



Encouraging Relationships Newsletter

A Publication by Kim Fredrickson, Coach www.EncouragingRelationships.com

Volume 2, #1 Jan 13 2007

Encouraging Relationship Tip of the Day!

Doing the "Before" Work

Happy New Year!! WOW, we're just about **halfway through January** already!

I was thinking about wanting to accomplish some goals for myself this year, and was reminded that sometimes the **most important part** of goal setting is **doing the "Before" work**.

Hmmmm....What do I mean by this? Good question...

Anytime you want to accomplish something, it is easy to look at the goal before you, and jump right into it...**without doing the "Before" work that will ensure success**.

I was reminded of this when I was reading an article about setting goals for health and fitness for the New Year. It said that before tackling a new weight loss or exercise program, you should use a month to prepare yourself to start.

That got me thinking...**what else do we need to do BEFORE** pursuing a new goal?

I was reminded of **two things I learned** in one of the coaching

classes I took to become a Life Coach.

1. If you want to put effort into something new, **you have to let go of something old.**
2. Some of the **best things to let go of are things that you have been "Tolerating" in your life.** These can be personal habits in yourself or others, stuff that drives you nuts every day, stuff you've been procrastinating on, etc. For example:
 - The button that is missing on a coat that you only remember when you put the coat on
 - The too stuffed drawer or closet that you want to organize
 - The pile of papers on your desk that beckons, but never gets addressed
 - The relationship that needs attending, but is ignored
 - The goals you have set, but don't understand why they have not been accomplished
 - Too many commitments that leave you with no sense of who YOU are.

These are called **Tolerations...the things we tolerate that need to be addressed to move forward in our lives.**

It is amazing **how much energy, focus and motivation rushes back in** after you address some of these tolerations. In fact, from personal experience, once you start taking care of even the small stuff, you're off and running.

This whole concept has been so impactful to me, that Mary Akey and I (we are Coaching Partners) have developed a **2 Saturday morning class to help others do the "Before" work, of getting rid of Tolerations** in order to move forward in the goals and dreams God has put in your heart.

We would love to have you join us. Check out our website to get more specific information about this Empowering Coaching Workshop.

Here's some good questions to ask yourself to get started:

- Make a list of any of your tolerations.
- Now prioritize them in order of irritation or their power to drain energy.
- Pick your top one and ask yourself:
 - What can be done to eliminate it?
 - What help or resources might you need to accomplish this? What obstacles might get in your way?
 - How can you walk around them?
 - Now make a plan with steps and a timetable that is realistic.

Remember that whatever God is calling you to change, He will enable you to do it.

~ Kim Fredrickson

Kim@EncouragingRelationships.com

www.EncouragingRelationships.com

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

NOTE: You're welcome to "reprint" this article as long as it remains complete and Unaltered (including the "about the author" info at the end), and send a copy of Your reprint to Kim@EncouragingRelationships.com
