

Secrets to Savoring Your Value Driven Life Plus Super Foods to Zest Up Your Journey
Resource Packet for the Minnesota School Lunch Association
October 29, 2011

I Should Have Could Have Would Have

Shoulds

Shoulds are those things you think you ought to want. Shoulds are based on shame, duty or guilt. They are externally prompted (our ego, spouse, parents, peers, boss, society, etc.) or consequence avoidance. Have you ever thought...?

"I should do this to be a good daughter!" "If I do this, then "y" will happen."

"My spouse tells me I need to..." "I should lose weight!"

The problems with shoulds are they make you feel like you are doing the right thing, yet they typically aren't motivating enough to inspire change. This creates a state of continual dissatisfaction. The satisfaction in achievements is short lived.

How much of your life are you living versus how much of someone else's life are you living?

Is someone "shoulding" on you?

One should I will let go of: _____

Wants

Wants are internally prompted and those things that are important and fulfilling to you based on craving or desire. Wants support your values and who you are. Wants create quality of life. They are natural. They provide gratification. For example, you don't need to exercise, but your quality of life plummets when you don't exercise.

Wants can be motivating. Think...

"It is so me!" "I will enjoy this!" "I'm ready to have this!"

Wants are full of life and can be fun!

I want _____

Needs

Personal Needs Vs Physical Needs

Personal needs are emotional, physical, mental, spiritual and environmental things you need to be your best. They things like respect, accomplish, to be acknowledged or love of learning.

When personal needs are met – they let you be yourself in the best possible way.

Physical needs are like survival needs – food, shelter and (to a degree) love. Physical needs keep you alive. No one needs a spacious home, car, computer, or cell phone. But for many they are strong wants.

Clarification between what you want, think you need, and what you think you should want or need is critical for achieving balance. A definition of balance could be achieving what you want in each area of your life.

I need _____

"You only have one life to live . . . savor it today!" Copyright 2011 Chere Bork • All Rights Reserved

Resource Guide for My Energy Investments and Expenditures

Every thought, emotion and action has an energy consequence, better or worse. We manage what we measure. The ultimate measurement of a successful life is not how much time we spend on this planet but rather how do we invest in our energy with the time that we have.

Typical work day energy levels:

Best Energy _____
Average Energy _____
Low Energy _____
(Equals 100%)

Not working typical energy levels:

Best Energy _____
Average Energy _____
Low Energy _____
(Equals 100%)

Top three things that boost my energy:

1. _____
2. _____
3. _____

Top three people that boost my energy:

1. _____
2. _____
3. _____

Top three things that drain my energy:

1. _____
2. _____
3. _____

Top three things I am procrastinating:

1. _____
2. _____
3. _____

Three things I do to restore and renew my energy:

1. _____
2. _____
3. _____

Three people who support me no matter what:

1. _____
2. _____
3. _____

Welcome to TASTE LIFE!! Life is easy and we make it hard. The purpose of this monthly e-newsletter is to empower you to take charge of your health, have more work/life balance to create more time for YOU, and to fully taste the life you love. Subscribe at <http://letters.webvalence.com/sites/TasteLife/> or go to

Three Secrets to Start Being Happy Today!

Are you happy today? Oh, you're waiting for happiness tomorrow...when you get your work project done, or get the raise you deserve, or when your spouse loves more (or at least appreciates you).

In general, how happy would you say you are on a scale of 1 "not happy" to 10 "wonderfully happy"? Happiness is your choice. Every day, you wake up and you create your happiness. And, we all think we have an infinite supply of happy days ahead of us. My Grandma and Grandpa Meyer lived into their nineties. So, I am optimistic I will live to be 90 too.



I bet Judge Jean Davies planned on living forever just like me. She only got 55 years and 116 days. Gary and I went to her funeral last week Saturday. Jean was the first nice person to us when we moved to Chaska twenty years ago. As Frank Sisser eloquently stated in her eulogy, "Don't cry because her life is over; smile because her life happened." And boy, did it happen. Jean discovered THE secret to happiness. Waking up and having purpose. She loved her life fully as a judge, wife and mom and sock collector. Everyone loved her. I heard many people at her funeral say, "If I had one person who admired me so much at my funeral my life would be a success."

Jean and the happiest people I know all share the same three secrets to being happy.

One, know your purpose. Know who you are and your strengths. Know what inspires you, and gives you joy. Identify the purpose that gets you to jump out of bed in the morning. **Two**, appreciate what you have. Everyday many gifts pop into your life; stop and appreciate them. Once you start to appreciate the goodness in your life you will find even more gifts to appreciate. Maybe you are missing them because you are not even looking for them? **Three**, give your gifts freely. I guarantee you will find joy and fulfillment in helping others. Give love. Feel love. When you love yourself, life will love you back and could you get happier than that? And you will be done waiting for happiness.

ChereCoach Question That Could Change Your Life

Who do I need to let go of today so I have the time or energy to get what I really REALLY want?

Since 1999 I have had a hard time describing what transpires during a coaching session. Coaching is an experiential process as well as an intellectual one. Talking about coaching isn't the same thing as being coached. Call me at 952.937.5697 or email me at chere@cherebork.com to reserve your complimentary, no obligation, 30-minute Coaching Session. If you are ready to take action towards obtaining the life you *really* want this is your first step. Experience coaching first hand and create an action plan that will help you move forward with your goals and dreams. I guarantee one tip, tool, question or strategy that will give you more energy, balance, purpose, or happiness.



"Purposeful living is when you are in your dream AWAKE!" - Chere

If you want...

to balance family and work using practical solutions?
to feel tons of "joy" in a 24-hour day?
the health and well-being to live your dreams?
then...

Call Chere the COACH!!!
952-937-5697

Coaching is about the whole person, home, career, health and life balance. Coaching is a partnership and empowers you to achieve success.

- You receive tools, resources, and accountability structure
- You have a sounding board that believes in you 150%
- You are heard, supported, challenged and celebrated

One-on-One Life Coaching Personal Telephone Coaching

- Two or three 45-minute sessions: with unlimited email support and resources (2 sessions per month for \$350 or 3 sessions per month for \$500)
- Special MSNA and RD rate of \$300 for two 60 minute coaching calls per month
- One 60 minute Energy 90 Day Action Plan Coaching Session \$49.00 (Value \$150.00)
- Wellness Coaching: Initial vision session \$150.00 & 12-weekly 40-minute sessions \$100

Coaching calls include:

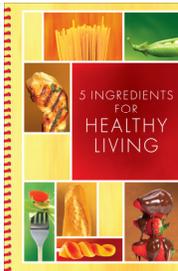
- A discussion and a focus on what you want (confidence, freedom, to be happier or healthier)
- Create a 90 day plan of action to manage your life and get unstuck (I promise you will be unstuck)

*Schedule a complimentary 20-minute telephone coaching session with Chere.
I GUARANTEE a tool, tip or strategy to give you purpose, balance and health.*

"I feel very peaceful today and I think it is because you help to give clarity to my life." MJM

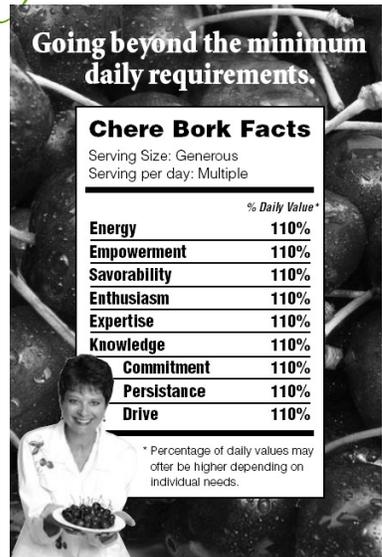
Subscribe to TASTE LIFE Monthly Electronic Newsletter at www.cherebork.com

"Once a month when I read your newsletter I remember oh yes I am in CHARGE of my life!" Thanks!" Sharon



Buy Chere's **5 Ingredients for Healthy Living Cookbook**

Real nutrition real fast from two real RD sisters
Packed with coaching tips on each page
Tips on purpose, energy, happiness, health and life balance



Chere is a ... *Professional Speaker *Teleclass Leader *Life Coach *Registered Dietitian *Master's Degree in Adult Education *International Coaching Federation (ICF) *Coach U Graduate *Certified Executive Wellness Coach *Faculty Member Wellcoaches® *National Speaker Association Member *Newspaper Columnist

Secrets to Savoring Your Value Driven life plus Super Foods To Zest up Your Journey
Tasting Life Balance in my Value Driven World
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Chere's presentation met my expectations?	YES	No
The ideas shared will add more energy to my life?	YES	No
I was satisfied with the resource packet?	YES	No
I was satisfied with the length of the presentation?	YES	No

Two things that I liked the best about this presentation:

- _____
- _____

At a future MSNA conference I would like the following health, happiness, energy and life balance topics:

- _____
- _____

I would like Chere to give this program to this group: _____

I would like:

_____ a follow up 60 min ENERGY 90 Day Action Plan coaching session for \$49.00 (discounted from \$150)

_____ hire Chere as my life coach.

_____ to receive the *25 Ways to Energize Without Calories poster* and subscribe to TASTE LIFE a monthly life balance electronic newsletter with food for mind, body and spirit (recipe, article and coaching question)

_____ to talk to Chere about speaking opportunities for the above group _____

Please **print** your name and contact information.

Name _____ Email _____

Address _____ City _____ State _____ Zip _____

Phone (H) _____ (W) _____ Best time to call _____

Two action steps I will take to own my life and make this the best year ever:

- _____
- _____