



## The Future Within

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



Patricia Muscari

### Embracing Life With Fresh\*Breezes: Thoughts and tips for life's difficult transitions.

Mapquest can occasionally lead us astray. And a stranger we have asked for directions sometimes just aims to please and "have the answer", landing us in an empty lot five miles from our target.

Anticipating a congenial reunion with a friend, her family and other friends last night, I drove for 30 unnecessary minutes in concentric circles in a dark, unfamiliar neighborhood, essentially because I had trouble making out the street signs in pitch dark. Self-abusive names were popping into my head... I wanted to be there!



### Living Your Life? Asking For Directions is Not Such a Bad Thing

Stepping out of our comfort zones: Asking for suggestions or depending upon other people for help can be difficult at best. Even during the most taxing transitions in life, many of us put on the "stiff upper lip" attitude in our independent efforts to solve a problem-- just watch me!

#### Five Benefits to Welcoming Help from Others.

1. Receiving fresh objective viewpoints from friends and advisors on your problem, helps you avoid all the "what ifs" and "you cannot do that" that you hear from that little voice in your head.
2. Solutions you never would have thought of abound; the more people you hear from, the more solutions there are. It is great to be able to pick and choose.
3. Receiving help from others will automatically get you out of your depressing rut. Big problems can pull us down into our little pity holes.
4. Make changes in your life that will put you on a new plane. while raising yourself up to a new pursuit, e.g., studying a new subject, getting a degree, or just learning a new skill. In changing your life focus in some way you might avoid some of your former pitfalls.
5. Enjoy the many pleasant surprises you will be receiving in the middle of your crisis. You will be referred to new friends who will take you down fresh roads of discovery. This is not just problem-solving. This is

living your life in a new way--this is life enhancing!

I found every single successful person I've ever spoken to had a turning point. The turning point was when they made a clear, specific unequivocal decision that they were not going to live like this anymore; they were going to achieve success. Some people make that decision at 25 and some people make it at 50, and most people never make it at all. ~Brian Tracy~

Have you visited my new website yet? I am redesigning the pages and would love your feedback. Thanks in advance for your thoughtfulness! Click here: <http://www.TheFutureWithinLLC.com>



## Move Into a New Life With Your Own Personal Coach

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

*Take advantage today of this valuable 15-minute Sample Session!*

**Call Now: 303-794-7824. </> This can be the *spark* you've been wanting!**

*Life Is Change. Growth is Optional. Choose Wisely. ~Karen Kaiser Clark~*

**Topic of our next issue on November 14: Is the Recovery Still a Struggle For You? Seven Healing Steps Show the Way.**

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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 year and always!

With sincerity and love,

A handwritten signature in cursive script that reads "Patricia".

Patricia Muscari

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