

THE BEACON for Personal Power

For People Seeking Ultimate Personal Power



JANUARY 2008: 3 Foolproof Steps to Reach Your Potential!

It's No Accident. In 3 Foolproof Steps, I Can Show You How Start Creating a Meaningful Life and Become What You Potentially Are!

It's that time of year when we instinctively think about our lives... where we have come from and where we are headed. Sometimes though we take the ostrich approach because moving forward involves making decisions.

We can make decisions because they are safe. We can make decisions to maintain appearances. We can also make "people pleaser" decisions. AND we can even make decisions that help us from making more difficult decisions.

How about making a conscious effort this year to resist the pressure and temptation to become something you're truly NOT, grab hold of a good dose of courage and make the decision to make the most out of your life!

I know. It's easier to find an excuse why you can't. There's always lack of time, fear, habit or financial constraints. Let's face it. Things will continue to stay the same until you 'choose' differently.

If you look back and realize that last year wasn't as productive or fulfilling as you wanted it to be, here are some foolproof steps that will help you give the upcoming year everything you've got to become what you potentially are:

1. REMOVE THE LIMITS

Remember that your personal expectations create your own reality and life pretty much sends you what you think about. **Break the grip of hesitancy and make your life count.** You have a unique, important purpose.

My Mom always warned my sisters and me to choose our thoughts wisely because the law of nature is that we move in the direction of our thoughts!

Stop yourself when you engage in thoughts that weaken you.

2. GET CLEAR ABOUT WHAT YOU WANT Ask yourself what you like to do ... gain some clarity.

Keeping your options open only confuses the issue, it's a trap or excuse to stay uninvolved. Check in with your heart, your dreams, your desires and hopes. Don't be conservative here, open up to all possibilities.

Remember, **the more you focus on an objective, the more enthusiasm you will have** and you'll find yourself truly wanting it.

3. THROW AWAY THE STORIES

Over the years you may have been preventing positive changes in your life because you have become out of practice.

Getting past your 'stories' is not easy because you've been hiding behind them for a long time. You know the ones that tell you "I'm too busy", "I'm not smart enough", "I'm too tired", "Too old", or the old stand by, "If only".

Empower yourself with the truth and move forward.

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Isn't it time for you to fully commit to your life, take some risks and use your courage muscles.

Action is all there is. The difference between feeling 'stuck' and 'unstuck' is not the number of obstacles you face but instead it's the choices you make.

Don't put making the most of your life on hold any longer. NOW is all you have. Each of these steps will help you keep your life moving forward. **Begin right now with a single step.**

If you need to stay accountable and want to learn more about creating the life you want, please get in touch with me and we can talk about what you want to achieve in 2008.

Call Lois at (905) 713-1352 or email:
lois@discoveryyourselfcoaching.com

I look forward to helping you create the life outcomes you truly want!

Be S.M.A.R.T About Setting Goals!

Here's the scoop! Goals keep you focused on the direction you have chosen. But it's even more important to set 'SMART' goals.

SMART goals are well defined:

(S) pecific: Do you know exactly, in detail, what you want to accomplish?

(M) easurable: Are you able to assess your progress?

(A) ttainable: Is your goal or goals truly achievable?

(R) elevant: Are your goals congruent with your purpose in life?

(T) ime-Sensitive: What is the deadline for completing your goal?

Serious About Wanting To Rid Yourself from Living A Fear Based Life?

Here's How To Choose Attitudes That Are Healthier And Life-Enhancing!

How often have the fears you thought about actually taken place? **Most people spend a lifetime worrying or fearing about some type of event that never actually happens,** frequently worrying in wild disproportion to what might actually occur.

None of the resulting anxiety, sleepless nights, stress and distraction does any good. In fact, it actually reduces your ability to take action and can often lead to health problems.

Are you living a life based on unwarranted fears and worry? See if these statements resonate with you:

- It's better to just leave things as they are and they will work themselves out.
- If I don't take care of this project myself, it won't be done right. No one cares as much as I do about this.
- Individuals can't really know what is really good for themselves. I'm safer following the rules of authority.
- Better to stick with the 'tried and true' and 'staying on the straight and narrow'.
- We'd all be living in a state of chaos if we didn't always act from a sense of duty and obligation.

Try ridding yourself of these attitudes by asking yourself these questions:

1. In what way is this belief benefiting my life?
2. In what way is maintaining this belief a detriment to my life?
3. How would not having this belief become beneficial to my life?
4. How would not having this belief be detrimental to my life?

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After you answer these questions you will gain some insight that will help in the process of uprooting unwarranted fears which will allow you to choose healthier attitudes and enhance your life.

What I Have Learned...

I have learned that choice gives power and fear drains it!

Quote

"Obstacles are those frightful things you see when you take your eyes off your goals."

- Sydney Smith

Contact Lois for a **FREE 30 minute discovery session** either by phone or in person.

Lois Galloway
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Lois Galloway is a member of International Coaching Federation, Coaches Canada and International Association of Coaches; trained by Coach University, Facilitation First and Relationship Coaching Institute, all well respected training facilities.



Lois provides her clients with a nurturing, non-judgmental space to engage in stimulating conversations and explore exciting possibilities that get positive results.

Her 30 years experience as a successful entrepreneur helps guide individuals on their journey toward personal and business related goals.

Personal Coaching:

- Women in their turbulent (sometimes troublesome) 40's and 50's
- Middle-age men wanting to reshape and transform their lives

Business Coaching:

- Business owners who can't find enough hours in the day to get things done
- Leaders who are paralyzed by fear of failure
- Team players who are frustrated with dysfunction and conflicts

Facilitation:

- Focus Groups looking for clarity and solutions
- Business teams, meetings
- Workshops and teleclasses
- Lois is a Certified PRINT Survey Assessment provider/coach.

Lois' fees are available upon request. For fee structure and additional information, please send an email to: lois@discoveryyourselfcoaching.com

To subscribe to THE BEACON - For People Seeking Ultimate Personal Power newsletter, go to: www.discoveryyourselfcoaching.com

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