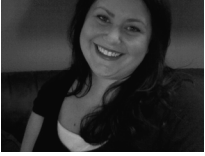


# April 2010 Newsletter

## My Favorite Things



**Welcome** to my new monthly newsletter! Each month I'll tackle a new topic and offer useful tidbits and tools for creating and maintaining a healthy life and fulfilling relationships. If you like what you read here, visit my blog for free downloads and more information on each month's topic.

*Enjoy! Caley*

### Is a Plan Necessary for Balance?

Have you noticed the areas of life that you take the time to think about, and create plans for, are the areas you are most successful? Jobs, budgets, school projects, and physical health are bits of our lives that we know a plan is needed to be successful.

*Balance and Emotional Health are the same way!*

In order to have more balance and emotional well being, we need to take the time to create a simple 3-step plan that includes:

1. What emotional stability or balance looks like for you
2. The steps and tools necessary to attain them
3. What to do when you hit bumps along the way

It's really that simple! Knowing what you want, having a plan of how to get it, and having your "toolbox" aka systems to deal with the bumps you hit along the way, ready and available.

To help make this 3-step plan even more attainable, I am going to use my blog this month to share "My Favorite Things" with you. I'll be reviewing my favorite tools from my own "toolbox," including a free MP3 download of my favorite relaxation technique that you can do anywhere, at any time, in less than 2 minutes. I will also include some of the most helpful tools I use with my clients.

### *A few useful tips to keep in mind about plans...*

- **Baby steps are the best steps.** Breaking your plan into the smallest possible increments creates both the best chance of overall success and lots of little successes along the way.
- **Plan ahead for bumps.** Things happen, plan for them! Having a plan or "toolbox" of self-care strategies will make the inevitable bumps *smaller* and *easier to overcome*.
- **Plans are just that, a plan.** Give your plan room to evolve and grow and become what you actually want vs. what you thought you wanted.

### **Relationship Tip...**

Did you know that by creating more balance in your own life, you will in turn create more balance in your relationship? It's simple physics; when one person in a relationship changes, the relationship changes. So if you are hoping for some things in your relationship to be different, the best place to start is with *you*.

### **UPCOMING POSTS...**

- **Create Your own Toolbox**
- **Flower Essences**
- **Valerian Root/Useful Herbs**
- **The 5 Love Languages**
- **You can Heal Your Life**
- **Using Egg Timers to Create More Balance**
- **Treasuring**
- **Modern Day Journal Keeping**

<http://blog.caleyphilipps.com>

**Caley Philipps, MS, LMFT-A**

<http://blog.caleyphilipps.com> | [caley@caleyphilipps.com](mailto:caley@caleyphilipps.com)

