



It's Fall Season, a time to nestle and heal!

WANT TO TRANSFORM THE WORLD? TRANSFORM YOURSELF!!!

Dear friends

Ron and I had an amazing month of October. We hope you did too. We were busy with classes and private coaching sessions. We also facilitated our first Healing Mastery Weekend. This is the first weekend of the 2 year Coach Certification Program. We had the opportunity to facilitate individual regression sessions in group. What a powerful way to learn how to connect to those deep wounds that have run your life, release that energy and realize that we are all the same. Sharing the experience with others propels you into a higher level of mastery of that powerful tool. We are looking forward to another month of sharing and discovery.

Love yourself and be kind to others. Ron and Danyelle



Ron Jones and Danyelle Beaudry-Jones Offer coaching and speaking services

Ron and Danyelle will be in Kansas City from November 6th to November 15th. For individual or couples coaching sessions, contact Ron or Danyelle at 913-362-6362 or email at voelinc@voelinc.com

TIP OF THE MONTH: Want to increase your willpower?

Okay I'm responsible, but what do I do when my partner does something that really doesn't work!

As we mentioned last month taking responsibility 100% for your experience is a spiritual pillar of our work. We don't blame anyone for what we think, feel or do. We are at the source of who we are. Doing this generates a greater degree of emotional autonomy, calm and peace.

But there are instances when what you feel is not based on an emotional charge from a past childhood wound but from a present moment situation. Let's use an example. Your partner shows up late 75% of the time. This creates numerous situations where you show up late at a social function. This behavior clearly **DOES NOT WORK**. It's not good or bad...no need for a judgment. It doesn't work because it impacts other people in **REAL TIME** with their schedules and commitments.

First thing to do is to notice what you feel. Are you angry or sad? What do you feel? Acknowledge that feeling, breathe and feel it. Then **CHECK** if you have an agreement with your partner that he/she will be on time. If you do have an agreement with your partner, **VALIDATE** this agreement with him/her. Does he/she remember making that agreement? If he/she doesn't, **REITERATE** it. If your partner does remember the agreement, state in a calm way that it doesn't work for you when he/she transgresses that agreement. State the **REAL IMPACTS** in terms of time lost, friends waiting for X amount of time **NOT YOUR JUDGMENTS** (You don't respect me, for example) **RE-COMMIT** to the agreement together. If your partner's behavior doesn't change, inquire within to see if this is a **DEAL BREAKER**. A deal breaker is a situation, a behavior that transgresses your core values. Because of that, you want to break off the relationship. If being late is not a deal breaker, you are not willing to put an end to the relationship and most of us probably wouldn't, **MAKE OTHER CHOICES**. Inform your partner that his/her behaviors don't work so you have decided not to wait for him. For example, if he is late again for dinner, you will proceed without him. If he is late for a performance, you will take your seat. **TREAT YOUR PARTNER AS A RESPONSIBLE ADULT**. He/she is responsible for the impacts of the situation that he/she has created. You aren't, so don't allow them to impact your life.

And finally **LET GO** of your expectation for him/her to be on time. Choose to live with an open heart and not from resentment. Your partner has issues, so do you. By choosing to manage from facts and not judgments, by not letting your partner's behavior impact your experience, you show up as an Authentic Adult and create a space for your partner to do the same.

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Here are a few tips that work for us:

- Choose one area of your life where you want to increase your willpower (maybe it's with your diet or with exercise)
- Spend time reflecting on your willpower in that area. How often **DO** you exercise OR eat something that doesn't work for your body? Write up the **FACTS**.
- Go back in time and identify where you learned to act this way. Who **MODELED** those behaviors for you as a child? Maybe your mother also had issues with eating or maybe neither one of your parents exercised.
- Take time to **FEEL** what your body experiences when you either eat foods that don't work for you or don't exercise.
- **MAKE a DECISION to ACT** differently. Imagine what you would eat or the exercises you would do. See yourself having **FUN** doing that.
- Start with **BABY STEPS**. For example, eliminate one food per week or go for a walk twice a week. Slowly increase your new behaviors.
- Your willpower is a **MUSCLE**, it needs to be built up slowly.
- **CELEBRATE** your achievements, be proud of yourself and **BE PATIENT!**

NEXT MONTH:
What's the difference between religion and spirituality?
What are your subjects of interest?
LET US KNOW

The opinions expressed are those of the authors and are based on their personal experience and research. They are not meant to replace medical or scientific advice or information.

To remove your name from our list; if you have questions or comments, [email us at voelinc@voelinc.com](mailto:voelinc@voelinc.com) or call at 913-362-6362