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L.A.U.N.C.H.!

**Learning to be Authentic, Uninhibited,
Naturally Confident & Happy**

**September/October
2006**

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Today I'm sitting in front of an open screen door, feeling the breeze blow over me as I type, and relishing the coming of fall. You see, as much as I don't want summer to be over quite yet, I cannot deny that I am looking forward with a certain amount of childhood glee to the crunching of fallen leaves as I walk through the park, the brilliant fall colours that will fill my backyard, and the bounty of the fall harvest -- let's be honest, nothing beats good food, fresh from the garden, even if it is someone else's garden!

As we anticipate this next seasonal transition, we continue to grow and evolve here at Stellar. And with growth and evolution come hopes, expectations and questions about these hopes and expectations. So, this will be the focus of this edition. Get ready for a whole new way to be with hope!

Before we dive in, I invite you, as always, to pass this newsletter along and encourage others to sign up for L.A.U.N.C.H.! Our subscription list continues to grow - we've now got a direct sign-up button on our website's home page! - and it's so much fun to hear from readers around the world. Until next time!

Gail

**Stellar Coaching
Challenge**

Here's a new feature to this newsletter: a **bi-monthly coaching**

• **From Hopes to Expectations**

A few months ago I had an epiphany of sorts. I was in a bit of a funk -- in a worry space, having invested a great

challenge! In this section, I am inviting you to take me up on a specific challenge, which will change in each issue. Some challenges will seem harder or easier than others. Participating in the challenge is quite simple. Just email me at info@stellarcc.com to let me know that you're participating. At the end of the 2-month period, all those who participated will have their names entered into a draw for **1 FREE MONTH of COACHING!**

September/October's **"GRATITUDE CHALLENGE"**. For a 28-day stretch, at the end of each day, I challenge you to make a list of at least 20 things for which you are grateful. The trick is to not repeat things from the previous day's list. By the end of 28 days, assuming you've come up with at least 20 each day, you will have made note of 560 things in your life that you're thankful for! If that doesn't put a whole new spring in your step, I don't know what will! When you're done, email me the learnings and noticings you gleaned from this challenge. What came up for you?

Are you interested but feel like the task is too daunting? Well, what will you do instead? A 14-day stretch? 10 items a day? What's going to push you outside your comfort zone, and still have you participate? Whatever you choose, here's hoping you're open to experiencing gratitude on a whole new level. Have fun!

deal of time and effort into securing a new contract, with no definitive answer forthcoming. The contract would have represented a "coup" for me, a new level of success that I had been hoping for, for quite a while. As time passed, with no concrete decisions being made around the contract and to whom it would be awarded, I found myself talking about it in terms of HOPE, as in "I really HOPE I get this contract". And then, in one of my uninvited, self-coaching moments, I heard myself ask, "Okay, but what do you expect?"

This raised up a new question for me; what is the difference between HOPE and EXPECTATION? As I explored the relationship between these concepts I made an interesting discovery. There really is a distinction between HOPE and EXPECTATION, albeit subtle, and it lies within the realm of energetics. That's right; we're looking at the Law of Attraction from another angle.

Think about your frame of mind when you're hoping for something. Often, there's an air of excitement, a little bit of wonder and curiosity, and underneath that, to some degree or another, there's an element of questioning, sometimes associated with fear. The underlying question generally takes the unspoken form of "will my hope come true?", and it undermines the substance of what is being hoped for. It weakens the hope, as it were.

Now, think about your frame of mind when you're EXPECTING something. Whether you're expecting something positive or not, there's a certainty associated with it. There's no question about whether or not it'll happen or transpire. There's a knowing, an unshakeable belief, essentially a firm foundation which virtually ensures that the expected thing will come to fruition.

The irony of this distinction between HOPE and EXPECTATION is best illustrated by the well-known adage, "let's hope for the best and prepare for (aka, "expect") the worst." In other words, society has trained itself to move through life knowing that the worst can/will happen, and questioning whether the best is possible. So, what are we setting ourselves up for?

With respect to the contract that I began to talk about at the outset of this article, I realized that hoping for it was subtly undermining my confidence, which was in turn lessening the odds of the contract being given to me. Energetics, you will recall, are funny that way. And so, it was imperative that I switch my mental energy to one of expectation instead. I started following the principles laid out in any good Law of ATtraction book (Lynn Grabhorn's "Excuse Me Your Life is Waiting" is a great start) in order to connect with what it would feel like to have the contract. I changed my phrasing from "I hope..." to "I expect...". This small change alone was enough to infuse a real change into my perspective on the contract. My outlook became more positive; I could hear the underlying uncertainty disappear.

Am I saying that hopes never come true? No, absolutely not. What I'm saying is this: hopes may or may not come

Quick Links...

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true. Expectations, on the other hand, by virtue of the powerful certainty that goes hand in hand with them, are virtually guaranteed to come true. As I look over my life circumstances, I realize that my experience of various situations supports this. You want an example? Well, I did eventually, get that contract.

• Coaching Questions to Ponder...

Here are some questions to support your process as you shift from hope to expectation. Remember to hold these questions in your mind; write them on sticky notes and post them around to keep you thinking. Jotting down your learnings will help you to create real change based on what you discover. Here's to expectation!

- Where in your life is HOPE holding you back?
- What is possible for your life from the place of expectation?
- What concrete action can you take to move your hopes to expectations?

AND HERE'S A CONCRETE ACTIVITY DESIGNED TO HELP YOU SHIFT YOUR HOPES:

- a) Create a chart. In one column list everything that you are currently hoping for in your life.
- b) In the second column, list the doubt(s) that you suspect might be accompanying this hope.
- c) Rephrase your "hope" as an "expectation; write it down in the third column.
- d) Transfer these "expectations" to cue cards and place them near your bedside. Begin each day by choosing a card at random; make the statement on that card your mantra for the day, repeating it at least 15 times in succession, 3 times a day (morning, noon and night is great).
- e) Make note of what changes as you shift your mind-set to one of expectation.

• Your Questions Answered

What questions do you have for me? Send your questions to info@stellarcc.com and one or two will be highlighted in each edition (depending on space). Your anonymity will absolutely be maintained; no names will be assigned to questions in this publication. So, what do you want to know?

"Everywhere I turn I hear people talk about the importance of "staying grounded". What the heck does this mean and why is it important for my life? How do I actually get grounded?" B.G.

Thanks for your question. The whole notion of "groundedness" does seem to be rising in popularity, and yet I suspect that there are many who share your confusion about the concept and its relevance to everyday living. So let's explore a bit.

At it's very basic level, when we hear the phrase "being grounded" we're talking about keeping one's feet on solid

ground. When you're on solid ground, there's a firm foundation underneath you, you're less likely to slip, trip up, or fall. You can move with precision, confidence and a clear sense of purpose and direction.

When we extrapolate this basic definition, and talk about staying grounded within the context of living life on a day to day basis, we're talking about living from a foundation that's equally strong. When people are grounded, they are confident about who they are, what is important to them, the choices that resonate for them, and the direction in which they are headed. Their thoughts are focused and clear. There is very little fogginess associated with the state of "being grounded".

Structures can be very valuable tools to use when trying to stay grounded. Simply put, a structure is a cue -- be it visual, tactile or auditory in nature -- to remind you of how you want to be. So, when you think of being grounded, what do you think of? Is there a picture, a song, a piece of jewellery that captures the essence of "groundedness" for you? Whatever you choose, it is imperative to keep your structure with you, or at least close to you, at all times, especially in the early days of trying to become grounded. Your structure will remind you of all that you are trying to create for yourself. Ultimately, living your life from a grounded state will allow you to live in a more balanced, focused manner that is in full alignment with who you are and how you want to be in the world. Which is an extremely liberating feeling, when all is said and done.

- **Where Can I Find Gail?**

The following is a list of upcoming, in-person events where I am speaking or facilitating workshops. If you wish to see me in your neck of the woods, call or email to see what we can arrange.

Thursday, September 7, 2006, 7 p.m., London, ON
Unity Church, Meadowbrook Drive, London
Unity Book Club: The Word Circle introduces "The Control Freak's Guide to Living Lightly" as their fall book selection. I will be there to kick off the study group, along with my co-author Gail Nielsen. Preregistration required.
If you're interested in attending please contact Unity of London directly.

September 25th, 2006, 7 pm: Strathroy, ON
Strathroy Public Library
Author Reading: The Control Freak's Guide to Living Lightly
Open to the public; free admission
Join Gail Nielsen and I as we share excerpts from the book, answer your questions about our process and content, and engage in a dialogue about trust.
Copies of "The Control Freak's Guide to Living Lightly" will be available for purchase, for those who haven't got their own copy yet!

gail@stellarcc.com
<http://www.stellarcc.com>

519-245-7464

October 10th, 2006, 7 pm: London, ON
Westmount Public Library, Wonderland Road South
Author Reading: The Control Freak's Guide to Living

Lightly

Open to the public; free admission

Same deal as the Strathroy Library reading, above

October 24th, 2006 -- Brampton, ON

"The Well-Oiled Machine: Keeping Your Team Working Together" I'll be facilitating this workshop for the group at Peekaboo Childcare Inc.

October 26th, 2006, 7 pm-- Strathroy, ON

"Creating What Works for YOU..Life and Financial Success on YOUR terms"

Location to be confirmed

Join me and Chris Das (Clarica/Sunlife) as we explore how to move yourself from where you are to where you want to be, in all areas of life, including the realm of financial. Public event with limited seating; reserve your space by email gail@stellarcc.com OR calling 519-245-8928

• Stellar Coaching Gym

Due to changes in membership requirements, gym hours have been changed slightly for the next quarter. Until December 31st, the coaching gym will be open Wednesday mornings from 9 - 11. Teleclasses will be available as scheduled; check out our website for more details.



Not a coaching gym member yet? Curious about what it is? Visit our website at www.stellarcc.com and check out the services page to read all about it. Then, head on over to the members page to sign up! We'd love to have you join us! It's a fabulous way to get the coaching you love, in a program that's specifically tailored for YOUR needs! As an incentive to join, see the coupon below!

• Meet Gail Barker!

Gail is a Certified Professional Life Coach (CPLC), author, motivational speaker and founder of Stellar Coaching & Consulting. In her work, Gail supports individuals and groups alike in clarifying and attaining their dreams and goals, without compromising their personal values. Gail is a firm believer in the freedom gained when one chooses to live life by active choice instead of passive default. On a day-to-day basis Gail "walks-her-talk", living a life that is in complete alignment with her values of childlike fun, integrity, human connection, serenity and surrender.



Save 10% on
Coaching Gym
Fees!

Refer to this coupon when you sign up for a minimum 3-month coaching gym membership, and receive 10% off regular monthly coaching fees.

Offer Expires: September 30, 2006

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