

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

## Hello!

How did you enjoy the longest day of the year? I was at the beach for most of the day with my family, and then back again in the evening for a walk in the surf before heading for an ice cream parlor for another summer tradition. I was so grateful to be outside in celebration of the summer solstice.

May your summer be full of the beauty of nature and the joy of living life to the fullest!

Warmly,  
Diane

## Reaching for a Goal

Two years ago, right before we moved to New Hampshire, my husband gave me a violin.

"What's this for?" I asked after I unwrapped the violin (and the case, and the music stand).

"Well, you've talked about playing the whole time I've known you."

"I have?" I asked. I *have* always wanted to play the violin, I just didn't realize he knew it, too. Both of my stepchildren are musicians, so I guess I'd talked to them about wanting to play.

When we moved to New Hampshire, there was a music school within walking distance of our new place. That seemed like more than a coincidence, so I signed up for weekly lessons.

Six months into my lessons, I had a recital. I didn't worry about it too much—I figured that I've spoken in front of large groups many times—how bad could it be? Pretty bad, as it turns out. I stood up in front of a room full of strangers and all of a sudden my hands were shaking so bad that I could hardly play.

Luckily, I had an accompanist who didn't lose his head, and he redirected me when I lost my place. After it was all over and I apologized for doing so badly, he said "there were beautiful moments."

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Individual Coaching:

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

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

## Healing Choices

6 Empire Circle  
Hudson, NH 03051

Phone:  
603-577-1981

E-Mail:  
dmmackinnon@gmail.com

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

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

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And you know what? *There were*. When I finally looked at the video my husband took (months later) I was happy to hear the tune. I imagined that the song was totally unrecognizable and the reality, while not worthy of Carnegie Hall, was much better than what I remembered.

My brother was at my first recital and my third. After finishing my piece at the third recital I sat down next to him and he leaned over and said, "I didn't cringe once that time!" High praise indeed!

I recently performed in my fourth recital. I practiced a lot, played for my friends and family as much as they would let me, and then I just got it over with—I mean, I just did it.

And I'm very happy to report that I was a little less nervous this time. I can't say I wasn't nervous, and I played best about 15 minutes *before* the performance, but I got through it pretty well.

Since the recital, I've been thinking about my progress. Two years ago, my two cats streaked from the room as soon as I opened the clasp on my violin case. Now, they glance around at me, yawn, and then go back to sleep while I play. It's made me think about other things that I used to find difficult but I don't give myself credit for learning.

What's easier for you now that used to be hard? Do you cook for a family without thought when you used to stress over each meal? Are you a better driver than you used to be? Are you better at communicating your wants and needs to your loved ones than you used to be? I bet you are.

Let's all take a minute to celebrate our progress, no matter how small. Please stop, imagine the applause, and take a bow before moving on to your next task.

## 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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