

Healing Choices/ Diane MacKinnon, MD, ACC/ 603-577-1981

Greetings!

Happy New Year! I hope you enjoy the return of my coaching newsletter after a year of moving and reinventing my life. Each month in this newsletter I will offer news about my coaching practice and a short article that I hope you find useful. My goal is to help you move forward in any way I can. I would love to hear from you.

Best wishes for joy and success in 2008.

Warmly,
Diane



My New Year's Resolution

Every year I choose one Resolution and I try to make it about improving the quality of my life. That usually means changing my thinking in some way. I had an experience recently that helped me decide my New Year's Resolution for 2008.

As some of you know, I spend part of my time as a life coach and part of my time seeing patients as a family doctor.

Recently, I saw a middle-aged man who had a bad cold. He was very angry. At one point he told me, shaking his fist in my face, that he'd had the same symptoms a month earlier. I felt like he blamed me because he was sick.

Toward the end of the visit, he was sitting up on the exam table, looking down on me as I sat on my little stool and said: "If I get this again next month, I'm going to be really [upset.]" (Okay, he didn't say "upset," but you get the idea.)

I looked at him for a few seconds and then I finally said, "You'll be upset *with me*?"

Surprised, he said, "Oh, no, not with you. I'll just be mad."

Okay, then. Let that be a lesson to me: Never take anything personally. When I stop and think about it, it's never about me.

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Individual Coaching:

...**Free coaching session offered to anyone interested in learning about coaching.**

...**Different coaching options available.**

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**"If you're being
dragged, let go
of the leash!"**

Free Coaching Session
Call or email me to set
up an appt.

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The opposite is true when I'm upset with another person, then it's always about me. For example, the other morning I came into the kitchen to make my lunch and saw my husband sitting at the table, eating his cereal and watching the birds, as he does every morning. On the mornings when I work from home, I make his lunch for him while he eats and we chat and enjoy a few minutes together before he leaves. But on this particular morning I was running a little late and I needed to get going. So when I saw him sitting eating his breakfast, I immediately went into "I can't believe..." mode.

I can't believe he's sitting there doing nothing instead of making the lunches.

I can't believe he's eating when he knows I have to leave!

Wait a minute. He's not my keeper, he doesn't keep track of my schedule. And I usually make the lunches every day. So how was he supposed to know? When I realized how ridiculous my thinking was, I decided to let it go and made a conscious effort not to let my negative thoughts affect my morning. I finished the lunches, said a cheerful goodbye and left for work.

The next day, a Saturday, I had to work and he didn't, so I asked him—out loud—if he would make my lunch for me while I finished getting ready. He said he'd be happy to.

So I'm not going to take anything personally this year. That's my New Year's Resolution. I'll let you know how it goes.

Individual Life Coaching

Please contact me for a free sample coaching session. Once we've met (either in person or over the phone) and done some coaching together, you can make a better decision about whether or not coaching is right for you and whether or not we are a good fit for each other. You are under no obligation after the sample coaching session. I enjoy meeting and coaching all types of people and I look forward to having a coaching conversation with you.

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