

Healing ourselves—moving forward—making choices for our wellness—accepting ourselves with our past “mistakes” —finding the courage to try again—translating negative events to positive progress.

Wherever you are on the roller-coaster we call life, you will most certainly be able to relate to one of the above thoughts. I remember a card my son once gave me, it was all about how awesome he was, bright, generous, capable.....you get the idea, and on the inside it said “don’t worry it is just another phase”. I believe that rather sums it up. Change happens, challenges arrive, it is what we do with these things that define us, and build our character.

Some of you may be thinking that you wish you had someone to share your thoughts and concerns with, to dig into what holds you back from reaching some goals, or taking some risks for things you want. There are times friends may not be enough, good intentions don’t always make good consultations. I have found that even I, self motivated, entrepreneur, trained coach, even I, like to have a coach. Why? Because I get more creative with my ideas, I am more committed to a time frame, accountability is not one of my favorite words, but accomplishment is. That is what I feel when I share my steps with my coach.

As a student of Tony Robbins one thought comes to mind. If you ask poor questions, you get poor answers. We often ask ourselves questions that come from past “failure” or doubt. We consequently go round and round with answers that are built on fear and doubt. What does a coach do? We ask good questions, questions that help you find the answers that are within you. The concept of coaching is built on a theory that each individual has the answers inside. We just don’t listen well, or we need to peel back some layers, layers we think are protecting or insulating us from something. To learn more about the difference between a counselor and a coach please visit www.wellnesswithattitude.com and read under that exact title.

As a coach I consider myself a collaborator, I bring some thoughts, dreams, concerns, details to the surface for you to examine. You get to see what is important when some of the wrapping is taken off. It is often a personal challenge, during these times I have seen career/job questions appearing more frequently. You may be concerned about why you start something, maybe an exercise plan, but you don’t stick with it.

I would like to share some thoughts that might help you get yourself on the right track. Then if you decide that this is the time to consider a coach/collaborator give me a call and we can have a chat, the discovery call is FREE.

1. Be clear about what you want and why. A. Picture it--Vision Board, B. Written plan
2. Break it into small steps- *MOST of us take giant steps and stumble, be good to yourself here, whatever you want to do, do half as much to start. Do it consistently and grow inch by inch, success by success.
3. ASK yourself what can trip up your progress or stop your momentum. Ask what has happened in the past that took you off course? Did you make a poor choice, did you lose focus, is there a pattern showing up? The trick here is to listen; you are meeting your saboteur, yourself limiting

belief. We all have them, but they DO NOT have to manage us. Remember when we were 4 years old and you said “**I am the boss of me!**” Well YOU are!

4. Look at 2 or 3 past success. Visualize them, feel how you felt accomplishing it. Let that sense of pride fill you, see other people’s faces and their pride or pleasure. Go back to this picture in your mind and feel all the sensations each and every time you “try” to make a new choice, or reach a new goal and you feel fear, or defeat.
5. Find a way to feel safe when fear moves in, when self doubt appears, when those voices start getting louder and louder. Where can you become grounded, peaceful, encouraged? For some of us it is in music, in nature, for some an inspirational verse. If you are fortunate it is a best friend, or partner. I am going to also encourage you to take the fear, doubt or message from your saboteur and write it out. Then write the scenario of “what is the worst that can happen, what is the best and what is the most likely thing to happen.” Have some fun here too, laughter always helps.

My favorite authors to lift me are Debbie Ford, Wayne Dwyer, Deepak Chopra, and even Oprah’s Daily Newsletter. Keep yourself full of what inspires you.

6. Write your affirmation and post it everywhere, read it and feel it daily.
Example: Make it in the present tense, and make it juicy. I love my job, my coworkers respect me, I have creative license and my boss is my mentor, always encouraging, I cannot believe they pay me this much, for doing what I love. I have to remind myself to go home to my luscious house on the lake with a hunk waiting for me with dinner and candles..... see what I mean by juicy.....IT is your story, your dream, write it like you mean it!
7. CELEBRATE—each step, each time you keep your word to yourself, each piece of the puzzle. Don’t wait until the whole picture is complete, if you do, you may fall back into the old patterns. Decide now what your celebration looks like, do you get a new book, 15 minutes in a bubble bath, do you get to sleep in on Saturday morning, or a jog without the dog? What is in it for you? Plan it, and give it to yourself. Lavish yourself in self love.

I hope you will take these seven ideas and approach them step by step. The reason I use quotation marks around the words “mistakes”, “try”, “failure” is because I believe those words give us feelings of negative emotions. I believe they in fact are simply the stepping stones to our greatness. So go ahead, fail forward to success, take life’s mistakes and realize they are life’s lessons and miracles.

"You will either step forward into growth or you will step back into safety." Abraham Maslow

Sandy Warren

Collaborative Coaching

"Navigate life's curves with purpose"

704-713-0911

www.WellnesswithAttitude.com