

INVESTING IN YOURSELF - WHO ARE YOU REALLY?

By Donna Deos

How well do you know yourself?

How well would you like to know yourself?

Are you sure about that? (Either question!)

When was the last time you invested in you?

Do you even know what I mean by that?

Okay, enough with the questions. Let's get to where this is all heading, shall we?!

As we grow up and live our lives we are on a continuous learning curve ~ continuously learning and growing. At least most of us do. Some of us are eternal children but those folks are not likely to be reading this! And, some of us who remain youthful and playful are still continuously learning and growing. Growing up doesn't mean that you have to outgrow fun! Anyway...

Likewise, as we age, we go through many phases and have different things that are of importance to us. Life is not stagnant. It is ever changing and so are we.

One way that we help ourselves learn and grow is by investing in ourselves. Whether it is by going to conferences, networking events, night school, day school, picking up various designations or taking a course on something fun like painting or tai chi, we have the ability to continuously change and grow.

Transition Specialist is one of my titles (Spiritual Teacher is the other). Throughout life we are usually in some period of transition or another.

We transition from childhood to young adulthood to adulthood.

We transition from being the child, to being the parent, to being sandwiched between our parents and our children, to being the eldest generation and so on.

My role as a transition specialist is to help you navigate the various transitions that you experience



throughout your life – especially with the challenges of aging.

Why would someone invest in someone to help them navigate what seems to be a natural part of life? Well, why did you invest in your education and higher degrees?

Could you have gone about it on your own? Yes.

Would you have accomplished your goal in the most expedient way possible? Not likely.

When people hire specialists to help them with whatever it is they are doing (lawyer for legal issues, financial person for money goals, personal trainer to get in shape, etc.) it is because they want to access the special knowledge that person has. They want that person's expertise to help them solve the issues in front of them in an expedient manner.

The same is true for what I offer. I have skills in the challenges of aging ~ in experiencing various transitions. I also have skills in helping you find yourself through that process.

As we grow and experience life, we change. Hopefully for the better! One thing that my coaching business does is help you figure out the challenging parts of your life – no matter what those may be, and how they interact with other parts of your life.

I find that when you tackle some of the recurring issues that you regularly face and overcome them, other things in your life fall magically into place. It's called being on purpose with your life and who you came here to be. When you figure out who that is and start acting from that place of goodness



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your life flows more easily...almost without effort.

I have a variety of tools and tactics that I use to help people get from where they are to and where and who they want to be. If you have been wondering about your own life and wish to explore your options and how we may be able to work together, please give me a call or email me. My goal is always to help you with your goals. I will challenge you and hold you accountable, but this is your plan and your life and your path to whatever it is that you are trying to attain.

Senior citizens, this goes for you too!

You may be trying to figure out your legacy.

What is it that you want for the remainder of your life?

How do you want to be as a living example of aging gracefully?

What does the rest of your life look like to you?

How will that play out? Have you put the plans in place?

Do you have people who know you and are willing to help carry out your plans?

Have you communicated with them?

What do you want to leave behind as your legacy when all is said and done? There is so much more we can explore and accomplish.

My goal really is for everyone to get the "Happily Ever After" that

they envision for themselves. What is required is your willingness to want to attain it; your willingness to put a value on attaining that goal; and then make the necessary investment in yourself to get it done.

All of the quality things we achieve in our lives come with determination, effort, heart and some sort of investment in all of those as well as a financial one. Yes, you are worth it. Quality of life is worth it.

All good things in life come to us because of desire, effort and help from those who can guide us with a firm and loving hand to help us get to where we want and need to be.

I'm here for you and I look forward to you investing in yourself for once. I know you have put most everyone else first continuously in your life. It is now time to turn the focus to you. Believe me, when you increase your happiness, quality of life and peace of mind, the other people in your life will benefit as well.

An investment in you is an investment in your family and community as well. I want to be that investment and help you achieve all of your dreams and aspirations.

Let me help you. All you have to do is reach out to me. I'm here; ready, willing and able to help you soar to new heights.

Let's talk!

Donna



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