



## The Future Within

Smoothing the way for women  
who have lost a spouse  
to chart a new course.



Patricia Muscari

**Welcome to Fresh\*Breezes: Thoughts and tips for life's transitions.**

Stepping Out of Your Comfort Zone... I just shoveled my driveway and also a path to the garbage dumpster in the alley for our small complex. Whew! If you have read about Denver's recent snowstorms, you know we were buried in snow. We have also been a bit buried in uncollected trash and recyclables... Is that a garbage truck?

### Stepping Out of Your Comfort Zone

Yes, step out of your comfort zone, but before you do, take out the trash (pun intended)!

Lighten your excess baggage--things that don't excite you, making more room for what delights you.

Start by looking at free time. Instead of just crashing or merely parking in front of the TV, make a big change. Do something new (or old) that enlivens you and sparks your spirit.

Make plans one evening to see a play with an old friend. Challenge your creative instincts--take a pottery class. Take a dance class--surely you will make new and exciting friends; look up Tango among local dance listings.

Better yet, access this web site: [www.TangoColorado.org](http://www.TangoColorado.org). The interesting classes in Argentine Tango abound. Guarantee: this will lead you OUT of your comfort zone and put excitement on the front burner!

Read all the way to the end today! I would like to hear from you...



## One on One Coaching: Hiring Your Own Coach

Enlist your own coach. You will be glad you did. Although no one individual "needs" coaching, everyone can benefit from it.

*Take advantage now of a free Sample Session!*

Call Patricia at: 303-794-7824. *This can make all the difference.*

Would you like more info at my website? Go to: [www.TheFutureWithin.net](http://www.TheFutureWithin.net)

[Patricia @TheFutureWithin.net](mailto:Patricia@TheFutureWithin.net)

It is your attitude, more than your aptitude that determines your altitude. ~Jim Rohn

A woman in harmony with her spirit is like a river flowing. She goes where she will without pretense and arrives at her destination prepared to be herself and only herself. ~Maya Anjelou

### Topic of our next issue on Wednesday, January 24: Strengthen Your Identity

I would love to hear what topics YOU would most like to see covered in upcoming issues. Email your ideas to: [Patricia@TheFutureWithin.net](mailto:Patricia@TheFutureWithin.net)

You can check out past issues of this newsletter on my website: [www.TheFutureWithin.net](http://www.TheFutureWithin.net) at the Ezine Page Archives.

My warmest thanks to you for receiving this ezine. My true wish is that you have love in your heart throughout the New Year and always!

With sincerity and love,

A handwritten signature in cursive script that reads "Patricia".

Patricia Muscari

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