



## The Future Within

Smoothing the way for women  
who have lost a spouse  
to chart a new course.



Patricia Muscari

### Welcome to Fresh\*Breezes: Thoughts and tips for life's transitions..

Yesterday I took my car into the shop for routine checks. So...I had a day without wheels! Walking home, I stopped at a coffee shop for an Americano, large, with "room" and settled into a chair for a few minutes before my meandering walk home--a thing I regularly do, just to see different parts of the neighborhood. The coffee probably doesn't relax me; does it sharpen my wits? Well, it sure is pleasurable!

Continuing on my journey home, through the lush greenery and flower-laden yards of late August, many of the tasks and concerns that had cluttered my mind first thing that morning started drifting away. I deliberately let all thoughts fade. In this semi-meditative state I continued for some time...

I was mindlessly fitting my key in the door, when a very clear picture made itself known to me, shedding light on an issue that a client and I were in the midst of that very week! Clarity!

### Getting Clear

All too commonly, life's details can muddy things up. Where are we going? What focus or goal would be best at this time to accomplish what we want?

I know that often, the heart-pain is so big that it's not easy to think or focus on anything else! There are ways to work around this, or at least to temporarily eliminate the stuff that is confusing things-- to get clear of and filter out what is getting in the way.

I have to get rough with the "little voice" that tries to deter me--to belittle me--attack my confidence--distract me from my focus on goals.

I have formed some habits that can help with this, capturing a clear picture of goals and dreams and then keeping them in the forefront of the mind--getting clear and seeing the way...

"No one controls your mind but you...no one can prevent you from formulating your definite main goal...no one can halt your planning for the accomplishment of that goal...no one can stop you from becoming enthusiastic about those plans." ~Thomas D. Willhite~

"When you put a date on your dream, it becomes a goal. When you aim for the goal, it becomes a challenge. When you beat the challenge, the reward is success. To have success...you need a dream..."  
~Raja Akhtar~

"Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future." ~Deepak Chopra~

## One on One Coaching: Hiring Your Own Coach

Enlist your own coach. You will be glad you did. Although no one individual "needs" coaching, everyone can benefit from it.

*Take advantage now of a free Sample Session!*

Call Patricia at: 303-794-7824. *This can make all the difference in reaching your goals.*

Would you like to go directly to my website? Go to: <http://www.TheFutureWithin.net> **Topic of our next issue on September 12: This Isn't Me!**

**[Mailto:Patricia@TheFutureWithin.net](mailto:Patricia@TheFutureWithin.net)**

I would love to hear what topics YOU would most like to see covered in upcoming issues. Email your ideas to [Mailto: Patricia@TheFutureWithin.net](mailto:Patricia@TheFutureWithin.net)

You can check out all past issues of this newsletter on my website: <http://www.TheFutureWithin.net> at the Ezine Page Archives.

My warmest thanks to you for receiving this ezine. My true wish is that you have love in your heart throughout the New Year and always!

With sincerity and love,



Patricia Muscari

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