



2010 marks the beginning of a new movement from Balance & Support Consulting Inc.

When we, as people, feel inspired and connected, we do great things and inspire others to do the same. Let's make that happen together. Let's live better lives and become positive role models for our families, our communities and beyond.

Balance & Support Consulting Inc.
Located at 211 - 7885 6th Street, Burnaby
Ph: 604-517-1299 or email: info@passion-4-life.com

Passion-4-Life

Passion4Life begins with **TIME™**

TIME is an acronym for :

TRANSPARENCY

Courage to be clear about our intentions to others and to ourselves.

INTELLIGENCE

Learning and using skills to move forward in life

MOTIVATION

The fuel to keep us going no matter what.

EMPOWERMENT

Knowledge that we matter.

Your journey to Passion4Life begins with you. Join our fledgling Facebook page at <http://tinyurl.com/yevhmkz>

We encourage you share your stories and experiences of people who inspire you and fuel your Passion-4-Life.

Let's remind each other that good exists and that the power of one can still move mountains.

To actively participate in the personalized and fun Passion-4-Life program (eight week group) hosted by Geoff Ayi-Bonte in the Spring of this year.

To find out more, contact us at info@betterbalance.ca

See page 2 for more information on Passion-4-Life



TO SUBSCRIBE TO THIS NEWSLETTER:
604-517-1299 or info@passion-4-life.com

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At BSC Inc. our professionals include:

- A Registered Psychologist
- A Registered Social Worker
- A Registered Clinical Counsellor

We are currently in the midst of building 2 new websites. Our current site :
www.betterbalance.ca
Will be replaced with:
www.passion-4-life.com
Please be patient with our status and content while we make this transition.

Witnessing Random Acts of Kindness and Care

In North America, we so often rush from one place to another and miss out on noticing important moments that can transform lives. Consider slowing down a little and taking note of the people and events that surround you everyday.

Notice the bus driver whose stops are clearly laid out but, out of compassion, stops between stops for the older woman running in the rain. Notice the man that notices a child trying to cross a busy road. As traffic seems to ignore the child, he de-

clines to stop his car, takes the boy by the hand and leads him to safety on the other side. These are the small, but significant, heart-warming moments that can help lift your day and your spirits encouraging you to trust in the goodness of humankind.

Stop and Go Back to 2009! By Jasnam Koknutphongchai (Jas), M.A. Candidate

It's a new year, a time to move forward and make new aspirations come alive with a renewed enthusiasm to live life with better intention.

It's great to see so many people wanting to improve their lives, but I also wonder, what happens to all the life experiences of the year that has passed?

So much occurs in a year, and we are eager to look ahead and forget to look back and see what we have to be grateful for. There is a lot of power in being thankful; it can improve moods, increases positive thinking, and it can instill a sense of compassion.

Think about someone you know who is always in a grumpy mood complaining about their how horrible their life is, and how no good opportunities are ever

presented to them. Being around this person can be exhausting and if asked what they were thankful for, they would most likely have a hard time coming up with ideas.

Now think about someone who is energetic and ready for life's challenges. Being around this person makes other people feel keyed up as well. If you were to ask this person if they could think of things to be thankful for, they would most likely have an easier time coming up with ideas.

Being thankful, means appreciating what you have and also opening up to the possibility that some experiences that may not have gone exactly as per the plan, have some fruitful resources to offer. If 2009 was full of hardships, resil-

ience is a good resource to be thankful for. You made it to 2010, even if it meant getting up in the mornings was the hardest thing to do.

Take some time out this New Year to hope for good fortune, but also spend a little time to stop and be thankful for old fortunes. There are a lot of gifts within you and around you that have brought you this far.



Helpful Hints for Discovering Passion-4-Life by Geoff Ayi-Bonte, M.A., R.C.C

As the Christmas season has come to a close and another year is upon us, we are faced with recuperating from the economic downslide while still dealing with day-to-day routines and demands. So why would anybody talk to you about discovering your Passion-4-Life.

Well, life will always keep you busy with endless demands and requirements. We can hopefully agree that life is finite. As such, in the limited time we have, we get to choose our experience. Will this year see you exist as a mere "worker bee" or as a person who wants and deserves more? Let me give you a few tips on how to bring about the latter:

Schedule time for yourself. As we get busy, we often become the last item on our "to do" list. As you free up even a little time for yourself, it will give you the space to think about what will add to your life experience.

Make a list of what brings you true joy. We may "know" what those things are, but we rarely remember them in the moment. Define your passion so that you can start to make it a priority in your life.

Pick one item from that list and put it into action. You can recruit help from family, friends, co-workers and others in order to transform that item from a concept to your reality.

As you start this, you will find that it is possible despite challenges and hurdles. It is a matter of changing habits and breathing life into it. The more you commit to it, the easier it will get in time. Imagine that you get through all the items of your list...this is life changing! Done is the mundane day-to-day existence.

You will get to welcome a new life for yourself that consists of getting the little things done AND enjoying the things that fulfill you and brighten your spirit. You deserve nothing less.

For more information or support regarding how to bring passion into your life, contact Balance & Support Consulting Inc.

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info@passion-4-life.com



"Live Brightly!"

Forget the Resolutions! by Shirley Friesen, M.A.

Forget about resolutions, set realistic goals and get set, go!

At the beginning of every year many people feel the need to come up with resolutions, set themselves up with unrealistic expectations, then experience limited success at maintaining any change and consequently end up feeling more defeated and badly about themselves.

This year, I recommend you try another strategy: take a moment to reflect back at the things you have accomplished in the last year, no matter how small and in spite of set backs you may have experienced, take credit for having progressed and survived the challenges you faced. Honour the success you have made in the last year and set your focus on the things you have learned.

These bits of wisdom can add up to epiphanies and will help you move forward in the year to come.

Step back and acknowledge yourself, look at the big picture objectively and think about what you want to do or where you want to go next and make a plan for a path toward that.

Finally, don't forget to boost your self-esteem and avoid the trap of setting expectations too high or too rigidly and then feeling like a failure when you

don't quite meet the target. Here are some ideas for achieving this:

Be positive about yourself and be accepting of compliments instead of dismissing or denying them

Be realistic about your abilities and expectations and don't compare yourself to others as this can damage your self esteem

Listen carefully to others without judging (this tendency will lead to a tendency to go easier on yourself in the long run too!)

Spend time with people who you enjoy and who make you feel good about yourself

Do things that make you feel worthwhile

Above all, be kind to yourself and cultivate compassion for yourself and others, it will bring you more joyful moments and a year you can feel great about!

If you need extra support don't let fear prevent you from moving forward.

"Call us for more information and support, we'd love to help."

Shirley Friesen, M.A. is registered by the College of Psychologists of BC (CPBC) and is also a licensed psychologist in the Northwest Territories. She



treats clients struggling with different kinds of life challenges and problems, such as stress, work/career dissatisfaction, trauma, relationship problems, depression and anxiety.

Shirley is a member of the B.C. Psychological Association. She received her training and credentials in Ottawa Ontario and Vancouver B.C. and has more than 14 years of experience providing individual and group therapy and assessments. She has worked for Ontario Corrections, the Correctional Service of Canada, Employee Assistance programs, weight loss centres, and private clients.

Shirley is recognized for her expertise and experience working with forensic assessment and treatment as well as survivors of abuse. Other areas of particular interest are in wellness, mindfulness, cognitive behaviour therapy, and lifestyle and weight management.

"Family Planning" (FP) by Geoff Ayi-Bonte

We plan vacations, we plan weddings and yet, we often stumble when it comes to creating a family plan ("FP"). This plan is not a Dr. Ruth special about conception. Instead, it looks at how to sustain a healthy and joyful family life that has everyone on board with current and future plans. The FP avoids building up of resentment toward one another, feeling alone in your relationship, experiencing less or no intimacy, constantly arguing over money, being overwhelmed with tasks – to mention just a few of the key issues that lead to separation and divorce these days.

The FP is designed to keep you on track, together, with enthusiasm and desire. Here are a few tips on how to construct a "Family Plan":

Your career

It is important to talk to each other about your short-term and long-term goals regarding your careers/jobs, to think about how you want to get there and to determine whether you can both do it at the same time, or if one of you takes the lead while the other holds on. This way, you can move forward knowing that you are supporting each other achieve goals. Logistically, you may

budget for one of you to get more education while the other is working. Money gets set aside each month for the "education fund", the budget may need to be tighter for a pre-determined time period while you work longer hours to make more money, for example. You may sacrifice time together for now, in order to accomplish this goal. The point is that you are both on board with current and future changes, you know that you are supporting each other and you are building a future that you have both bought in to where everyone is ok.

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"With Balance & Support, lasting change is possible."



"Family Planning" (continued from page 3)

Your living situation

It is easy to get caught in a dilemma when it comes to housing in the Vancouver area. Our cost of living is high and we are notorious for wanting to enjoy life as much as possible. Unfortunately, the latter usually comes with a hefty price tag. So what do we do as a couple or a family?

Show gratitude and remain grounded.

Be clear about your financial situation as a couple and as a family. Look at your monthly "base budget" (need-to-have-items, not the love-to-have-items). From there, you can decide how much money you may have to save up toward the next phase. If you are renting, the goal need not be the big mansion as opposed to the starter condo that will gain equity and give you the funds to buy your first house. No matter how fast your friends got to that point, this is about your life. Gratitude is important, because we are easily seduced by the "need" to have it all now. In fact, our entire economy rests on that principle. Be humble and know that you are working toward something while you still get to enjoy the many blessings around you.

Your finances

We love to spend and feel rich. We run up credit cards and other debt in order to "live the life". Yet, the enjoyment is either hampered by dread of

consequences or carried by denial. You have heard it before and it still rings true: create a monthly budget!!! There are a few key principles: pay yourself first (set money aside for yourself), pay your bills and set money aside for sav-

Pay yourself first.

ings. The only requirement is that you make a budget and stick to it. This way, you avoid financial headaches while you get to enjoy a sense of control and freedom.

Your children

It is important to agree with one another in the arena of children: how many will you have, how will you parent them, how will extended family play a role, how will you manage your adult relationship in the presence of parenting demands and so on. This usually does not resolve itself naturally. Instead, it can easily become the source of arguments, drama and stress. Talk about it, find common ground which means that the core values regarding children NEED to align. When the foundation is established, your adult life, your life as parents and your life as family members becomes much clearer.

Your passions

In families, it is important to have space for your life passions. How to think about what you are passionate about and how to put that into action is an article in itself and you can find out more on our website. What is important for our purposes here is to make sure that you hear yourself speak about what you love and that you encourage everyone in your family to do so, also.

Find your passions and make them a priority in your life.

Breathe life into your passions, so that you ensure the greatest odds of your fulfillment and happiness.

Your health

Our health is important. This relates to our physical and spiritual health. We cannot afford to neglect our bodies, because we appear to be too busy with life. Life will happen regardless. In the meantime, self-care is crucial, so that you can take care of other better and, most importantly, take better care of yourself. When our health thrives, so does our mind, our body and our spirit.

That is the foundation of living well and you deserve nothing less.

We are Here to Help.....

We all go through difficult times in life, and our goal is to get you back on your feet. Life is too short to struggle, so contact me and my associates and learn the skills and insight to live your life the way you want to!

Benefits to you:

- Learn Lasting Skills
- Enjoy Permanent Resolutions
- Regain Your Life

Together, we will help you take back control over your life in a way that your needs get met. It's time...make the call.

At Balance & Support Consulting, we have a professional team to suit your needs.

- **A Registered Psychologist**
- **A Registered Clinical Counsellor**
- **A Registered Social Worker**

For more details or an individualized plan, you are welcome to contact our office. I wish you focus, strength, courage and well-being as you "plan your family".