



Coaches Corner



Live Your Soul!

We all have a label or a role in our life - "mother," "father," "best friend," "boss," or maybe "leader." No matter what you

thought you "should" be because that was what you were told as a child; it's time to say "no" and say "YES" to YOUR SOUL!

Life isn't about living up to someone else's expectations or staying confined in someone's limited view of who you are. It's time to pop, to jump, to leap out and experience the next version of who you authentically are in this world.

"I think we have to own the fears that we have of each other, and then, in some practical way, some daily way, figure out how to see people differently than the way we were brought up to."— Alice Walker

If you quieted the inner critic and turned off your ego for a few minutes...what would your soul tell you? What would be possible for you to experience, to express, to have more of right now?!

The possibilities are as big as you make them. No one can dictate who you are or who you should be with out your permission. Who are you really? Are you "healer," "goddess," "lover," or "teacher?" Maybe you are "artist," or maybe "inventor" or maybe "*insert your name.*" You are enough! You are more than enough...YOU ARE PERFECT!

"The state of your life is nothing more than a reflection of your state of mind." — Wayne Dyer

So now that you know that you are not some label or some role that you have been assigned, what is next? You have just been told you are perfect, so what do you need to do? NOTHING! All you need is to "be." Be yourself. Be Happy. Be Loving. Be Grateful. Be Still. Give

yourself the time to listen to your heart and to reflect on your feelings. When you meet someone new, don't tell them what you do as your identity. Share with them. Connect with them soul-to-soul. Look them in the eyes, take a deep breath, and allow yourself the opportunity to see past their persona and see their spirit.

"What we're all striving for is authenticity, a spirit-to-spirit connection." - Oprah Winfrey

As we all enter this holiday season of festive gatherings, family get-togethers, and times of celebration remember that you have a choice as to how you show up. Let go of the "shoulds" and the roles you were assigned and show up new!

I celebrate your willingness, your courage, and your commitment. May you know and live in the joy that you bring to your loved ones for being who you are!

Love and Joy,
Dani

Announcements:

PORTLANDERS - December 10, 2006: You are invited to a celebration and local event - INFUSION! It's from 3pm-7pm @ 3414 SE Lincoln Street, Portland OR 97214.



Stay Tuned for the Joy in the Journey and Woo Woo Marketing Calendar of Events and Activities for 2007!



About Dani Palacio

Dani lives in Portland, Oregon where she enjoys the blessings of a life filled with joy. She is surrounded by her family, friends, and community as she develops her practice of coaching and Reiki. She offers her gifts to groups, associations, and individuals.