



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. Strengthen Your Identity.

But first, we need to know who we are, before we can make that essence stronger. As a young woman, raising a family, my identity was wife and mother; I was totally focused on that. Later on, I ran our family bookstore among many other activities I loved or were interesting to me. The transition was beginning...

I now had more time. When I started writing down my thoughts and sporadically keeping a journal, I began to realize the value of the thought/writing process, in really getting to know myself and how I wanted to fit into my world.

I was discovering my own heart and mind. I had the confidence to more strongly live in that identity--in the things I did well (or not) and the things that made me happy. My family and friends also knew and loved me better and I them! I was discovering and strengthening my identity.

This week I read a poignant article by Anna Quindlen in Newsweek, Jan. 22, entitled "Write for Your Life". It struck me as very important for us all. Anna was referring to the movie "Freedom Writers" and the teacher, Mrs. G, as her challenging students called her. Mrs. G "embraced a concept that has been lost in modern life; writing can make pain tolerable, confusion clearer, and self stronger."

Anna herself suggests, "wouldn't all of us love to have a journal, a memoir, a letter, from those we have loved and lost?"

"Shouldn't all of us leave a bit of that behind?"



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.*

Would you like more info at my website? Go to: www.TheFutureWithin.net

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

"Keep my words positive. Words become my behaviors. Keep my behaviors positive. Behaviors become my habits. Keep my habits positive. Habits become my values. Keep my values positive. Values become my destiny." ~Mahatma Gandhi~

Topic of our next issue on Wednesday, February 14: Single Women are on Top!

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

You can check out past issues of this newsletter on my website: 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,

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

Patricia Muscari

The Future Within, LLC copyright 2005-2006, all rights reserved

email: patricia@thefuturewithin.net

phone: 303-794-7824

web: <http://www.TheFutureWithin.net>