



Notes and Nibbles

JANUARY 2024
NEWS NOTE

This is the perfect January meal! Nice, hot comforting soup that satisfies that “after Christmas craving” for Chinese food AND is very carb friendly for those trying to come down from the sugar high of the holiday’s. This soup comes together quickly and is perfect for a simple weeknight meal or a warm comfort after playing out in the cold. (Carb it up by serving over rice or noodles.)

Life is short
Take the trip
Buy the shoes
Eat the cake



EGG ROLL SOUP

Low Carb

Notes: Make it your own by topping with sesame seeds, drizzle with hot sauce, add eggs, replace sausage with chicken or mushrooms...

Ingredients

- 1 pound ground sausage
- 1 cup carrots
- 16 ounces cabbage (or coleslaw mix)
- 1 tsp Sesame Oil
- 1 medium diced onion
- 1/2 tsp Salt
- Pepper
- 2 tsp Garlic Powder
- 1 1/2 tsp Ginger
- 2 tbsp Soy sauce or coconut aminos
- 5 cups Chicken Broth
- 2 tbsp chopped green onions

Instructions

1. In a large pot cook sausage stirring and crumbling until cooked through.
2. In the same pot add sesame oil, onion, carrots and cook until soft.
3. Add chicken broth, cabbage, soy sauce, ginger, and salt and pepper.
4. Mix to combine.
5. Simmer the soup for 15 minutes or until the cabbage begins to wilt.
6. Serve and top with green onions.

Current Reads

I appreciate the winter months in that I am not necessarily self-guilty into going outside and mowing the lawn or gardening. I'm not prepping for camping or trips. In Oregon, it is wet, soggy and gray. Which although sounds depressing to most, it does allow for the mental freedom to cozy up inside with a good book or three, snuggled on the couch under a warm blanket and a steaming cup of peppermint tea on the table and maybe some football on TV in the background.

This season, Jordan and I are exploring together and finishing up the *Scythe* trilogy by Neal Shusterman. The first two books *Scythe* and *Thunderhead* were very engaging and I am so far enjoying the last book in the trilogy: *The Toll*. The books have a macabre fantasy feel but connecting with the protagonists comes easy as does rooting against the main antagonist that is persistent in his appearances. Some books are more “immersible” than others and I feel that this trilogy is conducive to losing yourself in the game and I just want to keep going to find out what happens next. Plus we have the added benefit of sharing our insights with each other in an actual mother daughter conversation that doesn't involve the words “please clean your room”.

I love that my daughter has inherited my love of reading. It has opened me up to exploring and finding new genre's that I find myself engaging with too. Where as I was a staunch murder mystery/police drama/thriller person, I now find myself enjoying all kinds of different subject matter. I'll take a good science fiction, gothic fantasy, book club fiction, etc... to lose myself in and enjoy my down time.

Book List Recommendations:

The Lost Pope - Glenn Cooper Suspense Thriller

The 7 1/2 Deaths of Evelyn Hardcastle - Stuart Turton Historical Thriller/Occult Horror

Hotel Magnifique - Emily J Taylor YA Mystery/Supernatural Suspense

Atlas of the Heart - Brene Brown Personal Growth

Spellbreaker - Charlie Holmberg Historical Fantasy

The Maid's Diary - Loreth Ann White Domestic Thriller

No One Likes a Fart - Zoe Foster Blake (Jordan got this a a joke for her Dad and it is totally hilarious!

A GROUP OF CROWS IS
CALLED A **MURDER**.
A GROUP OF PEOPLE
WALKING SLOWLY IN
FRONT OF ME AT THE
STORE IS CALLED A
MOTIVE.

Inside a Coaches Journal



I have stopped making New Year's resolutions. Over the past few years, adopting the mindset of flow, that life is fluid, has played a big part in that decision. For the longest time I was so stuck in old thinking habits: everything must have a starting point; there was an 'end' point of a goal; there were certain steps that you outlined on a to-do list and checked off the boxes as you completed them. (There were so many ways this, in and of itself, went cattywampus and sent my focus off in so many different directions.) This was not only stressful and overwhelming but also depressing. I couldn't help feeling like the worlds biggest procrastinator and failure. Not just with my career trajectory but as a wife and mother too. So even though it is a new calendar year, I am still riding out and expanding upon my 2023 waves that were gaining the desired momentum to propel me successfully forward in fulfilment of purpose. Realizing what brings me joy and happiness.

In 2023 I completed a stint in a speakers club that gave me a voice and clarity on vocational direction. There are so many niches a coach can fulfil. I found I excel and shine as a Career Coach and Business Communication Consultant. I obtained a desired ICF certification in Holistic Life and Career Coaching through ICC. This was in addition to launching a successful marketing campaign for DISC Assessments to schools and businesses that resulted in helping clients develop successful internal communication practices resulting in increased productivity. 2024 is going to build on this. It is going to be the year of bravery and self confidence. The year of putting boldness in to action and focusing on action steps to connect with individual coaching clients as well as businesses and organizations that can benefit from DISC workshops. Using my successes as a foundation to serve bigger and better. It is time for me to stop just dreaming and DO. Whether that is finding a position within an organization to help individuals along their career path or building my own practice, or both. I am now confidently, bravely and boldly committed to fulfilling my purpose of career coaching. I am going to enjoy the process along the way, wherever the path may lead.

I have found clarity and peace in being present with my husband and daughter too. I don't have to be perfect or always have the answer. I can just be there, and LISTEN (sometimes this is very hard, but I am working on it!) I don't need to supply a solution to a problem, I need to be present so they can work through it or just vent. I need to be available for hugs and words of genuine encouragement, gratitude and compliments. Dinner doesn't HAVE to be at a certain time. If we have to wait one more day for groceries, we'll survive. If the tub isn't sparkling, no one really cares. What they do care about is my presence in their life and that is my priority. My career trajectory will happen in it's own time. My desire to relocate will happen in it's own time. What time is it now? Time to be right here. There is no "end" I am going to find until it's the END. Until then I am going to be present in the journey, in what's going on today, and taking action to make today the best day ever.



YOU DON'T ALWAYS NEED A PLAN. SOMETIMES YOU JUST NEED TO BREATHE, TRUST, LET GO AND SEE WHAT HAPPENS.



Random Fun Facts of the Month



- Most important date to remember in January: January 27 - National Chocolate Cake Day.
- Snowflakes fall at a rate of 1 to 6 feet per second.
- The snowiest city on Earth is Aomori City in northern Japan.
- People born in winter months tend to be less irritable.



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