



Receiving lots of baby gifts with my nieces,  
Philadelphia, November 2011

## November 2011

### Thanksreceiving

The month of November is associated with the holiday of Thanksgiving. So why would I title this newsletter Thanksreceiving?

As a coach, I serve my clients with support, honesty, challenge and love to grow their dreams into realities and as an added bonus I receive so many gifts and joy from watching my clients soar.

Being pregnant over the past six month has allowed me the opportunity to receive the same kind of support from friends, family, midwife and healers. By receiving their support, I have been able to release what no longer serves me so that that this baby can grow and expand into who and what she wants to be, and so that I can expand into the next phase of whom I want to be as a mother. I have learned that receiving is just as important as giving. Both giving and receiving leave me feeling warm and sunny inside.

So, this holiday season, I offer you an exercise... to observe when you give, observe when you receive, and observe how both are a gift. Feel free to share your comments with me at [gwen@entelechycoaching.com](mailto:gwen@entelechycoaching.com).

With loving

Gwen Dittmar

Entelechy Coaching, LLC