



DofL MONTHLY

January 2009 Hints & Tips No 2 Planning on Success in 2009

By Lisa Pearson

So, if we are always, all as successful as each other, all the time, how does that work?!! The difference is, that our success is in terms of our current values. Shift your values & you can shift where your success is. **BUT an increase in success in one area, does mean a decrease in another area!**

When I was sitting on my sofa, with the most horrid bug at Christmas, feeling a little sorry for myself, I was not feeling very successful & had a downer on 2008. So, here is the exercise I did, to pick myself up.

- Take each 'era' of life; for me these appeared to be determined by where I lived, but you could pick 5yr slots if that works for you.
- Write the biggest general successes during that time & failures, remembering all areas of life. For e.g. I played a great deal more as a toddler, & believed in my artistic abilities, plus I was financially sorted - didn't have to do anything to pay the bills!
- Then for any era you are worrying about e.g. 2008, do a deeper analysis of every area of life (e.g. Spiritual, Mental, Vocational, Financial, Familial, Social & Physical) & the successes/failures, until you see that they are balanced & equal to other eras.
- Keep going until you see that your success has **never** reduced/increased, just **shifted** the area of life.
- If you then have an expectation on how successful you would love to be in the future in a specific way e.g. Relationship or £ or fame; list the benefits to not having it that way & the downsides to having it that way, to reduce your attachment.

Events

****FREE** January Teleconf's**
Credit Crunch - 15th
Finances - 29th

Values
Extra Date in Feb
tba due to demand
Sat 14th Mar

Nothing is Missing
Sat 18th Apr

Financial
Sat 7th Feb

Empower Couples
Fri 13th Feb

**DM for Groups/
Transformation**
Sat 24th Jan

Demartini
DUBLIN 21-22 Feb
London 20-28 Mar
Dublin 9-10 May
Cert 20-24 May

Before you start to panic & think 'Well what's the point then, if my success doesn't increase?', bear in mind that there are 7 areas of life. Therefore an increase in vocational power could be balanced out by a reduction in how much you do the gardening/cleaning. I plan on being less successful at doing everything myself this year, & at taking responsibility for all areas of life. Instead, I will have more fun with friends (who you can brainstorm problems with), & pass areas of my work to other people, thereby leaving space to continue loving being a Mum & increase the more 'obvious' markers of success in my business. So I recommend that you sit down & work out where you have space to be less successful, & where you would love to be more successful. Do it yourself, so that the universe doesn't pick for you! Then link your values & mission to the reduction & increase.

Keep your eyes on these shifts as the year progresses & ensure that the increase/decrease are working as you hoped. If they are not, then you probably need to take a deeper look at your real values.

Schedule Information Changes

There will be an extra Values workshop in Feb due to demand TBA.

Free Jan Teleconferences

In conjunction with Copperstrings.com. All at 7.30pm. Free matching ebook if you join Copper/are a member.

Stop Fearing the Credit Crunch - 15th
Get more Value & Money - 29th

Give 2009 A Clean Slate & A Breath of Inspiration.

With the Transformation workshop on **Jan 24th.**

- Learn the Demartini Method
- Stop Fear/Guilt from getting in the way of achieving your ambitions
- Let go of pain/infatuation.

Others have said: "Having already attended Breakthrough Experience, I still found that Lisa's way of teaching made some tricky areas of the DM much clearer for me & gave me much greater confidence in doing this work on my own."

Mentoring for Trained Facilitators

Regular 6 weekly teleconferences & meetups are available for attendees of the certification course. See Copperstrings.com & the group 'DofL Coaching' for more info.

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Thankyou!



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