



Many times we wait to attempt to change, clinging to the past rather than planning for the future that inevitably awaits us. High achievers, conversely, continuously look forward, changing before we must, knowing that the best way to transform is from a position of strength.

Changing Ahead of the Curve

December, 2009

Hi ladies ... (and the occasional Gentleman)...Here it is, mid-December, and the Christmas hustle and bustle is in full throttle. I'm sure your story is similar to mine - Hurried, crazy, stressful, with a little falala thrown in for sanity...With that in mind, the newsletter is going to be short this month. I don't really have the focus to be creative and entertaining and you most likely don't have the time to read it. I do, however, have just one suggestion for holiday attitude adjustment: Every time you find yourself looking in the mirror in the coming week, take a second or two to smile and give yourself a few words of support and encouragement. So often, we're looking in the mirror with a critical eye and negative thoughts about ourselves. Try giving yourself a little love & support this holiday season and notice what difference it makes. I'm very serious about this. I started doing this several months ago and I can't tell you how much it shifts my energy every time I do it...

Just one other thing...I mentioned in last month's newsletter that I'm planning an event in January with Karen Hodges, another Life Coach from Rhode Island. We're doing a half-day event on Saturday, January 23 at The King House, a fantastic Newport mansion. Karen will be leading the session where we'll create an exciting vision for 2010 and then I'll take over as we take a look at what needs to be done financially to make it happen. It's an easy day trip from Boston or a great excuse for a girls' weekend away. I've attached the flyer; please contact me if you have any questions and/or if you know of someone who you think might enjoy the workshop, I'd really appreciate it if you would forward the flyer to them. Thanks so much for your support...

I don't know of anyone who's not happy to see 2009 go. There's just something about a new year that brings hope and optimism. If you're unsure about where you're headed next year and can't make it to the Newport event, give me a call. I'd love to help you bring clarity, focus, ease and grace in your 2010.

I want to thank you all for taking the time to read my Newsletter and for all your support in my transition this year. Best Wishes for a joyous and loving Christmas season and a New Year filled with peace and prosperity...Jayn



Jayn Krasco Stillson
Personal, Financial, Business & Golf Coaching & Consulting
PO Box 760893, Melrose, MA 02176
781-665-0895 email: Jayn@Jaynyk.com www.Jaynyk.com

My mission is to provide guidance, encouragement and support to women as they look beyond the internal dialog that limits their success.
