

# PeopleTweaker

Access your best.



## What I Believe

*“We are now at a point where the benefits of a holistic, whole-person view are being recognized with regard to health and wellness, dealing with stress, living with a chronic disease, or ‘simply’ living your best life and reaching your full potential, whatever your career/life/ health goals may be. Coaching can have a tremendous impact by helping a client to make changes and by providing support, focus, and the extra boost needed to move forward. “*

**Z. Colette Edwards, MD MBA**  
Health-Wellness-Life Coach

It's December and the year will rapidly come to a close. There's been lots of swirling and media focus on predictions attributed to the current cycle in the Mayan calendar.

I guess we'll know soon enough if there is any truth to the dire warnings. In the interim, the whole end-of-the-world-as-we-know-it concept *does* create an opportunity to ask ourselves, “If I only had a few days left to live, how would I spend my time and energy ?”

Would you really allow yourself to get agitated in traffic, spend hours festering over a consumer experience from hell, allow your micromanaging boss to get under your skin, be down on yourself because you can't magically be thin and rich or deliriously happy every moment of the day ?

The reality is, our lives can change

in an instant, and tomorrow isn't promised. So the end-of-the-world-as-we-know-it could be the case at any moment of any day, whether due to illness or injury, the birth of a child, the death of a parent, a promotion at work or the unexpected loss of employment.

So..... now what ?

### *Are You Ready To Be Tweaked?*

Here are **4 actions** to consider:

1. **Take 30 minutes to reflect** on all the good things that happened and the obstacles you have overcome in 2012.
2. Spend 30 minutes making a **list of what and who are really important** to you and the state of mind to which you aspire.
3. **Be honest** and **assess** how much time and energy you have spent on your true **priorities** in life.
4. **Decide** to make the **commitment** in 2013 to live as if there really might be no tomorrow.

### *Is it now or never ?*

**Coaching** provides a non-judgmental, supportive environment to explore options and take the actions necessary to live the life you envision and thrive while doing so.

**To learn more**, contact me at: [info@PeopleTweaker.com](mailto:info@PeopleTweaker.com) or call 240.786.8678 for a complimentary consultation. [www.peopletweaker.com](http://www.peopletweaker.com)

Happy Holidays ! **2-Minute Stress Break** – The 12 Journeys: <http://www.peopletweaker.com/index.php/resources/12journeys>

### **Upcoming Blog Series**

2013: The Year You Decided To Be Less Stressed

<http://www.peopletweaker.com/index.php/blog>

