

“The jump is so frightening between where I am and where I want to be.

.....Because of all I may become, I will close my eyes and leap!”

– Mary Anne Radmacher

I want to share my ideas about rules. We all have them and are required to live by them. But we all know rules are meant to be broken and one size doesn't fit all, etc....Today, I want you to consider rules that you have defined in your life. They may be simple (Always lock the car) or complex (We can't go on vacation until we save \$X for Z thing).

I think that sometimes rules get in the way of our true north and that assumptions don't always apply to every new scenario. This year, I traveled to Thailand and learned that I don't have to carry water with me everywhere. I learned that getting lost creates opportunities you don't get when every detail is planned (both rules I lived by)

This year, I'm hoping you will spend some time observing yourself and identifying your own rules. Be mindful of the patterns you carve in your own behavior and consider if those routines are useful and beneficial to your end goals. You may find something you do or believe that unintentionally inhibits your success. I've seen it myself; I have a rule about taking care of client business before my personal needs.....well, I did anyway. Now I realize that if I'm not my personal best, how can deliver on my client's needs to my own standards? I changed my own rules and gave myself permission to bend and adjust to better serve my expectations.



The way I see it, if you want the rainbow, you gotta put up with the rain.




– Dolly Parton

Keely Killpack, PhD  
Enhancing Human Potential at Work  
info@killpackgroup.com  
drkeelykillpack@yahoo.com  
971 – 998 – 3220



All Rights Reserved © 2010 Killpack Group

Please share your thoughts with me -

-  [Twitter.com/DrKeelyK](https://twitter.com/DrKeelyK)
-  [Linkedin.com/in/drkeelykillpack](https://www.linkedin.com/in/drkeelykillpack)
-  [Facebook.com/keely.killpack](https://www.facebook.com/keely.killpack)

## Happy International Women's Day!

~Annually on March 8



The 10<sup>th</sup> Annual Inspiring Newsletter  
by Dr. Keely Killpack

Join me TODAY in celebrating women & our mission for equality!

I hope you enjoy the newsletter and share it with all the women in your network. I'm so excited to share my thoughts with you – together we can make a difference!

This year is all about being insightful! So, brew up the tea, get comfy & read on!!!

I'm offering free digital gifts this year; designed with you in mind:

- A calming desktop wallpaper image to start each day
- A guided imagery meditation podcast. The best 10 minutes you could spend on any given day
- Download from [sostane.com/iwd](https://sostane.com/iwd) or [killpackgroup.com/women](https://killpackgroup.com/women)



This is the sustainable women's network that I am collaborating on with Kaytlyn Sanders. Our membership is growing and becoming quite the community of brilliant women! To date, we have made podcasts (including; 2009 Women's Day, 2009 Earth Day & now 2010 Women's Day) & host fun meetings in Seattle & Portland. We offer self-reflective activities to help you learn more about yourself and to channel your passion & values into action.

We foster networking, collaboration & learning experiences for our members. We support each other in our journey to become more sustainable, more aware and to contribute to the betterment of the planet. I have changed my business & my personal growth plans from experiences in this group & I know myself better.

Please check out [sostane.com](http://sostane.com) for more details and consider joining our network. Membership is free and provides the opportunity to meet amazing women, share your talents and to learn more about yourself and why it all matters.

 [Twitter.com/Sostane](https://twitter.com/Sostane)

 Facebook - <http://is.gd/9gXlk>

## "Being a Woman is a Gift"

- Jada Pinkett Smith

The most valuable lesson I have learned this year is about setting boundaries. I have been given advice about setting boundaries from a handful of my girlfriends, but it finally makes sense. To me, setting boundaries means declaring what you want and risking that someone else won't receive it well. It means putting a stake in the ground and watching to see if it is honored. For some women, it can be uncomfortable to make demands or selfish requirements. But it must be done. This is a skill we all need in order to maintain balance and achieve our own goals. When we define our limits & call out to those around us to support our goals, we enable success. We create an environment that promotes, not impedes, our direction and desires.



I've learned this year that declaring your needs and asking for support in achieving your goals is not as hard as we expect. It takes half the courage you think it will. When you declare your wishes, people will support you, not question it. Setting expectations is part of goal setting (I recycle all paper products), work success (I want to volunteer to better my performance review), life balance (I will take 15 mins a day for myself). We are all on a team, not islands.

Practice setting boundaries in your life. Identify ones you already have, acknowledge areas where you need better limits. Practice by declaring boundaries and then make new ones. You can do this!!

The Breast Cancer Fund is the leading national organization focused solely on breast cancer prevention by identifying and advocating for the elimination of the environmental causes of breast cancer. The Breast Cancer Fund pressures companies and government to take known and suspected carcinogens out of our everyday products. In 2010, the Breast Cancer Fund continues our campaign to ensure cosmetics are safe for everyone. Legislation will soon be introduced in Congress that will overhaul the way cosmetics are regulated. Since no current regulations exist, many personal care products contain known carcinogens, neurotoxins, reproductive toxins and hormone disrupting chemicals. Join us as we launch this campaign to clean up the cosmetics industry!

The Breast Cancer Fund will also be continuing its work to outlaw the harmful chemical, bisphenol A (BPA), from food and beverage containers (including baby bottles). Over 200 studies have shown that very low levels of BPA disrupts our normal hormonal function and it has been linked to breast cancer, obesity, developmental delays and prostate cancer.

Both of these campaigns attract powerful opposition. The cosmetics industry insists that known carcinogens in their products isn't a problem and the chemical and food industry have launched a multi-million dollar campaign to defeat BPA legislation at both the state and national level. We need your support to make sure we can continue pushing these industries toward safer and more sustainable practices.

Join us in our efforts! For more information, see [www.breastcancerfund.org](http://www.breastcancerfund.org)

