

From Next Element Consulting

February 2009 E-News

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NEXT ELEMENT E-NEWS

2009 February Issue

We've moved!

We invite you to visit us in our new office:

Newton Historic Train Depot

414 N Main, Suite 200

Newton, KS 67114

Phone: 316.283.4200

Published Article

Three words that will change your life, if you use them less

Published in the Wichita Eagle on Jan. 15.

NE Chatter

This month, "Being Self-ful" ? by Jeff King

As a parent or spouse have you ever been dead-dog-tired at the end of the day, worn-out to the point that all you want to do is sleep? Some studies suggest that when you fall asleep as soon as your head hits the pillow, it's likely that you are sleep deprived. If this sounds familiar, I encourage you to take care of you and be self-ful.

To meet the responsibilities and obligations of each day takes energy, and to have energy your body requires adequate rest. I can hear some of you already, "I do not have time to take care of me ? I have a family!" I would like to challenge that myth. To be the best parent, the best spouse, the best you ? you must first take care of yourself. Tip of the month ? allow yourself be self-ful. Re-examine your daily "to-do list" and find one small thing that can be removed or postponed. Go to bed a little earlier, or sleep in a little later. Indulge in a siesta! You will discover, even an extra 15 minutes to rest your mind and relax your soul will go a long way to energize you and make you a better you, for yourself, and for those you love. Sweet dreams!

Book recommendation

Here's how to reach me: Matching instruction to personality type in your classroom ? Pauley, Bradley & Pauley

A great resource for parents, teachers, youth leaders, and mentors seeking to inspire youth towards greater potential. By blending theory with practical tips and numerous examples, the authors present an easy to use guide. Great for a book study, Sunday school class, or to share with your children.

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A quote to ponder...

"When you feel grateful, you become great, and eventually attract great things"

- Plato

Hot Wing Update

We love hot wings! We love them so much, we invite you to join us on our journey along the path to hot wing nirvana. In upcoming issues, look for recipes, sightings, and maybe even a rating scale. First item of business... where are the best airport hot wings?