



Spring 2003 newsletter  
Issue #3 Support Systems

Spring is here and you may be feeling energized to embark on new ventures and clean out some of the old ideas. A strong support network can be helpful in this sorting process. I offer you my encouragement as you clear out the brush and make your path.

### Reflections

In these troubling times, it is especially important to be surrounded by a strong system of support to keep our aspirations alive. A message I keep hearing and that resonates with me is that in order to strive effectively for peace in the world, we must also nurture a sense of peace with ourselves.

Several years ago, I experienced a drought with my creativity. This is a big deal for someone who identifies as a creative person. Looking back, I realize that I was overcommitted with responsibilities that weren't recharging my creativity and I was beginning to experience "burnout." Though I was immensely blessed with affirming support from family and friends, I also needed another level of support -- one that would challenge and encourage me to pursue interests that would exponentially grow my creativity as I put it to use.

Fortunately, I found a circle of women who support each other to reach our creative goals, called "sister i." In that group, I met and began regularly checking in with Barb Plunkett, a skilled life coach who always knows just the right questions to help me dig a little deeper and clarify my intentions and goals. I quickly realized the immense benefits of building a loose advisory network that lends me inspiration and energy to carry out my work. The drought disappeared, and creativity once again bubbles out of a deep well and spreads beyond myself.

### News

New facilitators have joined the Purple Crayon Factory! This allows us to offer more styles of facilitation to be available to our clients. We'll still offer creative projects for groups that enjoy that aspect of the workshops.

Two of the newest facilitators are Barb Plunkett, the life coach I mentioned, and Kei Gratton, the creator of the sister i circle concept. Barb and Kei's philosophies and work styles blend perfectly with the mission of Purple Crayon Factory. We'll make sure to let you know when the Website is updated with information about our facilitators.

In the meantime, for additional information about sister i or starting a sister i circle, please visit <http://www.sisteri.com> or e-mail [kei@sisteri.com](mailto:kei@sisteri.com).

For more information on Life Choices, Barb Plunkett's life-coaching service, please call 612/822-4454 or visit <http://www.sisteri.com/specials/lifechoice1.html>. Barb offers a free, one-hour sample session so you can experience the power of coaching first-hand.

We are arranging workshops for late summer and fall. If you have an interested group or a location suggestion for an open workshop, please contact me at least a month before the intended date to allow plenty of time for planning. Thank you!

### Five-Minute Mini-Reflection

(It may help to have a journal or paper at hand.)

#### Brainstorm

Who are your friends, family members, neighbors and colleagues who listen well, ask the right questions, challenge and inspire you?

#### Imagine

What would the world be like if everyone had a nurturing support system? What choices might you make if you received all the support you needed?

#### Setting a goal

Is there a specific type of support that you would find helpful right now? Can you think of different or additional ways to garner the support you need? If so, set a goal for yourself to try strengthening your support system. If you are lucky enough to have an effective network of people who lend you support, let your goal be to let them know you appreciate them.

#### Taking action

When what you really need is a specific type of support from someone, try asking for it. If you want a particular person to offer a different type of support than she is used to giving you, let her know if you need to be challenged, listened to or just accepted for your venture. People in your support network may be unaware of how they could best be of assistance. In turn, when people come to you for support, ask how you could be most helpful for them.

We welcome and encourage you to share this newsletter with anyone you think would be interested.

Creatively yours,  
Teresa

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Purple Crayon Factory facilitates hands-on creative workshops for reflection, goal-setting and action in pursuit of an ideal personal and professional life.

<http://www.purplecrayonfactory.com>

Thank you for perusing the Purple Crayon Factory newsletter. We hope that you find it useful and inspiring. If you are not subscribed but would like to receive future issues via e-mail, please send your request to [mail@purplecrayonfactory.com](mailto:mail@purplecrayonfactory.com) or visit the "contact us" section of <http://www.purplecrayonfactory.com> and submit your contact information. Thank you!

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