



The Future Within

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



Patricia Muscari

Dear Diane,

Reaching Out and In. Welcome! It is good to be talking with you. Earlier today I met a new friend for coffee at Michelangelos, my favorite neighborhood coffee and wine bar in Denver. We sat in leather easy chairs relaxing and enjoying friendship in the living room atmosphere over our hot mugs. Our conversation brought us closer together in spirit and in understanding of each other. It also sparked something in my memory and imagination. Soon afterword, I was home writing furiously in my journal...things I had forgotten and suddenly wanted to explore!

Have Your Forgotten Your Dream?

When did you last have a special dream just for yourself? Was it after high school...college? Were you maybe working your first job at the time? Did your course of study become the work you eventually pursued? Did that study lead to your dream? Or were you sidetracked, perhaps to another important focus or duty?

Is there a part of that dream that still gives your heart a tug?

Ever thought to start or end the day by jotting down your thoughts in a journal or a piece of paper kept near your bed? "Journaling" can be a powerful tool for reaching within your heart. Ideally, I gather ideas for my coaching practice and write my newsletters (ezines) in the morning hours before the day distracts me. One step on the path of growth and wholeness.

[More Information](#)



One on One Coaching: Hiring Your Own Coach

Make a lasting difference in your life. Hire your own coach and begin to chart your own course!

Call Patricia Muscari at: 303-794-7824

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"Nothing will ever be attempted if all possible objections must first be overcome. ~Samuel Johnson
"Sometimes you just have to take a leap and build your wings on the way down!" ~Kobi Yamada

Topic of our next issue on May 24: **Training in Tandem**

With sincerity and gratitude,

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