

Grateful for a day in my life....

Written by Gayle Nobel

Tuesday, 08 April 2014 15:37 - Last Updated Tuesday, 08 April 2014 23:14

Stumbling back into my life, I open the door to my day.

Kyle is in a cycle. Again. They have returned and I am a deer in the headlights wondering what our next step can be to help ameliorate some or all of the symptoms. Kyle spends his days in bed. This is where he finds reprieve from the storm that is his life. I'm grateful for that bed.

I wake up knowing there is some challenging work ahead with Kyle but my right hand gal is on her way to help out. Angelica shows up for Kyle with amazing grace and infinite love and patience. I am no longer battling his day program for a slice of her time. She and Kyle have moved on (to a new program) and now I can depend on her being here with him when he is not well enough to go to the program. Long story and not worth the energy of rehashing it. I'm grateful for the courage to make a change.

Ang arrives and I move on to what's next. Soon I am on a phone call with my supervised coaching class. (Headed toward completion of a year of life coach training and graduation in the near future.) Upon reflection I am in awe of the way technology and a common goal can connect six people so diverse. We show up on the call. Me in Arizona, another in NYC, another in Switzerland, another in Kenya, another in Pakistan, another from UAE but visiting/calling from NYC and our instructor in Portugal. WOW! For 90 minutes, the world feels very small. We listen. We coach. We get coached. We receive feedback. Learning is energizing and fun. I'm grateful for my passion.

I volunteer to be a client for another student who needs one. She is being evaluated on her fifteen minute coaching session with me. Through visualization, my new best friend, I am able to get a fresh perspective on an issue I want to gain clarity on. I create change and move forward in my thinking. The power of life coaching. Love it! I'm grateful for the possibility of creating change.

"How we do anything is how we do everything." I'm thinking this tiny shift will give me a large bang for my buck. I'm grateful for awareness.

Grateful for a day in my life....

Written by Gayle Nobel

Tuesday, 08 April 2014 15:37 - Last Updated Tuesday, 08 April 2014 23:14

I stumble through the day a little fuzzy headed having just come back last night from visiting my daughter in Austin. It should be illegal to get that much rest and have that much fun in a four day weekend. It's great when kids become adults and THEY plan the activities and drive YOU around. But most importantly, I treasure the time with my daughter whatever we are doing. Good times. I'm grateful for the gift of my kids.

And speaking of gifts, I am reminded of the gift of life and the preciousness of each day, not to be taken for granted because it is not a given that any of us will see the next one. Our special Tammy (Kyle's other helper) survived a horrendous car accident while we were gone with just a few bumps and bruises and a new appreciation for life. I am appreciating life anew via the fumes of her trauma. I'm grateful for NOW.

I realize this is Autism Awareness Month. Yes, I am aware of the impact of autism on a daily basis. It is tightly woven in the fabric of my life. I am entangled in its web. This year I am focused inward making things happen for Kyle and striving to thrive on this journey. No hoopla for me or lighting it up blue- just taking one step after another. I'm grateful for strength.

The diversion of life coach training has been working well for me. And because we are required to be a client as well as practice coaching clients, I've had the opportunity to grow and shift perspectives and experience the amazing power of the coaching conversation. I'm hooked. And grateful.

Just sharing today (actually yesterday). I write this post to remind and inspire you to enjoy your day, enjoy your life, and remember to Breathe.

PS One of my clients told me today I was like her "personal emotional sherpa guide". I kinda like that metaphor though she is the one who has to carry her own baggage. My job is to support her in peeling away the layers to get to her "amazing" on the inside.

Grateful for a day in my life....

Written by Gayle Nobel

Tuesday, 08 April 2014 15:37 - Last Updated Tuesday, 08 April 2014 23:14

Who do YOU know who would like to move forward and create powerful change in their life? I am offering a free GIFT of a couple of life coaching sessions to readers, friends, friends of friends of Autism with Attitude.

The Art of Possibility

gaylenobel@gmail.com/602-402-2619



**I LOVE THE SMELL OF
POSSIBILITY
IN THE MORNING**