



# Pause With Purpose

...to refresh

...to grow

Published monthly by  
Free to Be  
Life Coaching  
and  
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Volume 10 - Oct 2006

## What Are You "Eating"?

It is October, and in Michigan that means the opening of deer season. Hunters plan, prepare, and eagerly anticipate for months prior to the hunt. They have their favorite hunting grounds, determined in part by the type of vegetation that grows there. This is important, they say, because the taste of the venison is influenced by what the deer eats on a regular basis.

What is true about deer is also true about us. Who we are and how others experience us is directly influenced by what we take into our self. Now, I'm not just talking about food, though that certainly is a part of the picture. The type, quality, and amount of food we eat effect our physical health, our appearance, our strength, our ability to focus and participate with others, and even our mood. That's quite impressive!

What about the other things we "consume" as we live in this world? It is important to remember that each of our sensory organs provides a portal to bring something into our self. We consume with our eyes, our ears, our nose, our touch, as well as our mouth. Pictures, sounds, words, messages, emotions, attitudes, and beliefs surround us

and call to our senses. Some whisper subtly, others call out with boldness. The variety and expanse of these offerings create an endless smorgesboard of intake opportunities.

Consuming nothing is not an option. We *do*, however, have a *choice* as to *what* we will consume and to *what extent*.

Why is this so significant? Remember the lesson of the deer - what we take into our self becomes part of our fabric, influencing who we are and how others experience us. The primary question is, "Who do you want to be, and what kind of 'diet' will help you become that person?" This is where powerful choices can be made regarding what you will allow on your life's plate.

Consider for a moment what "food" is readily available for your consumption. For better or for worse, television is a major component of today's society. It offers programming to entertain, to excite, to educate, and to inform. It can lead us into mindless oblivion, or help us to grow. Commercials, programming's symbiotic twin, bombard us with pressure to think and behave in ways which support their particular agenda.

News reports relate local and world events throughout our day. To be newsworthy, however, an item typically needs to focus on the traumatic, the painful, the extraordinary, or the scandalous.

Magazines and books in abundance present information and opinion, fact and fiction, stimulation and solicitation. They appeal in mass to every aspect of the human psyche. Music, with its varied lyrics and genre, offers ongoing soothing, inspiration, expression, and indoctrination. Even the people we gather around us in our professional and personal life expose us to attitudes, ideas, and behaviors which can impact our own thoughts and actions.

So many sources of influence! So much potential input to feed on! So many choices to make from such a vast menu! What will you choose to take in (or actively resist)? That is a decision you must make for yourself. Sift ... discern ... decide. In doing so, *you* take charge of your diet.

You know best what kind of person you want to be. I encourage you to adjust your life diet so that it supports the growth you desire!



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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 relationships.

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## A Time For Change?

If you have never taken inventory of your life diet before, it can be an eye-opening activity. It is amazing how much we allow to enter our self that does not benefit, build, strengthen, support, or grow us! Fortunately, it need not stay that way.

If you want to change what you are "feeding" on so that it better supports your desired growth and development, the following three steps can help.

First, *be aware* of what you are allowing to enter and influence you. Slow down enough to notice what you are watching, listening to, reading, and exposing your self to. Pay attention, and remember that of all your senses are involved.

Second, *take charge* of your diet. **You** be responsible to **your** self for what **you** consume. A coach can assist you to stay accountable and on task.

Third, *get active*. Shrink your plate so that it includes only those things which help develop you into your ideal. Seek out whatever builds your character. Reject anything toxic to your dream.

Changing your diet in this way can make a clear difference in the quality of your life! As the saying goes, you are what you eat.



"...whatever is true,  
... noble, ...right,  
...pure, ...lovely,  
...admirable,  
...excellent or  
praiseworthy, think  
about such things."  
Philippians 4:8