

This July 2010 Good News letter is packed with the following goodies...

- **Wisdom unearthed** – about choice
- **Catwalk Trust** www.catwalk.co.nz - raising money for spinal injury research and helping people in wheelchairs walk again
- **New York marathon** – Who wants to take on the challenge of completing the New York marathon with me in Nov 2011?
- **Tips for dealing with the rose thorns** - Dealing with self discipline (or lack of it!)
- **Day Spa Inspiration night** - 30 July - Embody your full potential – with me as guest speaker
- **Growing into your greatness** – Who wants to step up as a Leader Down Under?
- **Recommended reading for your growth** – From short fat chick to marathon runner by Kerre Woodham

Wisdom Unearthed

Even when you do not choose something, in essence you are choosing something. Janelle Fletcher

Take for example, you want to lose weight, but you can't decide what diet to start or what day to start it on. In essence you are deciding not to diet right now. If you are putting off a decision about leaving work and continue to show up there every week, essentially you are choosing to stay. If you are deciding whether to leave your "unhealthy marriage" but you continue to find reason why you can't, you really have made a decision to stick in there. What are you choosing by not making a choice? What do you wish to choose now and align your actions to?

Catwalk Trust (www.catwalk.co.nz) is an organisation founded by Catriona Williams –an international equestrian rider who was injured in 2002 and became a tetraplegic after falling off her horse. I am so inspired by her commitment, not only to raise money to fund spinal injury research and help people in wheelchairs stand and walk again, she is also "wheeling" the New York marathon in November this year. Her blurb in the recent Catwalk magazine said she has only one rule she adheres to for her training. It must be fun and it must be done with 100% commitment. Talking about fun and commitment – check out the recommended reading below!

Her good friend and fellow equestrian rider Kate Lambie, who I met recently, is also preparing to run the New York marathon this year. The organisation inspires me because of my own daughter Gemma, who is in a wheelchair, plus I also love the analogy of people stepping out of their comfort zone and also stepping up to leadership. To support Kate raise money for Catwalk, go to www.fundraiseonline.co.nz/KateLambie or go directly to www.catwalk.co.nz to make a donation.

Kate is also looking for 3 sponsors to put on her shirt as she runs New York – **imagine your logo in front of 2 million New Yorkers looking on plus nigh on 40000 runners – great publicity.** If you want to have your logo on her shirt and get this great exposure, give me a call (021) 756 280 and I will pass on Kate's details. Minimum donation is \$200. Maximum is unlimited!

Start spreading the news - New York, New York....Are you up for the challenge?

Do you want to join me do the New York marathon in November 2011 and raise money for Catwalk and help research a cure for spinal injuries and help people walk again? I have never really run in my life, but having just completed the 100km Oxfam challenge (walking), I know the benefits of stepping up to a challenge, finding a support crew to help me see my commitment through, feeling good and fit in my body, enjoying the training, conversation and camaraderie with others and overcoming my own personal obstacles or mind baggage! Are you up for that? If so email info@catwalk.co.nz with your interest.

Tips for dealing with the rose thorns – Dealing with self discipline (or lack of it!)

Having commenced my running training just a week or so ago, I have come up with my own challenges (or rose thorns) that I am working through. My knee injury reared its head on day one! My desire for running, rather than walking, is not a natural desire and other "commitments" (perhaps disguised as priorities or maybe excuses) have also made themselves known already. Here is what I am learning about self discipline which you may be able to apply to your own situation:

- Write a weekly commitment plan and put in on your fridge – a bit like your personal "I'm a star chart" that you tick off.

- Keep the grander reason you are doing something in mind. Use that as a “towards” motivating factor.
- Notice what you are giving yourself (abundance mentality), rather than what you are denying yourself.
- Reward yourself with something that nourishes your soul, rather than feeds your stomach.
- Be careful of the words you speak and the thoughts you think. Align them with your positive choice and commitment.
- Select your personal support crew, who are also positive and committed to you being self disciplined and stepping up into your greatness. That may mean hanging out less with your “nay-sayer” friends, family members, colleagues...and getting together more regularly with the people who believe in you.
- For my this week’s free article on commitment click on <http://www.janellefletcher.com/content/Free-Resources/29.aspx>

Cross pollination - Day spa Inspiration night – 30 July in Tairua, Coromandel

Fancy a night or weekend in the Coromandel with some inspiration and indulgences?

A reminder that I am guest speaker at Seascape – a day spa in Tairua in the Coromandel on Friday evening the 30 July.

Lisa Stevenson from Sea Escape likes to support her staff, locals and visitors by putting on inspirational evenings. Why not come and join us for the evening, or make it a weekend away with some indulgences as well? Attendees will receive a 50% discount on a 1.5 hour Total face and Body Harmony package of a 1 hour massage followed by a half hour facial. To book now for the inspirational evening or to book a treatment, call Lisa on 07 864 7455 or 0276 180 838 or go to www.seaescape.co.nz. My speaking topic for the evening is:

Embody your full potential – keys to body confidence, self confidence and confidence to have the life you want

I will also be offering one-on-one coaching / healing consultations on Saturday 31 July in Tairua at Sea Escape. Book now for a consultation with me either in Tairua on 31 July or here in Auckland or as a new phone client during July and August, and I will gift you an annual subscription to my online learning community and its fabulous resources. Guaranteed results!

Contact me at janelle@janellefletcher.com or 09 416 0683 021 756 280

Growing into your greatness – Who wants to step up as a Leader Down Under?

The Rugby World Cup will be big next September & October 2011. I have an idea for an event / series of events to coincide with the World Cup that showcases people who wish to emerge as Leaders Down Under in their respective fields – particularly those who are supporting people through health, body and life changes & transitions and personal & spiritual development. You could be a speaker, writer, coach, health professional, musician, personal trainer, gym owner, doctor....anyone .with a commitment to help people more holistically and proactively address their health, body and life concerns and step up to their fullest potential.

If you want to step up – personally and professionally – and be set to launch yourself on a bigger stage next year at this event, contact me at janelle@janellefletcher.com

Recommended reading for your growth - “From short fat chick to marathon runner” by Kerre Woodham

As Catriona Willams from Catwalk says, you have to have fun as well as being committed to your cause. Kerre Woodham – TV and radio personality - completed New York Marathon against her own personal odds in 2006. Her book is hilarious. She has that vibrant, kiwi spirit and is someone who loves red wine (even the night before the marathon), juggles her responsibilities – some better than others, dons her sponsor’s shorts when she loses a little flab and feels proud wearing her marathon medal at New York airport, but not on Ponsonby Road! Mostly Kerre has shown me how not taking life and yourself too seriously can lighten the load of what can seem a big commitment.

.Go well and grow well in the month of July. Janelle X



Growing potential & possibilities

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