



POSITIVE BELIEF

Passionate about your Potential

Do you want to...

Deal with a Phobia?

Stop Smoking?

Stop Negative emotions?

Present yourself with confidence?

Create a work life balance?

Find your perfect career?

Find your path in life?

Be confident in yourself?

Create your dream life?

Ask yourself this question,

'what do I want?'

Now ask yourself this..

'what do I really want?'



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Most people tend to know what they don't want but not what they do. Coaching gives you direct approaches that enable you to discover what you really want and take positive actions to getting it.

Here are ten simple steps to get you on the trail of your wants....

- 1. VALUES** Take some time out and think about what is really important to you, love, contribution, freedom, respect, security. What are your values? Are you living your life by them? Take the time to find out what they are and see how you can bring them into your life.
- 2. VISION** As children we had posters on the wall of our heroes/heroines, our ambitions – being a pop star, a pilot, an actor, an artist. Then we stopped. We stopped dreaming and having the pictures up that inspired us. We stopped letting our imagination run wild and free.

'Imagination is far more important than knowledge as imagination is limitless' Einstein

So start to collect pictures and posters of places you want to go, things you want to achieve, people you admire and put them up somewhere you can focus on the everyday. I use a cork notice board then I can change the pictures as I achieve my ambitions. Go on have fun!

- 3. TAKE A DEEP BREATH** Go on take a good deep breath. If that was your last breath would you have any regrets? Are there things that you would like to have achieved, changed, completed? What are the 101 things you would like to do before you die? Swim with dolphins, ride a horse along a beach, watch the sunrise at Macchu Picchu? Whatever your 'things' are create a list, look at it each month and start doing them!! You never know which one is your last breath!

- 4. JOURNAL** If you are struggling with any of the exercises above, many people do as they very rarely take the time to think about themselves, then the next few exercises will give you outlets which will create the time and space to find some answers for yourself.

The first is to write a journal. There were only two reasons I wrote a diary when I was young, one because my smart friend did and I thought that I would become smart too and I had a craving to be as cool as Anne Frank, neither worked! As an adult I have found writing a journal each morning (just three pages) an amazing outlet of expression; I rant, explain, excite, recite and ramble. Every so often one of these outbursts delivers a little gem that shines into my day and sparkles my dreams.



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- 5. MEDITATE** Meditation is one of the most beautiful and relaxing exercises. You do not have to sit cross legged or chant 'Ohm'. For a simple meditation just sit and breathe, count 1 and breathe in and 1 and breathe out, then 2 breathe in and 2 breathe out and so on as far as you can go up to 10 and then count back again. The point of meditation is to relax yourself and slow down those crazy thoughts, if you try to think of nothing well, your thoughts will shoot in from all directions, just allow them to be there and think about your breathing. For more information www.secretsofmeditation.com
- 6. LAUGH/SMILE** There are so many ways to get high these days; drugs, alcohol, sugar, cigarettes and none of them are good for your health! Did you know that laughter helps boost your immune system and relaxes your whole body thus reducing stress and tension! How about that a smile can send a wonderful drug around your body called Serotonin – a molecule of happiness, again reducing tension and stress. How ace is that! And they don't cost you a penny! Whenever and wherever you can have the willingness to laugh and the power to smile – you never know what affect it will have on you or someone else!
- 7. SING/DANCE** At every opportunity sing and dance! It doesn't matter whether you are in tune nor if you have two left feet! All that matters is that you let yourself go and enjoy the experience. Sing in the car, in the shower, whilst you are walking along. Look on **inspiration** page for ideas on singing and dancing, both lift your soul, help you relax and are fabulous forms of expression!



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- 8. EXERCISE** “Exercise” can be seen as a dirty word, hours down the gym pumping iron, jogging in the rain, swimming – exposing parts you’d rather not! Exercise doesn’t have to be any of those things and in fact you only have to do 20mins exercise a day to feel the benefits of endorphins running around your body for hours! 20mins, that’s easy! Walking is simple and easy to fit into our lives, we can wear whatever we feel comfortable in, take the dog, smell the flowers and even take some of that **inspiring music** along! A simple thing like that which will make a huge and very positive impact on your life.
- 9. NATURE** Spend time in it and looking at it. We work in amazing harmony with nature, we breathe out what we don’t want and they take it and give us back what we want, a brilliant partnership. Not only that but being outside in nature or even just looking at plants and trees brings us an inner calm. I always marvel at nature, you never see a flower flopping because it’s petals aren’t as big as it’s neighbour or a tree not bother to fruit as no-one appreciates or says thank you. It all just happens.
- 10. GRATITUDE** Living with an attitude of gratitude is one of the most powerful exercises you can do. Many of us have moaned that we are taken for granted by a friend, work colleague, partner or family member. When was the last time you really said thank you to them for all of the amazing things they do and most importantly when was the last time you said thank you to yourself for all the amazing things that you do? Legs that enable you to walk, hands to touch, eyes that see, the ability to write, talk, cook, dance, drive – when did you last say thank you to your car or public transport for getting to your destination? The more you are grateful for what you have the more you will discover you have, honest!

The more of these exercises that you fit into your life the more you will discover what you really want, then you can start making the right actions to get them!

‘Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did.’

Mark Twain