
The Examined Life, Edition 8, June 2004
A free, electronic newsletter brought to you by:

Debra Exner, CPCC
Business & Personal Coach
Exner & Associates
Examine, Explore and Excel!
www.ExnerAssociates.com

IN THIS ISSUE:

- * Contribution
- * Tip of the Month
- * LLS Marathon Update
- * Coming Events
- * Spread the Word

CONTRIBUTION

Last Saturday, I had the wonderful experience of walking into a tight-knit team and being instantly welcomed and accepted. The team was the seven women from Atlanta Georgia who will be walking the Alaska Marathon. After months of training on my own, much of which I have enjoyed, it was great to share my goal, train with others, and watch the miles (twenty of them!) go by as we chatted and got to know each other.

I was also struck by the wonderful Team in Training volunteers, coaches, assistant coaches and mentors, and many untitled others, who dedicated this Saturday to provide water stations, ride around to check up on the hundreds of walkers and runners training, handle the logistics, and wait for the very last person to complete their day's training.

My contribution is to raise money for the Leukemia & Lymphoma Society for research and patient services. I'll be walking in honor of my Mom who ended her struggle with myeloma last October and for the 232 survivors and caregivers in the Philadelphia Multiple Myeloma Networking Group, as well as a number of my sponsor's loved ones.

For most of us, it's important to feel like we're making a contribution, large or small, to others. In fact, many, myself included, come to coaching because they want to explore alternate ways of making a living, ways that will have more of an impact on their world. Recently, I've led a couple of workshops entitled Creating a Life You Love After Cancer with friend and fellow-coach Maddie Hunter. Participants have shared stories about how they've weathered the shock of diagnosis and the adaptations they've made in their lives. While most have to concentrate on their own situations and treatment decisions for awhile, once things settle down to a dull roar, they find that connecting with others and making a difference is part of what keeps them going.

What puts meaning in your life and lets you make a contribution? Is it the work you do? Your connections with family and friends? Volunteer work? Exchanging a kind word with the people you meet throughout your day? Coaching Little League? I'd love to hear about it. For an update on my progress, see the marathon update below.

TIP OF THE MONTH

For years I carried around a picture of my son at about 12 years of age and showed it to people. No matter that Chris was now 21, or 25, or 28! It occurs to me that we do that with ourselves too. I carry around a mental snapshot of myself as a shy person. It doesn't matter that over the years I've evolved into someone who is energized by interacting with people and enjoys situations I wouldn't have enjoyed in the past.

Are you carrying around an outdated belief about yourself? Is it time to take a new picture and put it in your wallet?

LLS MARATHON UPDATE

I'm happy to report my current statistics:

Total Miles: 456 (since January 9th)

Longest walk: 20 miles (twice!)

Dollars: \$6,609.40 (66% of my 10K goal)

Much to my surprise, I've really looked forward to and enjoyed my 18-20 mile walks. The weather has been gorgeous for each of them and I had this incredibly peaceful feeling of looking forward to 6+ hours on my own, walking through the woods with my thoughts, the scenery and sometimes a great book on tape.

I really enjoy the sound of the creek. At this time of year the woods change each day. Now there are carpets of lush green ground cover, with patches of yellow, blue and white flowers. One day there was a swamp that hadn't been there last time with some incredibly tiny but noisy frogs. Another day brought three families of small fluff-ball goslings with their watchful geese parents (ever been hissed at by a goose?).

I was excited to realize that a fallen tree provided a bridge across a stream that I'd previously thought impassable. The tree was lying there last time I passed this way but, it was about 3 feet tall and it hadn't occurred to me that I could climb up onto it and walk across (it was also about 3 feet wide but had looked narrower and more precarious to me the previous time). It was also interesting to note the difference in exertion it seemed to take to climb up after having walked about 15 miles!

You can view my training log, see my fund raising progress, send a message or make a contribution at my personal page on the LLS website:

<http://www.teamintraining.org/participant/exner-166547>

I'm proud of what eighty-eight people and I have raised. Donations ranged from \$1 (twice from Marty who was testing the personal web page system — hey, a dollar is a dollar) to \$500. No amount is too small and good wishes, with or without a contribution, are greatly appreciated. In addition to the webpage, checks made out to the Leukemia & Lymphoma Society or credit card information (amount, name on card, expiration date, and your address for acknowledgement by LLS) can be mailed to me at 724 Foxdale Road, Wilmington, DE 19803.

COMING EVENTS

Things are a bit quiet due to my focus on the marathon. More coming soon.

Musical event: Schubert's Trout Quintet

Kathleen Hastings (violin), Sue Kiley (viola),

Cheryl Everill (cello), Debra Exner (bass), Nicole Clouser (piano)

Two performances:

Sunday September 26, 3pm Neumann College, Aston, PA

Saturday October 2, 8pm Newark Methodist Church, Newark, DE

SPREAD THE WORD

If you are ready to make changes in your business and personal life or know someone who is, I'm looking for you. Curious? Email me at DEXner@ExnerAssociates.com or call 302-478-5919 to schedule a complimentary half-hour coaching session.

If you are enjoying this newsletter, please forward it to your friends and colleagues! Or direct them to the subscription form and past issues at exnerassociates.com

Thanks,

Debra Exner, CPCC

Business & Personal Coach

Exner & Associates

Examine, Explore and Excel!

DEXner@ExnerAssociates.com

www.ExnerAssociates.com

phone# 302-478-5919

It's never too late--in fiction or in life--to revise.

Nancy Thayer

Please let me know if you'd rather not receive these messages.