

## Changes and Checking In

Written by Gayle Nobel

Thursday, 08 December 2016 15:15 - Last Updated Thursday, 08 December 2016 22:16

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Hello,

I know, I know. There hasn't even been the sound of crickets on this blog in a long time.

My writing time and writing focus has gone to my coaching blog for the last couple of years as this one is being phased out.

What I have written there definitely applies to living well with autism and other challenges. We all have something and that something seems to ebb and flow with thoughts and circumstances and a combination of the two.

So inviting you to hop on over to [GayleNobel.com](http://GayleNobel.com) and take a peek at some of the latest.

Here are a few samples:

I Don't Know (does that feel scary sometimes?)

<http://www.gaylenobel.com/i-dont-know/>

Discomfort (yikes, how we run from that, don't we?)

<http://www.gaylenobel.com/dis-comfort/>

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I Can Do This (venturing out into the video blog world)

<http://www.gaylenobel.com/i-can-do-this/>

Hello, Are You There (Finding flow in a state of crisis)

<http://www.gaylenobel.com/hello-are-you-there/>

And much much more if you would like to poke around.

*AND, I am getting ready to merge this mailing list into my coaching blog.*

If you do not want to be added, please send me an email and let me know.  
(GayleNobel@gmail.com)

If you would like to be added and receive blogs as they are posted, do nothing and expect to receive a confirmation email from gaylenobel.com (it might say webmaster) in the next couple of weeks.

Thanks for reading and I look forward to seeing you on gaylenobel.com.

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