



**SELECTIVE PROFESSIONALS'**  
NETWORK

**SPN eNEWS**

**January 2019**

“Where we love is home—home that our feet may leave, but not our hearts.”

– Oliver Wendell Holmes, Sr.

**Something to think about—** “Write it on your heart that every day is the best day in the year.” – **It is easy to write a day off for being boring, stressful, difficult, or upsetting, but it is important to remember that within those days there are also small moments of happiness, love, success, and growth. Try and examine every day from multiple perspectives and acknowledge that each day is special in its own way.**

This January, we would like to let you know what’s new at  
**SELECTIVE PROFESSIONALS’ NETWORK**

- In the month of January, the New Year has started off with a bang! We are pleased that so many people are finding us online.



- We are here to help you. We can only do so if you respond timely to our correspondence. In addition, those who are open-minded and understand people are “packages” will be far more successful. Open-minded in the sense of being open to change, stepping outside of your comfort zone, trying something new, and being open to meeting types of people you may not normally meet. Each one of us is a “package” – there are many great things about each of us, and also some things that we wish were different (taller, shorter, body type, hair, smile, etc, etc.). We are looking for acceptance with the way we are and every other person seeks the same. You will be far more successful if you are one of those people who can “yes” to giving it a try, rather than I expect to hold on to an ideal.
- The world is ever changing and so should we, in order to grow and learn about ourselves.
- A bad experience is just that—a onetime event. It does not mean that similar situations will result in the same outcome.
- Time for a wardrobe check up—Contact us. Need a change in your hairstyle—Contact us. Time to get fit and toned—Contact us. Not sure about meeting people in 2019 and what to say or do—Contact us. We would love to help you on your journey!



- **Stay Warm Out There!** Although this brutal cold snap we’re experiencing here in Winnipeg is great cause for staying indoors whenever possible, here are some upcoming events that will keep you excited for winter’s end:
  - 1) **Royal Manitoba Master Playwright Festival**– This year the Royal MTC presents Ibsenfest, based on a Norwegian drama and realism writer that will certainly bring the house down with his exciting lineup up activities that can be found [here](#).

- 2) **Wine + Skis**– An adult-only Nordic night of cheese, wine, and cross country skis put on by FortWhyte Alive. On February 28<sup>th</sup> you can join them on the trails for a guided trek through the forest, or if you're not into skiing, you can do a guided snowshoe instead! Check it out [here](#).
- 3) **Valentine's Dinner at the Café**– Celebrate this year by bundling up and having a romantic three-course dinner with a significant other or good friend at FortWhyte Alive! Have a skate or toboggan before or after your dinner and finish the night with a cup of cocoa or coffee by the fire. See more information [here](#).
- 4) **Festival du Voyageur**– An absolute classic, Western Canada's largest winter festival is back. Traditional cuisine, snow sculptures, live entertainment, and captivating shows are just a few things you can look forward to at Festival. Fun for all ages, this is a can't-miss event. Order your tickets [here!](#)



- **Using Netflix to Tidy Up Your Life:** Many of our members at SPN are frequent users of the streaming service Netflix and use it to unwind, explore new ideas, and catch up on trending shows or movies. An original show has recently popped up that has been catching national attention: Tidying Up with Marie Kondo. In this eight-episode lifestyle feature, Kondo utilizes the innovative KonMari method from her bestselling book and helps individuals clear out their clutter and spark joy once again.
  - **What is the KonMari Method?** – While most tidying methods use a room-by-room or little-by-little approach, which essentially forces you to continuously battle with your piles of stuff, the KonMari method uses a category-by-category system that leads to lasting results. It encourages individuals to only keep things that speak to the heart. If

items have outlived their purpose, you must thank them for their service in order to separate yourself from the item, and then let it go. This philosophy is not only effective, but also places great importance on being mindful, introspective, and forward-looking.

- **Why is it Useful for You?** – As this series is only made up of eight episodes that are less than an hour long each, it acts as an easily digestible way to begin improving your surroundings, and with this, helping you feel more comfortable and relaxed in multiple aspects of your life. By clearing out physical clutter, it will also free up the clutter that is in your mind, and you will gain a clearer and more optimistic outlook on your relationships, your home, and your own personal goals or thoughts.

There is nothing like the present to begin bettering yourself and working towards a stress-free future (especially when you get to watch television to do so)! How will you get inspired by Marie Kondo?



- **How Do You Speak to Yourself?** – Within the positive psychology movement, researchers claim that our happiness is made up of three parts: 50% genetics, 10% the circumstances of our life, and 40% our beliefs and attitudes. While we cannot change 60% of this given method, 40% is still quite a large amount of influence under our control. In an article by [Psychology Today](#), they explain that the best way to identify those beliefs and attitudes that limit our happiness is to eavesdrop on our own mind:



Turn Up the Volume – By listening more carefully to our inner thoughts and concerns, we can become fully aware of our average daily dialogue and examine what is holding us back. In Robert Gerzon’s book, *Finding Serenity in the Age of Anxiety*, he makes reference to the research about our inner dialogue by claiming those who tend to have fast-paced thoughts may be thinking close to 400 words a minute. For that overwhelming amount of words in a single minute, there must be more than one inner voice speaking!

Think Out Loud – We can listen in to the way we speak out ourselves, and others, by hearing what we say aloud with an intention to observe whether we are using friendly, supportive, and encouraging language. Once we are tuned into our voices, you may find yourself shocked at the negative words and tone of voice that you use towards yourself. Through awareness, and then behavioural change through practice, we can change these patterns to ones that are more affirming.

Some Examples of Shifting Negative Language to Positive Words of Encouragement:

- I Hope → I’m Committed
- I Can’t → I Choose Not To
- I Have No Choice → I Have Choices
- I Should → I Can and I Will
- I’m Too Damaged → I Am Healing
- It’s My Fault → I Take Responsibility
- I Don’t Know How → I Can Learn
- I’m Never Satisfied → I Want to Learn and Grow
- I Always Screw Up → I Learn From My Mistakes
- It’s a Terrible Problem → It’s a Big Growth Opportunity
- Life is Hard → Life is an Adventure
- I’m Overwhelmed → I Can Break it Down



Changing the way that we speak to ourselves will have an enormous impact on our lives. If we continue to reinforce a sense of ourselves that is seemingly limited and weak, we will begin believing it and feeling more small and insignificant. When we change our language, even if it is a bit of a reach, there is a shift to reinforcing our goodness as we begin making choices that arise out of feeling worthless.

By paying attention to the way we speak to ourselves and making consistent choices to replace negative language with positive affirmation will transform our lives and will transform that inner bully to an inner sweetheart! What changes will you make to your own self-image through language?

- PER YOUR CLIENT AGREEMENT: Don't forget it is up to you to advise us whether you are available to be considered for any introductions in February. Please email to [info@selectiveprofessionalsnetwork.com](mailto:info@selectiveprofessionalsnetwork.com) or [info.spn@shaw.ca](mailto:info.spn@shaw.ca) during the first week of EACH month and advise if you are available for an introduction. In the subject line, you can put- "*Available for an Introduction*". *If we do not hear from you, it will be taken as you are unavailable to be considered for an introduction.*

This would include if you have been introduced to a candidate, agree to meet again, and then you did not continue seeing each other. We won't know unless you tell us. ☺

Also, during the month, do not forget to notify **SPN** if you become unavailable.

- Thank you for your referrals in December. We love to help people and would love to help those who are not aware of **SPN**. If you know of anyone who may benefit from the services of **SPN**, please feel free to refer them. This month's new referrals will be thanked with a gift card to **Starbucks**. Therefore, please ensure any potential clients you have referred, do provide your name.

Should you know of any successful, single professionals between the ages of 25 through 75ish, looking for a better way to connect with like-minded singles, please have them contact: Paula at [Paula@selectiveprofessionalsnetwork.com](mailto:Paula@selectiveprofessionalsnetwork.com) (Cell: 204.995.3175)

- If you are a past client and would like to reactivate your membership, please ask about your options.
- Each month, **SPN** will email you our **monthly** newsletter. You should expect to receive it towards the end of each month. If you do not receive it by the end of the month, please contact **SPN** to notify us that you have not received it.

Best regards,

Patricia Veert  
President

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