



The Future Within

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



✦ Patricia Muscari

Dear Diane,

Welcome to Fresh*Breezes - thoughts and tips for moving ahead into your future. Welcome and happy summer! Summer solstice was just a few days ago and we are in the middle of some intense heat in Denver. I do love summer and the beauty that comes to us in the gardens. My friend Ellen and I just took our usual long and fast walk through our community. We both love gardening and have examined and discussed the gardening ingenuity of hundreds of our neighbors. This gives us time also to dwell on who we are and how we are connected to our surroundings and the people who live here. Today I feel a vital part of my community; I know who I am, how I connect and how I can make myself even more integrated with our little universe.

Is Your Global Positioning System Slipping?

Where are you in your life right now? Do you know where you want to go from here and how to get there? Have you thought lately about setting goals for yourself in the process of moving forward?

To begin, you could choose a group or organization whose purpose or objectives you strongly support. The work these people do pleases you--makes you happy. Make a goal for yourself for the next two weeks. Each day devote your thoughts, time and energies, your imagination and creativity to this organization and it's activities. Throughout the two weeks, keep a log of all you have done. At the end of this time, examine the specific ways you have made a difference. How does this make you feel? Set a goal for yourself and make it happen. See what it does for your sense of who and where you are in your life.

[More Information on my website](#)



One on One Coaching: Hiring Your Own Coach

Make a lasting difference in your life. Hire your own coach and begin to chart your own course!

Call Patricia Muscari at: 303-794-7824

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To reach a port we must sail, sometimes with the wind and sometimes against it. But we must not drift or lie at anchor. ~Oliver Wendell Holmes "If we don't now where we are going, how will we know when we get there?"

Topic of our next issue on Wednesday, July 12: **The Real Truth Behind "Playing It Safe"**

With sincerity and gratitude,

Patricia Muscari

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