



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..

Speaking of Argentine Tango... Our tango community just burned through and survived a week-long Argentine Tango Festival in Denver. This event brings in tango instructors and 500 dancers from all over the globe, and many distinct opportunities for strong intention!

Don't try this at home, kids... Blisters, sore muscles and 50 hours of continual dancing notwithstanding, we are still crowding the dance floors daily.

And What Are Your Intentions?

Last issue we talked about freeing up time in our days. Another great way to maximize your day is to begin each day by focusing on intentions . Set just a few--maybe 2 or 3. Describe--with a broad brush-- the intentions you have for that day --or for that week.

Too Much... Conversely, a "to-do list" is a very different thing, usually extending way beyond what a person can accomplish in one day. Failure and frustration is built into a long to-do list. Focus on no more than three general intentions and let your activities revolve around them.

Beware of roommates setting intentions! A dance friend from San Francisco stayed with me for the festival.

Pre-festival I had set three intentions for myself related to the festival for the entire week:

- 1) To reconnect and catch up with the dance friends I have made over the years and to meet more.
- 2) To minimize spending, beyond my general festival pass.
- 3) To focus on my best dancing with every partner.

...this was my most enjoyable tango festival in 7 1/2 years!

Oh yes, my roomie had flown into Denver very sleep-- deprived. As usual, enjoying each other's company, she and I had long leisurely meals and

conversations We both do coaching for a living and thrive on deep communication. This set the mood for the week.

Her intention: To enjoy the dancing and to--*survive an intense week.*

She could not wait to talk with me after the outdoor, sunset dance event--she called me on my cell as I was on my way home: "You will not believe this! To top off a great week , I just danced a tango with a stranger in the fountain at Cheesman Park. I am soaked and I am loving it!"

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Everyone who has ever taken a shower has had an idea. It's the person who gets out of the shower, dries off, and does something about it that makes a difference. ~Nolan Bushnell~ Founder of Atari



### 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 June 27: Let The Spirit In.**

**[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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