

Do you choose your fate, or does it choose you?

Happy Spring! I am once again surprised by the direction life has taken me. It is an interesting concept whether we choose our fate, or fate chooses us. I would bet it is a little bit of both. However, there is a catch. Fate is often to blame when we choose our fears over our desires and life ends up taking us in a direction we are not happy with. This year I am committed to choosing my DESIRES over my fears. What are you committed to?

I am committed to choosing my desires over my fears to create a life that I love. But that doesn't mean there won't be any bumps in the road. I enrolled in a Nutritional Therapy program last fall. The selling point was the way my body felt when I attended the information session. I was buzzing with excitement! A few months into the program I felt some

discouragement, but with support of my wonderful coach I learned I was choosing my fears over my desires, and that was contributing to the unease. When you tell yourself a story and you believe it, that is what causes stress or unease, says Byron Katie (founder of "The Work", visit www.thework.com for more information). By choosing thoughts that serve us, we can choose our desires over fears. "The Work" is a tool I use to help clients and myself CHOOSE the thoughts that serve us best.

Thanks to "The Work" I chose to stay in my nutrition program and I plan to integrate my nutrition skills into my coaching practice. Nutritional Therapy is a unique training program because it is rooted in the philosophy of Dr. Weston Price. Weston Price was a dentist in 1930 who studied

non-industrialized cultures around the world. He observed tooth decay, change in jaw structures and degenerative disease when the cultures transitioned from nutrient dense whole-food diets to industrialized diets heavy in sugar and refined carbohydrates. Throughout my studies I am convinced that there is no one-diet-fits all. We are all individuals in our biological make up. I am thrilled to explore nutrition and how it impacts life. In fact I am noticing that nutrition and coaching go hand and hand. I am very excited to place NTP, Nutritional Therapy Practitioner, behind my name in May 2009. Thanks to all of you for your continuing support.

Be wise and well in health,
Hillary Leigh Sheldon

HILLARY SHELDON

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262.203.2540 www.hillarysheldon.com