yourself type out the heading on your resume. Tomorrow you can take another 5 minutes and add the employers...the next day add the employment dates. From there, just keep asking

yourself, “What can I do NOW towards completing this resume?” Someday you may find you have more than 5 minutes to devote to it and since you’ve been making progress on it, you may just complete it now in the 30 minute block of time you have free. You may surprise yourself when you realize, you didn’t need that 2 hour solid block of time to complete your resume!

Consistently doing something moves you toward your goal faster than waiting until you have that 2 hour block of free time to devote to doing the whole thing. The other added benefit is that consistent action strengthens your focus and commitment to your goal and begins to integrate it as part of your lifestyle. So this year, set your intention(s) and just keep doing SOMETHING about it!

**...Keep reading because this newsletter is full of info on events and resources to support you to start doing SOMETHING about your goals!**

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### **New Service Offered...Jumpstart Coaching Package**

Sometimes all you need is a jumpstart and someone holding you accountable to really get moving towards our goal. If you haven’t made the progress you’d like toward a career goal you have or if you’re stuck in confusion about what you really want or doubt your ability to attain it, then this jumpstart coaching package is for you. Here’s what I’ll provide:

- 90 minutes of individual coaching sessions (either two 45 minute sessions or three 30 minute sessions over a 4 week period of time)
- Unlimited email access for a month
- Accountability for commitments you make
- Recommendations for additional resources, articles and exercises to support your specific goals
- Partnership for your success!

**Commit to making this year that you AMAZE YOURSELF! Call me now to jumpstart your momentum toward your goal!! (608-592-1765)**

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### **Speed Coaching Event at the Business Women’s Expo!!!**

The Business Women’s Expo is an all day event at the Marriott in Middleton on Feb 14<sup>th</sup>. It’s a great place to network with successful women business owners and take seminars on a variety of topics to support your personal growth and success. Make sure to attend the Speed Coaching Session and take advantage of the opportunity to receive coaching from a variety of coaches within one hour.

You can register for the Expo in three ways.

- 1) On line: [www.mcwproductions.com](http://www.mcwproductions.com)
- 2) Email: [expo@mcwproductions.com](mailto:expo@mcwproductions.com)
- 3) Phone: 608-221-1374

Hope to see you there!

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**Recommended UW MINI COURSE:**

## **Finding and Following your Passion**

Are you are feeling lost not knowing what you want next in your career? Are you wondering what your passion is or if you have one? Join this class and have my support to help you find and follow your passion. This course provides you with Law of Attraction exercises, visualizations and a variety of other tools to support you in discovering your passion and purpose, overcoming fears that hold you back from claiming the life you really want, and engaging in activities that allow you to experience the fun and fulfillment of living true to your passion.

**UW Mini Course Registration:** I will be teaching this class for three, 2 hour sections. Classes will be held on the UW campus Tuesday, April 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> from 6pm to 8pm. Register at <http://www.union.wisc.edu/minicourses>. Go to the on-line catalog or call Kiersten at 262-2166.

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**Recommended book:**

**The Wealthy Spirit, Daily Affirmations for Financial Stress Reduction**  
by Chellie Campbell

This book is written in the perfect “do something now” format. It offers you a page a day filled with a quote, short inspirational story and affirmation that focus on “inner strength and our innate power to change. The Wealthy Spirit send you on a path toward personal enlightenment and wealth in body, mind and spirit.” (quoted from the back of the book)

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