



Natural News!

*Helping YOU make positive changes
in YOUR life at the walk, trot AND
canter!*

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New and Newsworthy!



What makes people want to change?

Notice, I didn't say "think they should change."

There are many things that make

Welcome!

Internal Conflict

What happens when part of you wants to do one thing and part wants to do another? Let's look at this kind of conflict.

When two desires of similar power come into conflict, a great deal of inner turmoil and stress can result. I was talking to a young, single mother recently, and she said "Anke, I want to go back to night school and get my degree, Spend more time with my horses, but I also want to spend as much time as possible with my kids while they're little. I just don't know what to do".

Now, it's not my role to solve her problem, and it wouldn't help her if I did. For her own sense of efficacy and personal power, she needs to work this out herself. She needs to "own" and be accountable for her decision.

But here is something very important. Whatever she decides, she needs to commit to it as fully as possible, without regrets, for as long as it takes. If she decides to go to school and feels guilty and wishes she were home the whole time, she will

people think they should change, and all of them add up to pressure from outside themselves. It may be disapproval from a family member or friend. It may be social or cultural norms or even prohibition. It may be fear of punishment or humiliation.

But when pressure to change is coming from the outside world, our desire to change is probably going to disappear as soon as the pressure is removed. The results of our change efforts are not very likely to last. What makes people really want to change is pressure coming from inside. Most important is the desire to move toward greater experiences of pleasure.

Next comes the knowledge that if we don't change, we will be violating our own standards, failing to live like the person we know ourselves to be. It also helps if we realize that the results of not changing will be far more painful than any discomfort we may create for ourselves if we do change. A technique that's really useful when it comes to creating positive and lasting change is to use the power of your imagination.

Create vivid mental pictures linking pleasure and rewards to the behavior you want and pain and discomfort to the behavior you want to get rid of. Play these "mental movies" for yourself several times a day, every day. If you really focus your attention on them, you'll be creating new associations in your brain, associations that will make it much easier for you to change your behavior in a lasting, positive way.

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make herself miserable and won't do her kids any good, either. If she decides to stay home until her kids are older, and if she resents this and sees it as a "have-to," her anger and bitterness will find their way to the surface one way or another. Everyone will lose this way, too.

Sometimes professional help is needed to sort out these dilemmas, but make sure it's the kind that helps you discover your blind spots and empowers you to make your own decisions.

Health Tips

Are You An Emotional Eater?

It's interesting, I would have never thought of myself as an emotional eater. Sure, when I'm bored I'll be thinking of grabbing something that's not necessarily good for me, but overall when adversity strikes emotional eating is not something that rears its ugly head. Usually, I head outside for a good run or on to the yoga mat for a vigorous and relaxing yoga session.

Before we go further, let's define what emotional eating really is.

Every one of us has to endure stress at one time or another and everyone deals with it in their own way. For millions of people, emotional eating, or using food to deal with stress, is one way of coping. Those people who engage in emotional eating turn to food when they are upset, hoping that it will improve their negative feelings.

Those who cope with feelings with emotional eating tend to choose foods that are high in fat, protein and carbohydrates or "comfort foods." Some common comfort foods include ice cream, chocolate, pizza, macaroni and cheese and fast food to name a few. These components work chemically in the brain to temporarily improve one's mood.

Okay, back to my recent experience with emotional eating. I had a family emergency right after a week of vacation and a week away working in June, and had to pack up and leave unexpectedly to be able to help with the

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emergency. It was a very stressful week to say the least, and the stress did not subside when I got home because now I was two weeks behind in my work and family life. I found myself snacking on things I usually never eat, I found myself thinking constantly about some of the foods that are mentioned above. So much so, that at times I would wander around my house or office unable to concentrate at the task at hand because of these unusual cravings!

So here's what I did. I came from the place of what I call "The Watcher". Imagine yourself in a boat on a lake. It's very still, the water is like glass, and the weather is perfect. You're watching "yourself" on the shoreline, watching you fight with your inner struggle; you have a "wild survivor" fighting with a "drill sergeant" about whether you should eat this that doesn't support you or not. They fight and flee back and forth with each other, tearing each other's hair out, shouting, and carrying on like its life or death. THAT'S the inner struggle that you're feeling inside!

So let's go back to the place of "The Watcher". As I watched this inner struggle play out, I became more aware of what was really happening in my life around this issue and why it was happening. I allowed the struggle to play out, and then I made a decision to handle it in a way that was much more productive and supportive to me. I allowed room for giving in, and then I committed to my decision on how to better handle the situation.

As the commitment was made, the inner struggle stopped, the shouting, yelling and pushing on the shoreline stopped and there was peace on the lake. I made a plan on how to attain my goal, and then I set forth to execute my plan.

Where is your Watcher?

How do you engage your Watcher when the moment arises?

If you've never thought about this, visualize the scenario I just shared with you, and look to the shoreline for your inner struggle. What's your commitment to yourself to engage your Watcher and end the struggle? Make your

decision, commit to it, set your goal and make your plan. Now, row yourself back to shore and get started on what's REALLY important to you!

Coaching Corner

Procrastination: When is "Good Enough" Good Enough?

Poor Tim. For those of you who have heard my rants and raves about marketing my business, you know that Tim has a passion for marketing, and I have a passion for arguing with Tim about how *HE* would help market my business.

I belabor the story, but in a nutshell (good luck on the nutshell) I always thought Tim's approach to marketing was more on the "cheesy" side...I HATE cheesy marketing. Cheesy rhymes with "sleazy" and that's what I think of it.

So for at least 4 years, Tim has been trying to help me with my marketing. God bless his tenacity and patience with me. I kept pushing back, using words like "sleazy" and "cheesy" and he would always ask, so how many people are responding to your marketing? I would look away, blurt out some excuse and go on marketing in my "non-sleazy" and "nice" way.

Well, that got me nowhere. In addition to not being able to market myself properly, I always wanted things to be "perfect" before I put them out there. Tim would say, "just get it out there, they'll get the message, that's the important thing" and I'd say "but the color/font/picture/delivery method (you get the picture) is all wrong"!

In many cases, we uncover that procrastination is masking perfectionism. When they don't know how to do it (whatever "it" is) perfectly, they can't get started, they can't get finished, or both. Sound familiar? It should. It's an old refrain - really, really old. According to Pirkei Avot, "You are not obligated to complete the work, but neither are you free to desist from it."

"Complete the work" can mean many things, from "get it done now" to "get it done right" to "get it done inexpensively" - and much more. For many of us, we're not finished until it's flawless, and even then, we're still looking back for the couldas, wouldas, and shouldas. What does this relentless pursuit of perfection cost us? Money, time, energy, relationships, and attention diverted away from those things that really do need to be just right because the costs are too high to settle for good enough. Like what? Like when your emotional, physical, or financial safety and security are on the line.

Full disclosure: Last year, I was struggling (again) with the message to send out, how to send it, blah, blah, blah when I got frustrated enough and said to Tim "you do it"! He did, and it got GREAT response! All my subscribers who I was "protecting from the cheesy" thought his message was great! Eat crow Anke.

In the words of Voltaire, "The perfect is the enemy of the good." In the words of Coach Anke, here are 10 questions to think about as you consider whether good enough is good

enough for your next undertaking:

1. What do you want?
2. What's at stake here?
3. What would "perfect" look like?
4. What would "good enough" look like?
5. What are the costs/benefits between "good enough" and "perfect"?
6. Who else has a say or stake in this?
7. What really matters most?
8. What can you let go of?
9. How will you know when you're done?
10. What will it take to get started

Eat crow. It doesn't taste good, but the success that follows sure tastes great!

From the "Horses Mouth"!

This month's horses mouth is going to be a little bit different. I've had so many good ideas for material for the newsletter and I can't let this one wait any longer! Its still "horse mouth worthy" in that it's a testimonial or experience from yours truly.

It starts with a quote from a book I'm currently reading by Jim Rohn called "Twelve Pillars". This quote comes from a chapter about the proper use of time and achieving what we wish in that time. It goes like this "We must all suffer from one of two pains: The pain of discipline or the pain of regret. The difference is discipline weighs ounces, while regret weighs tons".

I've realized over the years that being uncomfortable is one of the best things in the world, because it means you're changing. If you have the discipline to move through the discomfort and see your change through to the end, you can accomplish great things. If you shy away from the discomfort, you may end up with what you've always had, and then the weight of regret that may go with it.

One way that I keep myself motivated during those times of discomfort, is to give myself little rewards throughout the process. For instance, a great reward for me for finishing my newsletter is to take my favorite yoga class for an hour during the work day, or to treat myself to an iced chai tea latte!

I take my changes seriously, but I take my rewards even more seriously because I know they will help me to get through the discomfort, and move into success!!!

Featured Guest

Reinhold's Horse Wellness!

Check out Stephanie's new brushes for our equine friends, they are fabulous, and Murphy and Elvis will give them a "4 hooves up"! Murphy also gives Stefanie's bodywork a "4 hooves up",

Upcoming Events!

- Group Coaching Schedule for Summer/Fall posted now!
- Holistic Horse Fair, September 25th and 26th, The Horse First Farm Brooklyn WI ~ Check speaker schedule for Anke's talks!
- Funny true life stories and a "kick back and have an adult beverage" kind of attitude at my blog Why I Ride Horses! Please come and visit and leave a comment or two!

"A Quick Curry"

"We must all suffer from one of two pains: The pain of discipline or the pain of regret. The difference is discipline weighs ounces, while regret weighs tons"
Jim Rohn, *Twelve Pillars*

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