

[<Back](#) [Print](#)**LIFEWORk**
*Coaching***NEWSLETTER****October 2007****Denise Hedges**denise@lifeworkcoaching.comwww.lifeworkcoaching.com**Forward this newsletter to a friend****This Issue:****Catch A Rising Star****Table of Contents:****Catch A Rising Star****In Case You Missed It!**

For busy professional women and small business owners wanting more success and fulfillment in their careers and more time, balance, and joy in their personal lives.

Catch A Rising Star

I'm going to miss my stars.

The stars shooting around on this newsletter page. It's silly, but I just love them. They make me happy.

And it's time to leave them behind. The page is turning.

Next month, the newsletter will have a new name ... Breakthrough! ... a new format and a new look. It's all a part of the new *Business BreakThrough Institute* I've created in partnership with my friend and co-founder, Barbara Mencer.

It's an exciting time. We're launching a new venture we know will be successful and life changing for us and those we have the privilege to work with. And yet ...

I know we're not losing anything. We're just building on what we've already manifested to create something even better, something that can help even more people create the lives and businesses they want. That's a good thing. And yet ...

There's something bittersweet about leaving behind the tried and true ... the comfortable ... the familiar. There's something inside me that likes the safety and security and predictability of the way things are now.

Can you relate? Is there something you've wanted to go for, but there's that voice that says, "Can't we just freeze things where they are for a while and enjoy (or make do with) what we've got?"

Oh, not really. Not for long anyway. You know deep down it doesn't work that way.

Here's the way I look at it. Change is as inevitable as the tides, and that change might as well be done *by* you rather than *to* you. I've experienced life from both perspectives and I know it's better to be the actor than to be acted upon.

Besides, life is about creating ... constantly creating. It never stops. As human beings, we can't stop thinking about what could be. That's the very essence of who we are. And if we routinely hold ourselves back from taking action in pursuit of our dreams, we'll be left at the end of our lives with a whole lot of what-might-have-beens. That's no good.

As for that apparent safety and security our current circumstances afford us, come on ... that's just an illusion.

Here we are, tiny specks on this beautiful blue ball, rocketing through space at 67,000 miles an hour, held down by nothing more than gravity and the grace of God.

Our only *real* security comes from an ability to consistently create a world that matches our vision for what we want it to be ... a world where the things we're able to conceive of having or doing predictably manifest as reality.

When the vision of what you want is clear enough and powerful enough, you can have anything you want. For real. *There's your security.*

When we stretch ... when we reach beyond the known to try something new ... we grow. And when we grow, we become more capable than we were. And that continuous growing and becoming is what ultimately allows us to stop worrying about safety and security ... freeing us to go beyond the comfortable and familiar, allowing us to start really living into possibility.

And what about those stars that make me so happy? Well, there's one sure way to never *really* leave them behind.

If I'm always reaching for them.

May you always reach for yours too.

In Case You Missed It!

If you missed last month's newsletter, *Announcing a Breakthrough*, where we introduced our business concept and highlighted the leading edge services Business BreakThrough Institute is offering, just [click here to learn more](#).

If you wanted to attend last month's FREE business-building teleclasses and your schedule didn't permit it, you won't want to miss the following:

Triple Your Revenue with These Six Foolproof Steps

- Learn the specific marketing strategies that are guaranteed to produce the greatest results, so you stop wasting time and start generating more clients, customers, and

profit. This teleclass will enable you to move past any fears or doubts you may have regarding sales and marketing.

- **WHEN: November 13th from 7 - 8:30 pm Eastern**

[To register or for more information, click here.](#)

The Business of Attraction

- In this workshop, we teach you how to use the *Power of Attraction* to attract the clients, customers, and opportunities you want into your life in a virtually effortless way. We give you *the secret* ... helping you to master the strategies, tools, and "ways of being" by which extraordinarily successful people live their lives.
- **WHEN: November 15th from 7 - 8:30 pm Eastern**

[To register or for more information, click here.](#)

Are You Making Any of These Five Fatal Marketing Mistakes?

- Many well-meaning, hard-working business owners unknowingly sabotage their businesses with poor marketing. That's worse than no marketing, because bad marketing is incredibly expensive. In this teleclass, you'll discover the 5 fatal marketing mistakes that plague business owners and begin to fine-tune your own marketing strategies.
- **WHEN: December 6th from 7 - 8:30 pm Eastern**

[To register or for more information, click here.](#)

Subscription Information

This free publication is produced monthly and features inspiration and strategies for building your career or business while creating more time, balance, and joy in your personal life. Your feedback is always welcome.

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