

Living your Inspired Life!



Newsletter

August 2009

Welcome!

Thank you for all the positive feedback I received from the first edition of *Living your Inspired Life!*

A big part of coaching is feedback and as a coach I am constantly looking for feedback myself. Feedback on its own has no intrinsic value unless you use it to improve, or to build self awareness, or just revel in a job well done. So bring it on!

Best wishes,
Anne

Feature Article... Start with the end in Mind

The happiest people are generally those who have a clear vision or purpose, one that inspires and drives them in the direction of their personal definition of success. A good question to ask is "If I could do anything I want in life, would I still do what I am doing now?" If the answer is yes, then you have found your purpose in life.

If not, it may be helpful to start by writing a list of what you don't want, as what you do want could well be the opposite. Don't make the mistake many people make, which is getting stuck focusing on what they don't want. Successful people consistently focus on what they want, so you need to leave behind the "don't wants" by replacing each one with a "do want".

Another way to discover what you really want is using visualisation. Your vision is a picture of your desired future that you create from your imagination. Find a quiet time and place and imagine how you would want your life to look if there were no restrictions. A vision is big; it's a dream or pie in the sky if you like. A vision should not be constrained by reality or negative thoughts of "I can't" or "It will never be like that".

Picture a time in the future – one year, five years or 20 years - it's up to you. What are doing on this particular day in

What Coaching Is & Isn't

Coaching is not therapy, nor is it an instant fix-all solution. As coaches we are not there to give advice or tell you how to live your life. Coaching builds self awareness, takes you out of your comfort zone, and **gets you moving from where you are now to where you want to be.**

Yes, Standard Bank has taken up this phrase, but we coaches got there first!



Success Quotes

"If you dream it, you can do it."
Walt Disney

"How do you go from where you are to where you want to be? I think

time? Where are you? What have you achieved? Who is with you? What will you be feeling?

Once you have spent some time dreaming up your perfect life, you will need to anchor your vision and bring it alive. There are a number of techniques that may work for you. Pick one that appeals to you and have fun with it! You may like to write your vision as a story, create a vision board or book, or even a Mind Map.

Your vision is what keeps you going through the tough times. Dream big so that your beacon shines brightly, guiding you to your inspired life!

Spotlight on... Personal Life Coaching

Your first personal life coaching session is **free**, which gives you a no obligation opportunity to see how the coaching works and whether the time and financial investment in yourself will be worthwhile.

We are located in Randburg as well as Pretoria. Some of our clients are in different parts of the world and "meet" us telephonically or via Skype for their coaching sessions. Whatever your preference, contact us now to book your free coaching session!

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you have to have an enthusiasm for life. You have to have a dream, a goal and you have to be willing to work for it."

Jim Valvano

"A successful person is a dreamer who someone believed in."

Anon

"It may be that those who do the most, dream the most."

Anon



Unlocking infinite potential through coaching & training

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