

Untitled Document

“The way we do anything is the way we do everything.”

I once had a friend who told me that you should really pay attention to the way people eat. Do they

Are they neat and polite eaters? Do they keep the napkin at hand to wipe their mouths? Do they talk

These things would tell you pretty much all you need to know about someone. Well, girlfriend – go figure

All life coaches know that the way we do anything is the way we do everything. In strictly life-coach

Two people’s goals might be the same, but the way they go about getting there is sort of like a fingerprint

Martha Beck tells the story of how a labyrinth she and her friends built in her back garden has brought her

About halfway through her first walk, her thoughts went something like this: “This is such a waste of

It made her realise that these are the same thoughts that torture her, whatever else she’s doing. “I

“The labyrinth is teaching me to question the bits of driven, linear, achievement-based dysfunction that

The text-book Type A personality part of me cringed as I read what Martha said. The whole I-should

I think somewhere the possibility lurks that the glorification of being busy is pretty much an accepted

So, why did we? According to Neale Donald Walsch the purpose of life is to know and express who you

Neale says that both of those are wrong reasons, life is not about what you do, it's about who you are. It's not about what you're going to do, it's about who you are.

Just-be-who-you-are is not a hippy let-it-all-hang-out sort of thing. It's actually why you're here.

Conversely, the biggest sin would then be to hide who you are, wouldn't it? We're sort of consistent with

You see, the way we do anything is the way we do everything.