

## Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 11, Issue #1, January 2011, *Back on Track*

I slipped up. And I'm guessing that that put's me right on schedule. I'm not sure if there are any statistics about how long it takes for commitments to New Year's intentions to waver, but I imagine I'm not the only one who's been challenged in this third week of January. This is about the length of time it takes for the novelty of a new self-care practice to wear off, for weight loss to plateau, and for bad weather and a litany of other excuses to get in the way of the resolve to exercise.

One of my New Year's intentions was to get back on track with healthy eating and working out. Even though I didn't go hog wild, indulging in sweets and treats of the holidays, I consumed enough to put on a couple of pounds and to reactivate my sweet tooth. Like a hungry baby, my cravings for carbs and sweets, once awakened, demanded to be fed.

As I've been strategizing about how to recommit to my wellness goal, I broke down into small steps the process I've used many times over the course of my lifetime to get back on track:

1. Note what derailed you. In my case this was easy to pinpoint. This fall my husband's naturopath requested that he eliminate wheat for three months and I joined him in this way of eating. Once she lifted the "wheat-free" ban before the holidays, I went back to eating more starches and baked goods.
2. Forgive yourself. One small slip up doesn't mean you've blown it. Catch yourself early so that your next choice is aligned with your intention. Help repetition work in your favor, by building upon and reinforcing successes rather than failures. Don't give up on your goal, and most importantly, don't give up on yourself.
3. Begin again by doing what you need to do to get back on track. With a string of days with less than optimal food choices over the holidays, I knew I needed to make a break away from sugar. I used the [Reset cleanse](#)\* which effectively eliminated my cravings for sweets, starches, and other high-glycemic foods.
4. Find ways to keep yourself accountable. Readers of my book and long-time newsletter subscribers know that I'm a big fan of tracking worksheets as self-accountability tools. You can use the [Nurturing Habits](#) form on the Resources page of my website to record your committed actions. Other types of accountability might include enlisting the support of a coach, friend, or family member or creating visual reminders such as a vision board or affirmations posted in key locations.
5. Take it a day at a time. No matter how you did the day before, each new day gives you the opportunity for a fresh start. Do the best that you can in each moment.

6. Avoid triggers. Say “no” to whatever you suspect could sabotage your success. Remove the temptation or remove yourself from the temptation; create a diversion by engaging in an alternate activity; or ask someone to help you stay strong.
7. Repeat as needed. After giving in to the temptation of a couple of warm, homemade cookies the other evening, I’m pleased to report that I’ve been able to use this process to get back on track with my healthy eating.

I was recently reminded that during 90% of its flight, an airplane is flying off course. (This described in Stuart Emery’s book *Actualizations*.) If graphed, its flight pattern would be zig-zagged, rather than straight. So if pilots consistently reach their desired destinations through a series of course correction, than so can we!

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## Recommended Resources

\* "RESET Your Body, RESET Your Life"

Join Dr. Christiane Northrup and Team Northrup to start 2011 with a bang. Have you ever wished your body, or your entire life, had a RESET button? Listen to this 30-minute recorded call with one of the world's leading experts in mind/body medicine and flourishing on every possible level to receive practical tips and tools for RESET-ing both your body and your life. Learn the most common mistakes people make when eating that lead to unwanted weight gain and cravings. Discover how to quickly and easily change thoughts, behaviors, and patterns so that you can live your best life. Find out how you can start 2011 with a RESET so that it's the best year of your life (so far.)

Playback number  
(712) 432-1085, Access code 702316

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## Recommended Reading

Attention all overwhelmed, under-nurtured women! My friend **Deborah Roth** has launched her long-awaited e-book *Circle of One: The Art of Becoming a Self-Centered Woman*. (You can immediately read more about it here: <http://www.marketerschoice.com/app/?af=1298642>).

With this **gentle, user-friendly guide**, you’ll discover **the art of becoming sacredly SELF-Centered** and re-connect with the Divine Feminine wisdom that resides within your being. **You’ll learn a new framework and language** for thinking and talking about the cycles of your physical body and their connection to the daily, monthly and seasonal rhythms of the earth, as well as to the cycles of your life... and feel renewed and re-empowered in the process.

**Deborah knows the cravings of the Feminine heart...** she’s coached hundreds of women to re-claim their soul-centers and listened to their stories in countless Sister-

Circles over the last 18 years. With grace and compassion, she reminds us of our lost history, inviting us to **bring ancient practices into our present lives** through meaningful ceremony and ritual.

And to further support you, Deborah is also offering some fabulous **FREE gifts and discounts** from a bevy of wonderful women entrepreneurs (and a few good men!) I think you'll find their gifts to be empowering, enriching and a perfect complement to the principles outlined in *Circle of One*. You'll be equipped with a powerful toolbox to aid you in deepening your practice of sacred SELF-Centeredness.

**So, are you are ready to embrace your inner core of wholeness** and be deeply supported through life's big changes, as well as through the ups and downs of everyday living? Then you won't want to miss *Circle of One: The Art of Becoming a Self-Centered Woman*...available for purchase at

<http://www.marketerschoice.com/app/?af=1298642> .

I hope you enjoy the journey back to your *own* Circle of One!

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## Upcoming Programs and Events

### Sustaining Motivation through Your Job Search

Monday, January 24

1-2 p.m.

Valley Works Career Center <http://www.valleyworks.cc/>

Lawrence, MA

Space is limited, so call (978)722-7000 to make sure there are openings.

### Fr\*ee Coaching with Reiki Q & A call

If you are a coach who also does Reiki, join us for a Q & A call about Coaching with Reiki on Wednesday, January 26<sup>th</sup> at 11:00 a.m. Eastern. E-mail me at [grace@balancewithgrace.com](mailto:grace@balancewithgrace.com) for the dial-in number.

### Reiki I:

Friday, February 18 or Friday, March 17 from 9 a.m.-5 p.m

North Andover, location

Fee- \$160 Includes training manual, certificate, and healthy snacks

### Reiki II:

Saturday, February 19 or March 18 from 9 a.m.-5 p.m.

Fee- \$250 Includes training manual, certificate, and healthy snacks

**Coaching with Reiki I Training** (via teleconference call. Check website soon for upcoming dates of in-person training):

Monday Feb. 7th and Monday, Feb. 21st 12-1:15 p.m. Eastern - \$90

**Coaching with Reiki II Training** (via teleconference call) - \$75

One Monday, March 15th 12-1:15 p.m. Eastern

Note: Coaching with Reiki I Training is a pre-requisite for this class.

To learn more visit [www.coachingwithreiki.com](http://www.coachingwithreiki.com)

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