



Encouraging Relationships Newsletter

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Encouraging Relationship Tip of the Day!

Becoming My Own Best Friend

OK, I've got **something to confess...It's only December 6th, and I'm worn out.** Can you relate?

With all the preparations for Christmas, and doing everything else I usually do, I'm almost out of gas.

So, **I'm taking today to be my own best friend...**I'm taking it slow, having a cup of tea, spending time with a friend, and not allowing myself to go full speed ahead, at least for today.

I'm also spending time praying to God and **asking Him to give me wisdom** about how He'd like me to run and live my life in 2007.

Actually, 2006 has been a good year. As I reflect upon 2007 arriving, I'm aware that **I want this to be a year where I'm living my life in more harmony with who God has created me to be.**

I want to **remove the things that drain me**, and **increase the things that fill me up** and cause me to bloom because I'm in the right place. Can you relate?

I also **want to be a better friend to myself**. One of the ways I'm working on is to watch how I talk to myself about my goof ups, mistakes and shortcomings. I'm loaded with these by the way.

I really got to thinking about this recently when I spoke at a Women's Retreat on **Peace of Mind: Becoming Your Own Best Friend**. As I prepared for this talk, it caused me to look further inside about the ways I talk to myself. I'm sure I learned more from this time of preparation, and then applying it to my life, than the women I spoke to!

If you'd be interested in purchasing a copy of this CD for yourself or as a gift, check out the products section of my website www.EncouragingRelationships.com

Another way I'm working on **becoming my own best friend** is to take steps to **streamline my life**, and **eliminate things in my life that are zapping my energy**. Isn't it amazing how many things in life do that!

In fact, my Coaching Partner, Mary and I will be giving a two session workshop called **Tolerations: Getting Rid of Irritations and Distractions That Drain You** (2/24 and 3/17/07; 9am - Noon).

We got inspired to do this because of some work we were each doing personally to get rid of irritations and distractions we had been tolerating in our own lives.

We realized that these **tolerations were draining us of vital energy and focus**. We were shocked and pleased

how **much energy and motivation bubbled up naturally** once we started to eliminate these tolerations.

This made a big difference in our lives, and we decided to do a 2 half-day workshop to facilitate this growth in others.

Well, that's what I wanted to share for today. I hope that you and your family have a Blessed Christmas filled with meaningful moments. **I wish you the very best!!!**

Blessings,

Kim Fredrickson, Coach

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ABOUT THE AUTHOR

Kim Fredrickson, M.S, Life, Parent, and Relationship Coach is the author of many popular CD's and articles that will help you build **Encouraging Relationships** in your life. To learn more about Kim and sign up for more FREE Relationship Tips like these, visit her site at www.EncouragingRelationships.com

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