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# CAT's Eye

- the newsletter for:



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## Checking in on your goals - Aspects of You assessment

I wonder just how many of us keep track of our 'Life's progress' - our 'Life's goals'.

And "No" I am not talking about New Year's goals. I AM however talking about the more serious stuff, our life goals; the goals that encompass long-term stuff such as Career, Finance, Social-life, Personal Development, Emotional, Spiritual, Family and the

Physiological aspects of our life.

Each of these Aspects are an area of our life that we may - *or may not* - have taken for granted. By this I mean that we may simply have 'moved on' from *that place at that time*' in our life and be onto the 'next place' - without even realising it.

Which is a great pity really

because we just may have missed celebrating 'that milestone' set way back when.

So have a look at your 'Aspects of You' and see just how much you HAVE moved on in your life; how much nearer you are to reaching your life's goals. And you can even check your future ones too! Just [click here](#) to check.

## TAT 'Practitioner' term no longer allowed to be used

Some of you may or may not be aware that since early 2007 there have been a several changes in the world of TAT.

Tapas Fleming - creator of 'Tapas Acupressure Technique - TAT' has introduced 2 new replacement levels of TAT qualification and certification: they are 'TAT Professional' & 'TAT Trainer' thus making the previously used term 'TAT Practitioner' no longer valid.

Her reasons for this change being that it was time to introduce quality control and better standardisation in to TAT. Some people were misusing TAT, doing their own thing with it which

really they shouldn't have. Hence TAT was trademarked; new training criteria established and implemented, including supervision; maintaining cpds aswell as paying a membership / subscription.

The 'TAT Practitioner' term is now no longer allowed to be used; advertising that you offer TAT is only allowed by 'TAT Professionals' and 'TAT Trainers'.

If you are a 'TAT Practitioner' and want to check how you stand with this change, please visit <http://www.tatlife.com>.

## Did you know.....?

- \* Pythagorean theorem: 24 words
- \* The Lord's prayer: 66 words
- \* Archimedes' Principle: 67 words
- \* The Ten Commandments: 179 words
- \* The Gettysburg Address: 286 words
- \* The Declaration of Independence: 1300 words
- \* Current US Government regulations on the [sale of cabbage](#): 26,911 words

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## About Our Organisation...

Our organisation offers a fantastic assortment of self development, self help, self learning, self discovery and self healing.

**It can:** help you progress in your life, relationship, career; help you set up your own business by lending moral support, challenging you, supporting you through the difficult times; and direct you to new pathways – in short it empowers YOU.

**It won't:** finance you; pull the wool over your eyes; put you down or ignore you

**It helps you help yourself!**

## When the simplest solutions are the best ...

Our world may appear to be complicated and we may feel at times that we just can't cope - however I wonder if some of us don't make it appear just a wee bit more complicated than it really is because we look for the difficulties instead of looking for the easy solutions.

Maybe it's the way we were brought up - *OUR belief system* - that says that things need to be complicated and difficult.

Recently my younger son was having his house replastered, it's of the Victorian era, and they have some wonderful unique walls there - which have very curved edges. So I was amazed at just how his plasterer had achieved such an even and smooth finish on some of these curved corners.

I congratulated him on achieving a smooth and wonderful finish and he showed me his secret!

You'll never guess! A wetted plastic bag!

It was simply stretching a wetted plastic bag over each side of the damp curved edge. Just utilising the tension and slippery surface together with the even pressure he exerted on it, gave a wonderful smooth finish - no lines or edges!

If you tend to see things always as difficult, think of that wet plastic bag, the damp plaster and even pressure.

## Aahhh! The BIG school summer holidays are here - help needed!

Yes, it's that time of year again! Certainly in the UK, our school year has just ended, the teachers have a well earned rest whilst the kids play and play and play.

Parents' tempers get frayed more and more trying to think what to do with the kids and just how to keep them amused for 5 - 6 long weeks.

This is where 'parent

coaching' comes into play.

Coaching parents, successfully, through these tenuous times leaves the whole family in a state of peace and calm. Nerves may be slightly frayed but not enough to ruin those precious childhood memories.

So what can we do? We can plan in plenty of time; work out a timetable of events;

arrange plenty of suitable, interesting activities; get others involved in activities; and above all - make it fun!

We can share in the fun too! AND we need to allow ourself time to rest and relax too - after each day!

So, to find out what CAN be done to ease things, just [click here](#) and see what the kids and YOU can do ...

## Words of wisdom ... to ponder on sometime

Change the way you look at things, and the things you look at change - *Dr Wayne Dyer*

We fail because we give up, and we give up because we never had a plan in the first place - *Robin Sieger*

When you come to a roadblock, take a detour - *Mary Kay Ash*

Successful people are always looking for opportunities to help others. Unsuccessful people are always asking "What's in it for me?" - *Brian Tracey*

I wasn't afraid to fail. Something good always comes out of failure - *Anne Baxter*

Seek the lofty by reading, hearing and seeing great work at some moment every day - *Thomson Wilder*

Do not go where the path may lead, go instead where there is no latch and leave a trail - *Ralph Waldo Emerson*

Any man can win when things go his way, it's the man who overcomes adversity that is the true champion - *Jim Davis as 'Jock Ewing' in Dallas*