



Pause With Purpose

...to refresh

...to grow

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and
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Relationship and Life
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Living Beyond Yourself

We've all heard it at one time or another ... "Don't live beyond your means!" It's great financial advice, even though many of us still tend to spend slightly more than we earn. *Living beyond yourself*, however, is a relatively new concept to many of us. Please allow me to explain.

As a life coach, I firmly believe in the value and power of personal growth and positive change. I am committed to assisting people as they overcome challenges in their life, and to working with them as they consciously grow through the changes they encounter in life. It is important, however, when we focus on our own life, that our vision not become too narrow, stuck only on "I". As significant as our own growth and fulfillment are, it is helpful to remember that we are also a part of a larger, integrated whole called mankind, our nation, our town, our family, our marriage, our job, our church, our friendships, and so on. Clearly, we *do not* live in isolation, even if at times we live alone. To lose sight of this fact is to miss the powerful impact we have on our different "worlds". Just as a change in one part of our body effects the other parts, so our decisions and behaviors effect the systems we are a part of.

Consider for a moment the different groups *you* are a part of. Some of us live in the world market, while others of us operate primarily within our own neighborhood. Some of us work within large teams; others of us are retired and golf in foursomes. Many of us have family connections, and some of us connect only with friends and acquaintances. Some of us are married, some have children, and some even have grandchildren. Most of us drive vehicles together on roads. We even share common sources of food and fresh water. Because of this, the decisions we make effect both our own life and the lives of those around us.

So what role do others play in the decisions you make? Do you give them respect and honesty when you deal with them, or do you deceive them in order to make a sale? If you speak the truth, do you "speak the truth in love", or use truth as a "sword of righteousness" while staying oblivious to the blood you spill? Do you fulfill your passion for sports by playing in four softball leagues, or do you limit your involvement to allow for more family time? Do you accept the promotion at work with its increased status and pay and need to relocate, or do you turn it down to

maintain a more stable family environment for those at home? Do you develop that land in the most financially lucrative way, or do you sacrifice some gain in order to protect the integrity of the land for future generations? Do you casually litter and pollute, or do you expend the additional time and effort needed to dispose of waste properly?

So many decisions, day in and day out! But when we live beyond our self, we consciously make decisions from a broader view of life which recognizes the importance both of our self and of the physical and relational world we live in.

To put it simply, our life isn't just about our self. More accurately ... if we want our decisions to truly benefit us, they must take into consideration all sides of our self, including the side that lives in relationship to our world. Then, what on the surface might look like self sacrifice, may actually turn out to be a deep level of self respect. The vision of our "I" expands to the fullness of our "We".

So the challenge is offered. Live beyond your self, and see how **BIG** you *really* are!



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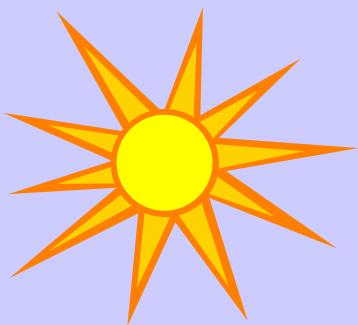
CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can help you take on the challenges of life and bring new vitality into your life relationships.

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Balanced Value; Balanced Vision

What is it that keeps us locked into the narrow world of "I, me, my, mine"? Two opposing attitudes likely contribute.

The first states that "nothing matters except what I want, especially what I want *now*." At its root, this isolationist view ignores any meaningful connection to other people, except for the satisfaction of selfish desires. Others hold little intrinsic value, and their wellbeing is disregarded in the decisions we make to promote our personal agenda.

The second attitude says, "I'm insignificant. What I do doesn't really matter." Such a view promotes a lack of responsible decision making by cloaking our actions in impotence. There is no need to consider others because we really can't hurt or benefit them anyway.

To broaden our vision, it is important to avoid both extremes of selfishness and self minimizing. As always, *balance* is the key. When value is given to all (our self included), we become connected to each other. Only then can our vision grow to appreciate the *fullness* of our life as it is lived in the context of our world.



"Consider the rights of others before your own feelings, and the feelings of others before your own rights"
-John Wooden