

THE BEACON for Personal Power

For People Seeking Ultimate Personal Power



JULY 2008: How do you fill 168 hours?

Lately I have come across so many people who ask the same question:

How can I live my life on purpose and find some joy?

We all have 168 hours of time each and every week ... how we choose to spend it is our call. I know, you might be saying to yourself, "Most times I don't have a choice, I have to consider everyone else first".

That's not exactly true. You need to remember that YOU are a big part of the equation, **YOU are very important** and how well YOU take care of yourself affects everyone else around you.

Ask yourself this:

Am I wasting my time and depleting my energy without even noticing it?

If you are feeling dark, down and drained it'll definitely prevent you from reaching your dream of living joyously. Here's five important things to address so you can see your personal energy rebound dramatically.

1. **Cancel all Regrets**

The past is forever gone! Stop torturing yourself by staying fixated on 'what might have been' or 'if only'. Staying mired in the past keeps you rooted in the past and limits your energy today. Start licking your wounds and moving towards your dreams and purpose.

2. **Crush Out those Repeated Patterns**

If you find yourself saying things like, "I'm never going to win at life", or "This bad stuff always happens to me", or "I always pick such losers", then you've got a problem with repeating patterns. You have some learning to do. Stop doing the same things that bring you the same results. When you're in charge of yourself, you'll feel on top of the world.

3. **Boot Out the Bully**

I'm not talking about the kid that picked on you in the school yard. I'm talking about the bully that drains your energy; the one that stamps out your dreams. The next time you make a mistake listen to how your mind reacts. If it's saying something like, "I'm such an idiot" then your mind has allowed that bully back in. Notice right away if the bully is showing up and then replace it with the truth. Eventually your bully will get tired of being blind sighted by the truth and will leave you alone. You'll be free to become creative and playful once more and energize your life.

4. **Control Negative Energy**

Pay attention to the times you feel like blaming others, show envy or complain about other people. This often happens when you are letting yourself down by not speaking up for yourself, not letting your own bright light shine or not honoring your own values.

5. **Learn to be in the Here and Now**

This is probably one of the hardest things to remember but one of the easiest to do, once you get the hang of it. No matter what is happening in your life, good or bad, take a moment to ground yourself, get centered. Take a long, slow, deep breath starting from your belly and then push it out slowing using your abdominal muscles. Getting back to the present moment frees up so much energy, so much focus and so much joy that it's amazing how little time we choose to spend there.

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What is a personal development coach and why should you have one?

It used to be that personal training and athletics were the only fields within a coach's world.

Not so any longer!

Professional coaches distinguish themselves from counseling, therapy, mentoring and consulting. It's a 'human improvement process' which strives to bring out the best in individuals.

A coach helps clients achieve personal growth and **learn how to make decisions that enhance their lives.** The client fixes the coaching objectives and the coach becomes the vehicle through which those goals become a reality.

Is this what you are looking for?

Personal coaching can provide numerous types of services:

- Show clients how to achieve more balance and harmony in their lives
- Help clients overcome obstacles and meet challenges
- Motivate clients to achieve their dreams
- Guide clients towards their core values
- Assist clients with goal-setting
- Help clients find the relationship they are searching for
- Improve self-confidence and self-esteem
- Enhance communication skills
- Make meaningful changes in their lives
- Minimize stress and reduce anxiety
- Work through life or career transitions
- Provide usable tools to improve personal and business relationships
- Help client surmount fears and move forward
- Support clients to exceed their expectations
- Serve as a launching pad for new ideas
- Guide clients towards self-improvement and discover what motivates them
- Help clients discover truths about themselves and find their purpose in life

I can help you find the courage and motivation to move into the life you are looking for.

Just give me a call at (905) 853-9959 or email me lois@discoveryyourselfcoaching.com for a **free coaching conversation.**

Remember those 168 hours per week I talked about earlier? The ones each of us have at our disposal?

Here's an exercise you can do to determine on average how much time you spend with each activity listed below during one week. For example, if you sleep an average of 7 hours per night, multiply that by 7 days and subtract 49 hours from the total. Then go to the next item and do the same.

Remember not to double count time spent if there is an overlap.

168 Hours

- _____ sleep hours (7 x)
- _____ eating
- _____ work and volunteer activities (including commute time)
- _____ children and pets (including homework, kids to sports activities, etc.)
- _____ spouse or S.O.
- _____ friends (face to face, by phone, internet, etc.)
- _____ spiritual practices
- _____ exercise
- _____ personal care/grooming
- _____ simple pleasures: hobbies, reading, TV, movies, sports, etc.
- _____ housework, yard work, paying bills, chores, errands, shopping

If you find that you are in the RED, then you are doing too much.

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If you BROKE EVEN, you are coping.

If you have TIME LEFT, you are living with what is called 'margin'.

Margin is:

"The space that exists between ourselves and our limits. It is the amount allowed beyond that which is needed. It is something held in reserve for contingencies or unanticipated situations. Margin is the gap between rest and exhaustion, the space between breathing freely and suffocating."

- Dr. Richard Swensen

Remember to build "YOU TIME" into your schedule.

If your life is a blur of activity, if you are constantly running on auto-pilot and saying yes to anyone who asks, then it's time to stop running from sun up to sun down. It's time to stop zapping your zest.

YOU are the only one who truly decides your schedule. **By giving time to yourself first, you'll be sure you have enough to give to others.**

I Have Learned...

I have learned that it's those small daily happenings that make life so spectacular.

Quote

"You only live once - but if you work it right, once is enough."

- Joe E. Lewis

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

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