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Sunday, April 26, 2015

Hello reader, here is our newsletter for this month.



Have you ever taken a minute to ask yourself that question: Whom do you

After the winter we've had, is it any wonder that we are all exhausted? Just the thought of getting out of bed to go to work is too much to bear and facing yet another forecast of minus "x" degrees Celsius is discouraging.

And I am saying that on our first spring day, +19 degrees C and sunny. However I feel that the weight of the past few months will not just disappear because it is hot and sunny outside today. I just don't believe it. I feel like we've had so many moments in the past few weeks of "oh thank God, winter is over" just to find out it is not. But maybe this time it is for real. When I check the 14-day forecast, the temperature does not go below 10 degrees. And now you are

probably thinking, what is she talking about, what does that have to do with Business and Success?

Well, success requires consistent energy, drive and passion, and I'm feeling a little low on those right now. When I talk to people, in my coaching or my conferences, almost everyone looks like they are stuck in the mud or in a snow bank in our case. Now we need to get out of our fog and get our energy back. How do we do that?

Easy: one step at a time. Kick yourself out of bed; action breeds action. The lethargic feeling that's been our lot in life the past few months created more lethargy. As I am staring at the bright blue sky and feeling a decent spring temperature, I am wondering how to snap out of it. Well, the obvious thing to do would be, get some sun: turn off the TV, go outside and get some exercise. The next thing to do would be to get back in the habit of eating healthy food. As is often the case, we've let ourselves go a little (or a lot) in the winter months and this high fat, high sugar diet contributed to our feeling of sluggishness.

So those are the obvious physical ways to get our energy back. But there is one more. Find a goal that screams passion and vitality for you. What is the one thing that would make you tremendously happy if you did it? You might say, I don't know, and leave it at that. Don't give up so easily. Sit down quietly and write down everything you loved doing as a kid. Our answers can often be found back when we were young, before life took over. It could be a hobby, such as writing, painting, playing a musical instrument, learning a new language Or a long term goal, getting a diploma, buying a small hotel or small farm.

I turned 50 this year and as a gift my husband has offered me my dream trip: Machu Picchu. Since my teens I've always wanted to go there. And yesterday, he approached me with the preliminary itinerary for our trip. Right then, my energy went up. Just thinking of the books or web sites I will be reading to prepare for the trip has giving me a great feeling of renewed energy.

So find out what is your passion and get cracking.

Have a great month!

Sophie



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Book: in [Paperback](#) or [Kindle](#)

"When we can no longer change a situation, we are challenged to change ourselves".

VIKTOR FRANKL