

# ThirdPath

INSTITUTE  
~ Creating Time for Life ~

Name  
Address 1  
Address 2  
City, State, Zip

November 18, 2009

Dear \_\_\_\_\_:

Diana dialed into the ThirdPath call right on schedule – but her mind wasn't in it. Her focus was on her husband's recent job loss and the pressure she felt as she was suddenly the family's sole source of financial support. How long could they last like this? What changes would this mean for their lives and the lives of their children?

## **Outside pressures interfere with an integrated life.**

Questions like these were swirling in her head, but she decided to go on the conference call anyway. As she listened to the others she slowly became aware they were discussing "quiet time" – the topic for the call and a ThirdPath staple recommendation for people trying to lead integrated lives. Two of the other fathers on the call talked about how important it was for them to find regular work time to step back and look at the big picture so that they could prioritize what was most important, including making sure they had time and energy for their families. Although Diana had been good at this in the past, with the added pressure of being the only breadwinner, her instinct was to bury herself in her work, trudging ahead like some unstoppable tank.

**"You're doing such life changing work."  
- Diana**

But she knew she wasn't a mindless, unfeeling machine. She knew she wasn't handling her work as well as she should because of the pressure she felt, and this added to the weight upon her. That's when Diana pushed aside the instinct to just work longer and harder, and suddenly she heard the words of the others on the call in a new way. Seizing the topic, Diana decided something that would help her better manage through this stressful period would be to create some personal quiet time – regular time for a quiet walk or to read a book.

That decision was a total success.

## **Quiet time helped her take care of work AND home.**

Diana's quiet time let her recharge her energy. She was more effective and efficient at work. And she managed the transition at home much better too. The result – she felt better about herself and her ability to handle things both at work and at home, and she felt more relaxed to support her husband use his unexpected job loss as a chance to be intentional about his next step without being pressured to take whatever job was first offered to him. He was so happy, and so was Diana.

And what were her feelings about ThirdPath's role in her success? She told us, **"You are doing such important, life-changing work. I really appreciate it!"**

### **We want to help everyone lead an integrated life.**

Without question, 2009 has presented all of us with challenges which haven't been seen for generations. This could mean falling back on old patterns and assumptions of how we do work and family. Or, it could be an opportunity for all of us to continue to inspire each other and create new opportunities to live integrated lives for generations to come – lives where we have time for work alongside time for our families, communities, and other life passions.

ThirdPath continues to be a resource for anyone hoping to make this kind of life change. We're not letting go of our progressive agenda that helps all of the groups we serve, such as organizational leaders, men and other pioneers, think big and act differently. But to do this work and serve these communities, we need your support.

**Thanks! I've now scheduled a few half days for quiet time through the end of the year and I'm excited to keep this "date with myself." - Diana**

Your contribution makes a tremendous difference. It allows us to bring cutting edge information and techniques to people who desperately need help getting control of their lives. This benefits men, women, children and organizations, giving them a rational, effective strategy for changing their lives – in good times or bad. So please make a donation today. We genuinely appreciate your support.

Together we're building a better world – be a part of it!

Happy Holidays –

Jessica DeGroot  
Founder and President

### **We've already received one generous donation!**

P.S. – One of the ways we're building a better world is by bringing together the many communities we work with. One of those communities – the many work family professionals ThirdPath works with – has made a generous contribution to our effort. **They are donating counseling or coaching time to people who may have lost their jobs.** If you, or someone you know, could benefit from two hours of free life or career counseling, please read the enclosed insert.