

CHANGE YOUR ATTITUDE...CHANGE YOUR LIFE

24 HOURS A DAY FOR MEN

JACK CANFIELD

SUCCESS PRINCIPLES

7 Steps To A Super Brain

Optimal brain health creates more opportunities and makes life better.

Social Media: The 80/20 Rule

Get your message across without turning people off.

NO
71

SEPTEMBER 2016

WWW.CYACYL.COM

Are you ready to ignite the next generation of you?

Deb Wilber can help you understand your journey so you can release your fears, feel more confident and realize your purpose.




Deb Wilber, MBA


Coach · Author · Speaker

Deb Wilber created Real Life Spark™ as she believes intuition sparks changes that are transformative. It was Deb's intuition that sparked her personal transformation, from executive to entrepreneur, and it can spark yours, too! Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams. Deb's authentic style, a blend of executive experience, education and intuitive knowledge, support you in making small and impactful changes with confidence and grace.

**Call or email today
to schedule your
complimentary 30
minute mini-coaching
session.**

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NEW SEASON, NEW YOU?

Deb Wilber, MBA

As September arrives, you feel the change in the air. Everything transforms: the days get shorter, the nights are cooler, the leaves change colors and you welcome the new season.

Are you ready for Fall? I love Fall! Fall is time for the harvest: reaping the fruits and vegetables of spring planting and summer care. Fall is the time for a fresh start: new season, new school year, new beginnings, new you!

It's been awhile since I had to get ready to go back to school, but I still feel the same excitement every year as Fall begins. I always loved going back to school: new subjects, new pencils, new notebooks, and new friends. I love the potential of the blank page in all aspects of my life.

What's new in your life? Are you ready for a new chapter? New challenge? New season? Are you ready for the fresh start of Fall? How will you harvest the energy of change?

Have you thought about volunteering? Many organizations ramp up their volunteer teams during the Fall. I dedicate my volunteer time to an organization close to my heart. We work as a team, twice a year, to raise money for the organization through an amazing rummage sale.

You can read my journey to rummage and tips for finding a transformational volunteer assignment in *Keys to A Good Life* (<http://bit.ly/29HVcxM>). Rummage fills my heart and supports my goals.

Wait a minute, supports my goals? Read on.

A volunteer experience can transform your life in many ways, but you must volunteer with purpose and vision. Don't simply show up and give away your time to the first organization that asks. Think about your goals.

Let's do a quick exercise:

Find a notebook with a clean page and a favorite pen. Grab your favorite beverage and get comfortable. Take a few minutes to reflect on the year.

Ready? Let's answer a few questions:

1. What were the goals or visions you created for yourself at the beginning of the year? Write them down.
2. Cross off the ones you have completed. Enjoy the feeling of accomplishment of your harvest.
3. Assess the remaining goals. Are these the most important things for you to nurture and focus on in the next few months? Visualize December 31st. What do YOU want to harvest by the end of the year?
4. Cross off the goals that are no longer important and add new goals if they developed.
5. Review your list and check in to see how you feel. Are you encouraged or overwhelmed?

You now know your focus for the rest of the year. Think about a volunteer assignment that will support you and your goals. Determine how much time can you dedicate to the organization and its activities.

Then take action. Call or visit organizations looking for volunteers. Do they offer a volunteer experience that supports you and your goals? If yes, start the volunteer experience. If no, keep looking. Your perfect volunteer experience will find you.

Enjoy the Fall and the renewal it offers. Fill your heart with the joy of a transforming volunteer experience.

Wishing you peace, love and sparks of transformation!

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