

The Coach Approach

By Benita Stafford-Smith

Learn as if you were going to live forever. Live as if you were going to die tomorrow. - Mahatma Gandhi

As fall approaches it is a good time to think about your life plan. Yes, your life plan -it's the best way to ensure you get where you intend to, with the least possible effort. September is a time when we look at our business plans and assess how we're doing; we adjust goals if we need to and put things in place to finish up the year. If you died tomorrow as Mr. Gandhi's quote questions; would you have done everything you set out to do with your life? In the coaching industry we often ask, *if not now, when?*

Great idea but what are the elements of a life plan?

Your life plan starts with your dreams. Note I said your dreams, not someone else's dreams. Think back to when you were a teenager, what were your dreams then? Travel the world, start your own business, get married and have a family, write a book, become the world's greatest (you fill in the blank).

Which of these have you accomplished and which are still beckoning? What new dreams have appeared?

To begin make a list of dreams you would like to achieve in this lifetime. Convert your dreams to goals. Then develop a project plan to get there. Put some timelines to these goals. Categorize these goals into short term and long term objectives. Create a list of activities and resources required to accomplish these.

Mr. Gandhi's quote also says "*Learn as if you were going to live forever*". Remember life long learning as you prepare your Life Plan. How does this fit into your Life Plan? Is your life long learning structured or unstructured, traditional or non-traditional, or a combination of all of these?

Ensure the plan fits you; a great plan with no passion usually ends up a great plan that never gets executed.

As you prepare your life plan please consider these two important elements - risk and optimism.

Lou Tice in his article *The Winner's Circle Network, Taking Risks* quotes Leo Buscaglia, "*To laugh is to risk appearing a fool, to weep is to risk appearing too sentimental, to reach out for another is to risk involvement, and to expose feelings is to risk exposing one's true self.*"

To place your ideas and dreams before the crowd is to risk their loss, to love is to risk not being loved in return. To live is to risk dying, to hope is to risk despair, to try is to risk failure.

But all risks must be taken because the greatest hazard in life is to risk nothing. The person who risks nothing also does nothing, has nothing, is nothing. If we avoid risk we may avoid suffering and sorrow, but we simply cannot learn, feel, change, grow, love or live.”

Strong words from Mr. Buscaglia but worth contemplating as you write your Life Plan. Are you a risk-taker? Think about Mr. Buscaglia’s words and step bravely forward with your Life Plan. Focus on the freedom that comes from taking risks and growing into the best you can be. I read a great quote the other day that addresses the opposite of risk taking – “*Worrying is like a rocking chair, it gives you something to do but doesn’t get you anywhere*”. Remember what you focus on you attract

Next consider optimism.

As you journey along this life you will encounter obstacles and problems. How do you deal with them? Do you let problems and obstacles turn you into a victim? Instead of falling in defeat why not try optimism. An optimist looks for the options, experimenting, trying this and that, never giving up. There is a way out, you just have to find it. I encourage you to try thinking optimistically to overcome obstacles.

Always bear in mind that your own resolution to succeed is more important than any other one thing.”

--- Abraham Lincoln

We continue our exploration of the Personal Path program this issue with Happiness and Joy.

The Personal Path

The Personal Path is a coaching assessment that looks at ten areas of your life – inner peace, personal power, happiness & joy, spiritual bliss, grace and love, full satisfaction, natural balance, personal passion, vitality and wellness and fulfillment.

Happiness and Joy

Happiness and Joy come from having who and what you want.

Happiness and Joy are not mysteries; you can create these by being very, very Selfish and by listening to your inner guide vs. society's, culture, shoulds or being controlled by potential consequences.

When experiencing happiness & joy, a person:

- Feels gratified and wants more of this
- Is doing exactly what he/she wants
- Is pleasure-oriented and is willing to have more
- Is able to contribute well to others they care about

What happens until a person gets here?

- Experiences sadness and unhappiness
- Can't figure out how to be happy; H & J is elusive
- Stuck, miserable in the present; no way out
- Doesn't even know what will make them truly happy

The 10 Steps To Be Happy & Joyful

- Figure out what does make you consistently happy
- Get your needs met so you can afford your wants
- Stop doing what you should do; do what you need/want to
- Restore your integrity to be at 100%
- Eliminate every single toleration and source of suffering
- Experience the difference between thoughts/feelings
- Become truly Selfish vs. egotistical
- Take what you need to be your best
- Become internally generative vs. externally motivated
- Start creating a project that makes you feel very, very good

You may contact Benita by calling 1-866-756-7651 or 204-235-1075,

eMail: benita@lifematterscoaching.com.

Check out her website at www.lifematterscoahcing.com