



# DoFL MONTHLY

## January 2009 Hints & Tips No 1 Insecurity, Does It Ever Go Away?

By Lisa Pearson

Is a Life without insecurity possible? No. You will always both create insecurity in others & feel insecure yourself, in some area of life. The question is, will you be ruled by insecurity, or will you use it as a trait that can assist your growth for 2009?

What's the reality of life with no perceived insecurities? Probably one of being an arrogant jerk, who has a reputation for trampling over other people. It tends to make us unattractive. The irony is that being insecure & repressing it, actually creates the same scenario, but even 'worse'. A trait when in the state I call 'angst ridden' is an 'inefficient trait', i.e. it is not being used to it's full potential & often creates a bigger impression than one which is being expressed easily & comfortably. (When you learn to love a trait in yourself & others unconditionally, you lose the 'angst').

What am I talking about? There is a difference between being insecure, noting it, acknowledging it & working with it, than being insecure & worrying about it. Just as arrogance gives off a sense of certainty that can be really useful, but when based upon a foundation of hidden insecurity, it tends to create a monstrous personality because it's appearance is magnified in our perceptions. Certain celebrities are a good example; all that pretending to be 'all that' in an extremely competitive environment can turn them into people who are really unpleasant to be in the same room as (unless your values mean that you've identified a reason to be there other than pleasant company, which is likely to be making money, or being popular!).

When you get your head around insecurity, then it will make progressing through each level of challenge in your life so much 'easier'. This is because you are bound to feel unsure of yourself as you get promoted. But will you let that beat you & stagnate you there, or will you move on?

### Events

#### \*\*FREE\*\* January

##### Teleconf's

Values - 6th  
Credit Crunch - 15th  
Finances - 29th

##### Values

Sat 10th Jan  
Sat 14th Mar

##### Nothing is Missing

Sat 24th Jan

##### Financial

Sat 7th Feb

##### Empower Couples

Fri 13th Feb

##### DM for Groups/ Transformation

Sat 28th March

##### Demartini

London 21-22 Feb  
Dublin 9-10 May  
Cert 20-24 May

Now, I have a suspicion that all of us reach a plateau at some point, which is extremely comfortable & attractive. For instance, at the moment I'm keen & focussed & have a specific aim for my current programs. However, when I achieve them I might not have a 'reason' to go further, & become the kind of phenomenon that Oprah is. There is **nothing** wrong in that, and it would also be OK for me to decide to reduce my plans.

Remember, we are **all as successful as each other**, just in terms of our values. When & if I do plateau out, I would prefer to do it out of choice, rather than because I am hampered by insecurity;

In the next newsletter: **Plan to increase & reduce your Success in 2009!**

### Come & Bring Your Friends 3 Free Jan Teleconferences

In Conjunction with Copperstrings.com.

All at 7.30pm. Free matching ebook if you join Copper/are a member.

- Values - the Secret to Resolutions - 6th
- Stop Fearing the Credit Crunch - 15th
- Get more Value & Money - 29th

### Make Successful New Years Resolutions!

With the one-day 'Power of Values' workshop on **Jan 10th**. Bring a friend & get **50% off** if it's your first time & **100%** if retaking.

- Keep 'Self-Sabotaging'/'Resisting'?
- Don't understand people's behavior?
- Struggle to persuade people at home/work?
- Have to do boring tasks?
- Need help in achieving your goals?

Using the Demartini Evaluation Method™ identify what makes you tick & learn to link your values to what you would love to achieve.

### First Timers Info

- To meet other Demartini-ers check out **Meetup.com**.
- To connect online, Q&A, & loads of info check out **www.CopperStrings.com** where there are loads of Demartini Grps, Journals & fellow Demartini'ers.
- **DoFL Website info:**
- Resources: A 'General intro to DoFL Services', plus 'DoFL coaching services'.
- Dates: Dates/Schedules with Locations/ Directions, times etc

- 'Prices/Pay': Cancellation fees, discounts, payment plans & offers

### To Unsubscribe

Reply to this mail with 'unsubscribe' in the title. I've had some problems with my address groups, so apologies if you are mistakenly on my mailing list.

### Happy New Year!

Hope you enjoy my new shorter, fortnightly newsletter xxxx.



#### Lisa Pearson

The first UK Certified Demartini Coach  
Teacher/Mentor, Author & Mum  
Contact - 07767 886425  
Email - [thedanceoflife@mac.com](mailto:thedanceoflife@mac.com)  
[Http://www.DoFL.co.uk](http://www.DoFL.co.uk)  
[Http://www.MummyWhisperer.com](http://www.MummyWhisperer.com)