



# Wings for Women

Coaching, Mentoring, & Training for Women in Transition

## Wings for Women - Sept 2010 Newsletter

Welcome to the September 2010 *Wings for Women* Newsletter .... Tips on Navigating a Divorce and Creating an Ideal Life After Divorce.

### Using the Power of Positive Thinking to Transform Your Life After Divorce



The power of positive thinking has changed my life since my separation and divorce a few years ago. It has enabled me to reinvent myself and create my ideal life after divorce. It can help you transform your life too!

The first time I really understood the power of positive thinking was after I read the book and saw the video "The Secret" a few years ago. I learned how to attract what I want into my life by clearly visualizing what I want, and thinking positively as if it were already mine. It sounded too simple to be true, so I tested out the concept in small ways by wishing for a good parking spot or for a green traffic light. And it worked!

After some small wins, I got even more intrigued about the "Law of Attraction," the concept that energy attracts like energy, and that if you clearly focus positively on what you want, you will attract it into your life. Most people do the opposite. They focus on what they DON'T want, and they usually get just that.

I gained more confidence to try using the power of positive thinking to attract bigger things. And it worked, not just once, but many times! I got a divorce settlement that was better than I originally thought I would get. I identified my Top 5 Passions and am now living them. I received money from unexpected sources. I found a beautiful condo in San Francisco with the panoramic bay view I had been dreaming about. And the miracles keep coming!

My left-brained self asks "How can this possibly be??" How can the Law of Attraction really work? I found some fascinating scientific evidence in Lynne McTaggart's book "The Field." This book explains that we are made of energy waves, and human perception occurs due to energy interactions between subatomic particles of our brains and the quantum energy field around us.

What's the bottom line? **Our reality is created by each of us based on what we focus our attention on.** If we focus on negative things, we create a negative chain of events. If we focus on positive outcomes, we create a positive reality. The degree of influence depends on your INTENSITY OF FOCUS (most cohesive brain wave pattern), and how much you want the desired outcome. It works better if you really believe it will happen. Gentle wishing (relaxed and playful) works best. **The key is to have a clear vision of what you want, and do not allow any doubts or fears to get into the picture.**

The power of positive thinking. Easier said than done? That's where you may want to work with a professional coach to help you get the clarity and courage to create the life you want for yourself, especially if you want to create an ideal life after divorce. You deserve nothing less!:

## About Us

**Wings for Women!** We are committed to inspiring, empowering, and enabling women to "find their wings" and take bold actions to live the life of their dreams. We will help you get unstuck and find the clarity you need to create a life that fits your passions!

Are you ready to make the bold changes in your life to find your wings and pursue your dreams? Take the first step and work with a Personal Coach to help you move on to a better life.

Keiko Hsu offers coaching services by phone at your convenience, no matter where you are located. Contact her to schedule an exploratory consultation by phone. Keiko can be reached at (415) 738-2313 or by email at [keiko@WingsForWomen.net](mailto:keiko@WingsForWomen.net).

To a joyful and fulfilling future!

Keiko

## How to Begin Living a Happy Life

For many people, living a happy life seems so elusive, especially after going through a major life transition such as a divorce, loss, or job layoff. The good news is that you have the power to create and sustain happiness in your life. If you want to experience more happiness long-term, make creating and sustaining happiness a priority, and follow these 8 tips:



### 1) Set the Intention to be Happy

The old saying, “people are about as happy as they make up their minds to be” is true. Choose to live a life of happiness and joy. When you are not, ask yourself what’s getting in the way of your happiness.

### 2) Be Present ... Now!

At any moment, all we have is that moment. Putting our attention on the past and the future makes it impossible for us to fully experience this moment right now. One way to remind yourself to be present is to take a deep breath any time you notice you are worrying about the future or experiencing regret about the past. Yesterday is your history; the future is a mystery. This moment is life’s true present to you and a key to experience more happiness.

### 3) Make Your Relationships Matter

Your deepest, richest, most profound happiness in life will come from your relationships: the people you love, the people you meet who touch you, and the people whose lives you reach out to touch. The place where we often make mistakes is where we focus on the results we want rather than on the relationships that enrich our life. Put your relationships first and the results you are pursuing second, and you will experience more happiness and joy in your life.

### 4) Ask For What You Want

Don’t assume people can read your mind. Make specific requests in a way that doesn’t sound “needy.” Ask for what you want every time you want something and you will get more of what you want more often.

### 5) Acknowledge Others Often

When we express our appreciation to others, we are telling them that they matter to us and we are grateful for their contribution to our lives. Everyone loves to be appreciated. Acknowledge someone you love for sharing their feelings with you and for the small things they do that you appreciate. Tell your longtime friends how much they mean to you. When you acknowledge others, you are also acknowledging to yourself how good your life is, which sustains your feeling of happiness.

### 6) Eliminate the “Shoulds”

Part of what makes us unhappy is that we do things we do not want to do but feel we “should” do. We do things like going to a baby shower for someone we barely know, driving two hours to get there and the whole time wishing we were somewhere else. If you are doing things because of a sense of obligation or societal, family, or community pressure, you will be unhappy. Get rid of the “shoulds” in your life. From now on, think twice before making a commitment to an activity that you don’t really want to do, that will take up your precious time and energy. If it is a “should,” then find a way to graciously say “No thank you.”

### 7) Release Judgment

You deserve to live the life you want to live. That, and fulfilling relationships, is what brings true happiness. Allow other people the ability to live the life they choose without your judgment and criticism. You can only control your own life. Putting your attention on how other people should live their lives will cause you nothing but disappointment and frustration.

### 8) Don’t Worry About What Other People Think

One way to stop judging others is to stop thinking about what other people think of you. Trying to live up to other people’s expectations is hard, never-ending work. This is your life. You are the only one who has to approve of how you live it.

Living a happy life is easier to achieve than you might think. It is also contagious, so it’s easier to be happy if you choose to hang out with happy and joyful people. Begin using these 8 tips today to experience more happiness in your life!

## Build Confidence After Divorce



As we navigate a big transition such as a divorce, loss, or job layoff, there are days when we feel a strong sense of personal power – like we can do anything – and then there are other days when you feel like hiding in a cave. Self-confidence is an essential ingredient towards living a joyful life. Take action on these 5 tips whenever you want to build your confidence.

### Tip #1: Take a Risk Every Day

Nothing will build your confidence faster than your willingness to be uncomfortable while taking positive action to get closer to your goals and desires. Break your goals into bite-sized chunks, and make a list of small and large actions that will propel you in the direction you desire. Then start to chip away at that list a little bit every day.

### Tip #2: Get Support from Others

Our confidence is often affected when we are feeling unsupported by our friends and family. If they love us, shouldn't they support us through thick and thin? Yes, but you need to take the initiative to get the support you need. Sometimes you will find it far easier to get support from people who do not have a strong personal connection with you. Consider finding a mentor or hiring a coach, or find other people who also want to build their confidence, and partner with them. If you seek out and ask for support, you will get it.

### Tip #3: Get Physical

Move your body ... dance, walk, run, cycle, or get a good workout in the gym. Endorphins make a big difference, and most people are best served by exercising in the morning. Exercise in the morning increases your level of serotonin, according to Dr. John Gray, author of *Mars and Venus on a Diet*. Know that the more you do a particular physical activity, the better you get at it. Be willing to be uncomfortable when you start, and pretty soon you will find the activity invigorating and a way to instantly build your confidence. This physical confidence will penetrate other aspects of your life too.

### Tip #4: Count Your Wins

Focus on the positives. Take some of the attention off your confidence-deficient areas, and focus instead on what you are good at, on what is going well, and on the successes you have achieved. Every day, write down the small and large wins you experience. If you exercised, that is a win; if you got a new client, finished a project, or had a fun time doing something new, those are wins too. By writing down your wins, you will start to become aware of all the skills and abilities that you DO have, and usually take for granted.

### Tip #5: Build on Past Successes

You have had so many successes throughout your life, many of which you have long forgotten or barely remember. Look at the list of accomplishments on your own resume. Open those desk drawers: find that certificate file, review past project folders, pull out old photographs and write down the successes you have had already. Review this list every day as you reflect on the strategies, structures, actions and confidence that allowed you to accomplish those successes. This will give you ideas and build your confidence for navigating your life transition.

After reading these 5 tips to build your confidence, pick one or two and make them your daily confidence building practices. Doing them consistently will enable you to have a great day today, and will help you to continue to build your confidence even more for all the days that follow. Your self-confidence is essential ingredient for achieving your goals, desires and personal fulfillment and living a joyful life. And you can do it!

## How to Keep Yourself Motivated Through Your Transition



Some people are able to prioritize their goals and stay focused on what's important, getting lots of things done on their To-Do list and being very productive. Others have good intentions but get easily distracted, not accomplishing much throughout the day. What separates people that survive from those that thrive? The answer is simple: the ability to keep yourself motivated. This is especially critical when you're rebuilding your life after a major life transition such as divorce.

As a coach, I know that people can change. I see it all the time with my clients. Once you realize that you are totally responsible for creating the motivation necessary to create what you want for yourself in your life, the more successful you will be.

Motivation is what will keep you going after doubts, interruptions or distractions get in the way. Motivation is what will keep you going when part of you feels like stopping. Get good at keeping yourself motivated and you will be able to get through any transition and create the life you want.

Use the following 6 strategies to ensure that your motivation will rise and be with you every day, all day:

1) **Get Clear on Your Goals**

Goals are your navigational system. They keep you going in the right direction. They tell you where you want to stop for a rest, and what your final destination is. What do you want your life after divorce to be like? Do you want a job that pays well and allows you to do work that you enjoy? Would you rather have the freedom of having your own business? Figure out your goals for each area of your life, and also identify what the benefit is of each goal. Review your goals every day, update them as needed and be sure to focus on the benefits the goals bring you as you do your daily goal review.

2) **Ongoing Planning**

The productivity experts say that one hour of planning saves four hours of productivity. What actions do you need to take to reach your goals? Schedule them into your calendar. By taking time every day to plan what you are going to do today to move closer to your primary goals, you will be accelerating your process of accomplishment.

3) **Experience Accomplishment**

Nothing will motivate you more than being successful. This is the often-overlooked factor in staying motivated. The more successful you are, the more you are motivated. Break down your goals into bite-sized chunks so that they are realistic and you can accomplish them without getting overwhelmed. It feels good to be able to complete and check items off your To-Do List. Be sure to stop and notice your accomplishments, or else you will not enjoy the natural motivation boost to which you are entitled.

4) **Keep Up Your Personal Daily Habits**

There are those things you know to do, that you may not always do, that make a big difference in how motivated and productive you are. Pick at least five daily habits that you know make a difference for you in the short and long term. My top recommendations for daily personal habits are taking a multivitamin, at least 30 minutes of cardio or walking, drinking plenty of water, getting a good night's sleep, and as we have already stated, reviewing your goals and making time for planning and thinking.

5) **Lose the Negative People**

If you have people in your life that bring you down, it is time for you to limit or eliminate your interaction with them. If you have people in your life who have a negative attitude, complain constantly, or are pessimistic about your ability to create happiness for yourself, bring this to their attention in a loving way and let them know that this does not work for you. Maybe they are not even aware of it. If your request is not honored, then give serious consideration to whether or not this relationship is serving you. You will be so much more motivated if you hang around with positive, inspiring people.

6) **Believe in Your Ability**

One of the most important ingredients in staying motivated is to believe in yourself, and to believe in your ability to accomplish your desired outcomes. Make sure you are talking to yourself positively every day, that you are not putting yourself down, and that you are not making statements that don't support you. Be your own best success coach.

Use these 6 tips to get motivated. Don't wait! Start today. The more motivated you are, the easier it will be to create what you want everywhere in your life so that your life after divorce will be better than ever!

***To a joyful and fulfilling life!***



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***Wings for Women***

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