

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

As daylight savings time is about to end, many of us find ourselves both waking up and driving home in the dark and know that winter will soon be upon us. Some would say the l-o-o-o-n-g days of winter, while others rejoice that the “dog days” of summer are behind us.

And therein lie a few potential lessons:

- a. Sometimes the main (or even only) difference between asking “Why me ?” vs. “If that had not happened, I would never be where I am today,” is our perspective. And frequently it’s the perspective we choose to have, if our natural inclination would lead us in a different direction.
- b. Just as the days grow shorter and the seasons change, they will grow longer and change again, sooner than we think. Nothing, good or bad, stays the same or lasts forever. It may seem as if the thing

that’s stressing us out, getting us down, holding us back, or has us afraid to follow our intuition is an immovable object across our path. But if we dig deep, we will often find strength and resilience we never realized we had.

Are You Ready To Be Tweaked?

Here are **2 actions** to consider:

1. When things don’t turn out the way you would like, **stop for a moment and ask yourself** “Is there a lesson I can learn from this experience ?” (You might as well get something good out of a bad situation, right ?)
2. When it feels like you’re on a nightmarish rollercoaster ride that will never end, **what would happen** if you stopped screaming and tried to flow for a while with the ups and downs instead of fighting against them ?

The real voyage of discovery consists not in seeking new landscapes but in having new eyes.

Marcel Proust

Coaching provides a non-judgmental, supportive environment for you 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 or

call 240.786.8678 for a complimentary consultation.

www.peopletweaker.com

<http://www.morrisonchiropractic.com/wellness-within.html>

