

**“When we have sufficiently centered ourselves, in body and mind, we have the room to de-center.”**

BARRY BOYCE



MID-WEEK MOTIVATION

## Explore What It Means to “De-center” Yourself

As we develop our mindfulness practice, we may find that we’re less firmly gripping to the part of ourselves that constantly seeks security and attention. Instead, we may find that we’re able to rest in confidence and faith that life is ultimately workable and that we are OK just as we are. The real mark of progress, the fruit of mindfulness, the beneficial byproduct is “less me.”

Mindfulness can help us to get less caught up in believing our ideas about who we think we are and who others are. We can start to see our thoughts as “just thoughts,” rather than facts or truth. The message really is, “don’t believe everything you think.” In this way, we have more options for dealing with whatever life brings.

#### A MEDITATION FOR DECENTERING YOUR “SELF”

Take a moment and settle yourself, closing your eyes and bringing the sensations of breathing wherever most prevalent for you, into the foreground.

Recall a recent time when you were angry with or felt hurt by someone (thinking of something not too highly charged). Who was with you? What happened? What did you think?

Notice the immediate thoughts that pop into your head. Are they personalized? He or she did that to me or how could they do that? Check now and see if there are blaming or labeling thoughts – what a... or it’s all his or her fault!

Now check in with how this is all showing up in the body. Is there bracing or tightness? What’s here? Explore this for a few moments and then bring attention back to the physical sensations of breathing.

Lastly, bring attention to the entire body around the breath, widening and opening attention for a few minutes. And then, recall what else might have been going on with that person. See how many possibilities you can come up with. What might they have been feeling or experiencing? How much of what happened had anything to do with you?

Now open your eyes, write down all the possibilities that came to mind. What do you feel now? What emotions? And what do you feel in the body?

Practice this exercise every time you feel irritated, hurt, or annoyed for the next few weeks and see what you discover. How many of your reactions really need to be taken up as “me” and how many can you let go of and see that fellow human being as just as you.

For a deep dive into the subject, read:

**[How I Discovered That I Wasn’t the Centre of the Universe \(and Neither Are You\)](#)**

Remember growth is suppose to be messy. Be kind to yourself!

XOXO,

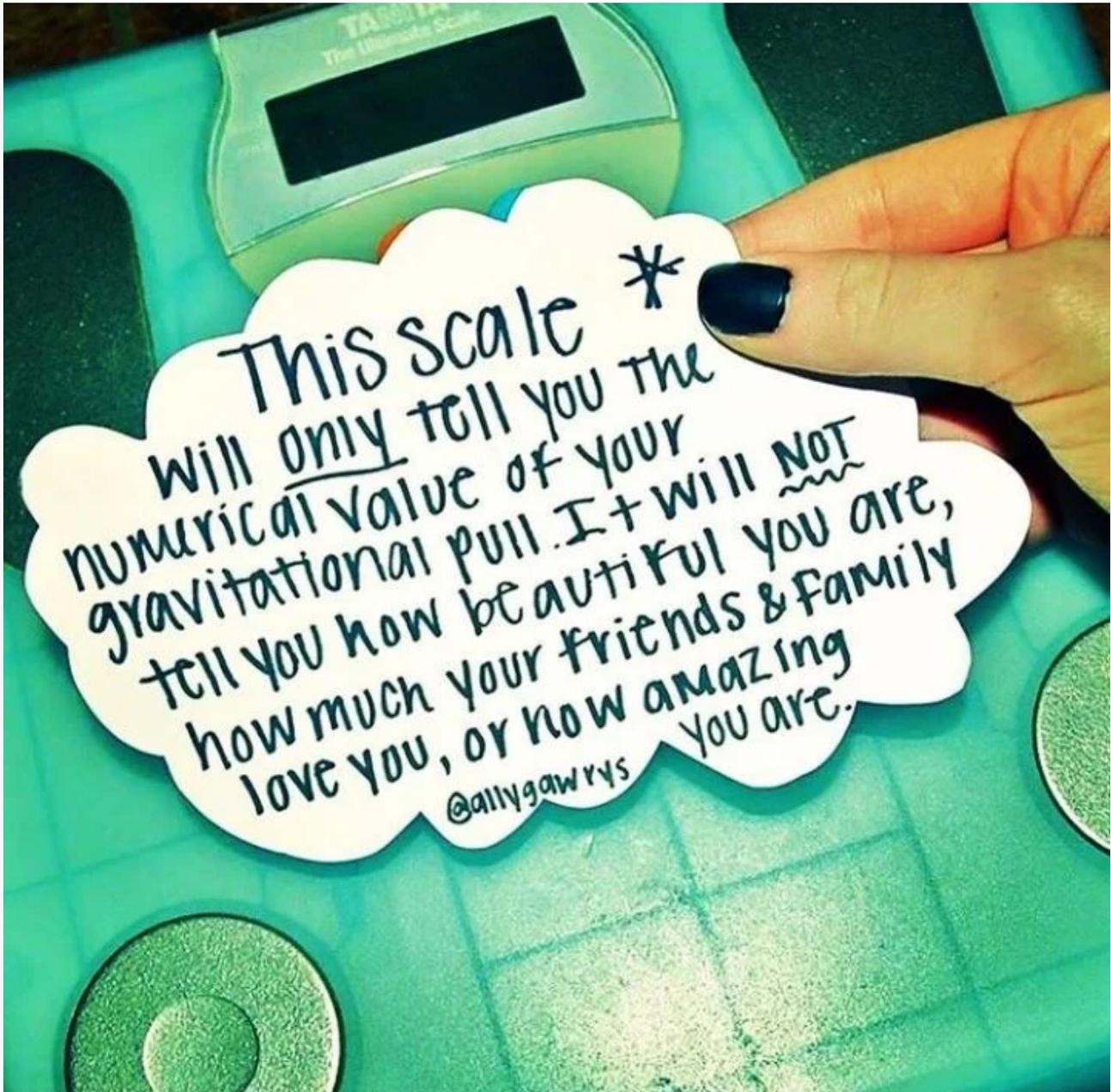
Coach Bethany

**WEEKLY MINDFUL EATING TIP**

## MINDFUL EATING:

Improving psychological health and your relationship with food, and any physical benefits gained are a welcome side effect of this process.

#ditchdietingmindset



**BEST WEEKLY PODCAST EPISODE**



19 SEPTEMBER 2018

## Your Thoughts Will Heal or Kill You with Marisa Peer

The School of Greatness

👤 10,025 listeners

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YOUR THOUGHTS WILL HEAL OR KILL YOU - MARISA PEER

LISTEN FOR FREE: <https://podcast.app/your-thoug...>

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## 5 MINUTE WEEKLY MEDITATION



**We live in a high speed,  
demanding world these days.**

SUBSCRIBE

#MentalHealth #ABCScience

Guided Meditation For Calming The Mind (5 Minutes) | Natural Mindful

**THE AMAZING BENEFITS OF DAILY MEDITATION:**

- Reduces pain & enhances the body's immune system
- Reduces feelings of depression, anxiety, anger, & confusion
  - Increases blood flow & slows heart rate
  - Provides a sense of calm, peace, & balance
    - Helps control thoughts
    - Increases energy
    - Reduces stress
- ... the list goes on!!

**LISTEN NOW:**

<https://www.youtube.com/watch?...>

## **5 TIPS FOR WORK-LIFE BALANCE**



## **5 Tips to a Better Work-Life Balance**

### **1. Know when to say no**

This one is a little tougher for some. If you're the kind of person that finds it hard to say no to your boss or teammates when they ask for help, you'll find your plate overflowing more often than not. There's no need to respond straight away when someone asks you for help with a task. Tell them you'll get back to them and take a moment to check whether you have time to do it. If not, they won't be offended if you say no. Remember, it's better to do a few things well rather than burning the candle at both ends trying to get too much done.

### **2. Leave work at work**

Our smartphones have somehow made us more productive and less productive at the same time. Despite all the distractions they offer, they also give us a chance to do our work from pretty much anywhere. This isn't necessarily a good thing though. You really shouldn't be looking at work emails at 11.30p.m. A good way to switch your mind off when leaving work is to write a to-do list for the following day. Then shut down and do your best to leave any work stresses in the office.

### **3. Learn how to work 'smart'**

In an age of useless email threads and meetings about meetings, you must master your focus and learn how to work smarter. It's easy to unconsciously waste time while at the office, leaving work piled up for you at the end of the day. Prioritization is the number

one thing to master if you want to be efficient and productive in your work hours. This links back to the first point about being able to say no. Don't be afraid to decline meeting invites if your presence isn't necessary.

- Set deadlines for each step in each task and stick to them.
- Block out time in your diary or move to a quiet area to get a presentation done if you need to.
- Outsource smaller tasks that you feel are a waste of your time. If you're able to eliminate the 'faff' and cut out the noise, you'll find yourself getting a lot more done in a lot less time.

## 4. Plot in your work and personal time

According to a recent study, quality 'me-time' can actually make you a better employee. And of course, it's also great for your well-being. So, how do you make sure you're getting it? Try this: plot self-care time into your diary and give it as much importance as you do your career. Have a clear divide between your work hours and your personal hours, and don't let either intrude into each other. If you're on the work-obsessed side, think of it this way – if you focus on your personal well-being, you'll be a more engaged employee and perform better at work. It's a win-win.

## 5. Listen to your mind and body

A poor work-life balance takes a toll on your physical health, not just your mental well-being. Exercise is oh-so-important to de-stress both your body and mind; thanks to the wonderful endorphins it releases. Try and get a half hour every day – even a simple walk can reduce stress and re-energize you. Similarly, meditation and other types of relaxing activities pre or post-work can help you disengage from stressful thoughts about work. Even if it's just for a bit.

**FULL READ:** <https://theundercoverrecruiter...>



CLIENT OF THE WEEK

**LYNN G**



### #HEALTHYLIFESTYLEGOALS

Shapes Client Lynn G showed a healthy lifestyle, she will achieve. Even on vacation! Lynn spent Labor Day weekend at Disney with friends and family & tons of food temptations.

No worries though!

Trainer Bethany & Lynn pre-planned trip - snack prepping, exercise, and habit-checking. Boy, did her hard work paid off! She lost over 3lbs and 1% body fat ON VACATION!

This girl is living her healthy lifestyle goals and YOU can too!

Schedule your **FREE fitness assessment & nutrition coaching session** w/ISSA-Personal Trainer & Nutritionist Bethany TODAY:

**Shapes Fitness For Women:** Gail Hodge [941-341-9276](tel:941-341-9276)

**Rosedale Fitness Center:** B Powerful [941-504-4767](tel:941-504-4767)

**Not in the Sarasota-Bradenton FL area?** No worries! [B Powerful Digital Personal Training & Nutrition Coaching.](#)

## QUOTE OF THE WEEK

Failure will never overtake me if  
my determination to succeed is  
strong enough.

OG MANDINO



**COMING SOON!**



DNA-Based Fitness Coaching  
www.BPOWERFULNOW.COM

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**DNA-BASED FITNESS  
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- KNOW THE FOODS THAT  
WORK BEST FOR YOUR

**MEDITATION & MINDFULNESS GROUP COACHING**

**WHEN YOU BECOME AN  
ACTIVE PARTICIPANT IN  
YOUR WELL-BEING, YOUR INNER  
STRENGTH WILL PREVAIL.**



@bpowerfullyintentionalcoaching

MINDFUL BALANCE

**MEDITATION &  
MINDFULNESS GROUP  
COACHING**

BODY

- KNOW WHEN AND HOW TO EAT FOR OPTIMUM DIGESTION
- CUSTOMIZED WORKOUTS AND TRAINING PROGRAMS SPECIFICALLY DESIGNED FOR YOUR BODY TYPE TO OPTIMIZE RESULTS
- RECOMMENDED SUPPLEMENTATION FOR YOUR SPECIFIC NEEDS

[FIND OUT MORE](#)

**COMING SOON!**

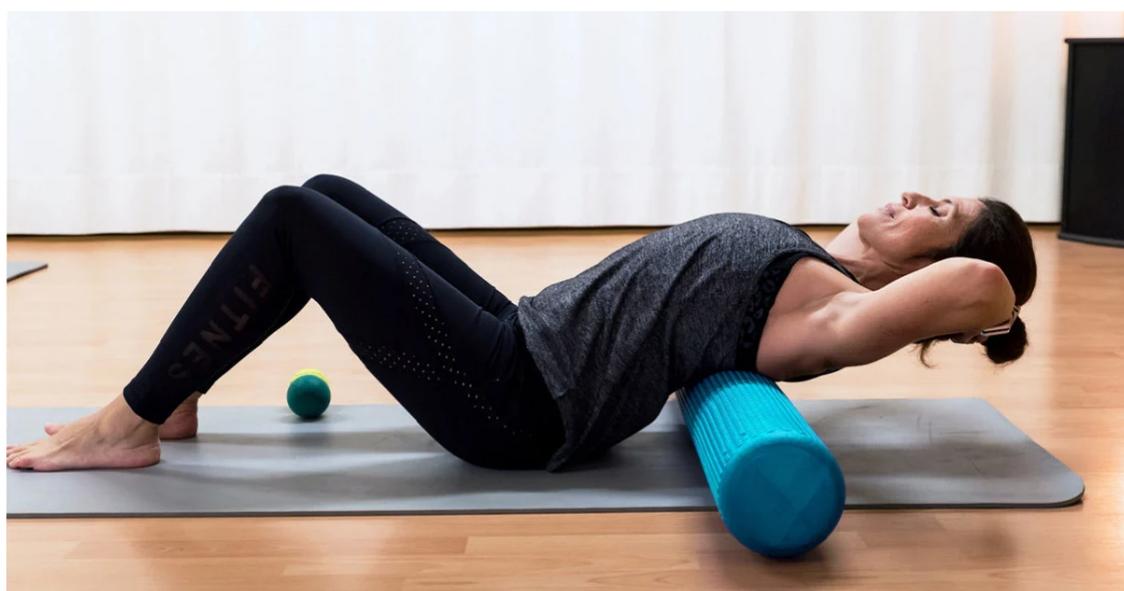
[ROSEDALE FITNESS CENTER](#)

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[VIRTUAL MINDFULNESS GROUP  
COACHING](#)

**FOR MORE INFO:**

<https://bpowerfulnow.com/me>  
[dit...](#)



[ROSEDALE CC FITNESS CENTER](#)

## **ROSEDALE CC FITNESS CENTER GROUP EXERCISE**

**10AM THURSDAYS (Start Oct 7th)**

This class is designed to lengthen your muscles and to tighten up the abdominals. The aim of this class is to tone and flatten your stomach, while also improving flexibility and range of motion.

DON'T MISS YOUR FAVORITE CLASS!  
SAVE YOUR SPOT VIA [ROSEDALE ONLINE  
CLASS SIGN-UP](#)



## ROSEDALE CC FITNESS CENTER

### ROSEDALE CC GROUP EXERCISE

**5:30PM THURSDAYS**

A safe and effective cardio and strength class designed to condition your cardiovascular system and build muscle and flexibility.

**STARTS THURSDAY OCT 7TH!**

DON'T MISS YOUR FAVORITE CLASS! SAVE YOUR SPOT VIA [ROSEDALE ONLINE CLASS SIGN-UP](#)



## FAT-BURNING & CORE WORKOUT

### SHAPES FITNESS FOR WOMEN SPINNING CLASSES

I am super excited to announce Shapes Fitness For Women will be offering spinning classes! Spinning Teacher Bethany will be teaching Tuesdays & Thursdays 7:30am. Small group training - 4 students per class!

**Call Shapes Owner Gail Hodge [941-341-9276](tel:941-341-9276) to sign up.**

### SHAPES FITNESS FOR WOMEN | SARASOTA

5451 Fruitville Rd  
Sarasota, FL 34232  
[941-341-9276](tel:941-341-9276)



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