

# Identify that special area!



■ **LIFE COACH:** Yvonne Castle offers her advice for you (Picture [www.janetjonesphotography.co.uk](http://www.janetjonesphotography.co.uk))

The second in our new series by life coach and consultant YVONNE CASTLE, of Huddersfield, asks readers to take a look at their lives — and decide what they'd most like to change

**SAID in my introductory article last week that this column would be practical; it will provide you with the tools you need to start to bring coaching into your life and begin to enable you to coach yourself.**

In this week's column I will help you identify the area in your life you most want to change, the thing that needs to happen first!

We will go through the goal-setting process and start to see how far you have already gone towards meeting your own goal. I can guarantee you will have already moved forward a way — even if you don't realise it. Many people feel very clear about which area of their life they want to change. But many people feel that they are unsure what it is exactly that does need to change, just that there is a feeling that something has to. Often we describe this as "reaching a crossroad", not really sure which way to turn and sometimes feeling overwhelmed with uncertainty.

This is an exercise you can do that helps you pinpoint which area in your life you need to act on first.

## Prioritising Your Actions

■ Grab a piece of paper — divide it into six segments.

Give each segment a title: Relationships, Health, Leisure, Work, Finances, Future.

If you want to you can change the headers to what suits you; eg Career, Fun, Home etc. These are all things that are important to you.

■ Under each heading write down your "final goal"; in other words, if all was perfect in this area what would be going on? Write this vision in one sentence.

This will give you direction; you will know when you have succeeded in reaching it. This is about defining the target you want to hit.

■ Under each heading write down what level of satisfaction you have with this area at the moment, on a scale of one to 10, where 10 is your vision of perfection, and one represents high levels of dissatisfaction.

■ Have a look at how you've scored each of your six areas; now choose which one you want to work on first.

## Setting your Goal

■ Now you've picked the area in your life that you most want to change, look again at what you said "perfection" was. That's the longer-term goal you're looking at.

■ Write down what a realistic timescale is to get there; this could be six months, a year or more away.

■ Now write down what the first step to get to that journey would be. You are dividing your long-term goal into a "journey goal". For example, if a long-term goal was to lose a stone the first journey goal may be to lose 3lb.

■ Write down when you want to achieve this by. This goal should be around a week or two weeks away; not much more, as this would mean that you could divide your longer term goal down even further.

■ Now ask yourself how much do you want this. If you don't really want it, or it doesn't score highly, then the chances are that you've chosen the wrong goal. You really must want your goal in order for coaching to work.

## What's the reality at the moment?

■ Now you've set your goal there will be some things that you have done, recently, or in the past, to reach your goal. Your goal is likely to have been around for a while.

■ Think about all the things you've done so far. Using my example, it may well cover things like: already signed up to a gym or stopped eating the Christmas chocolates. Write down at least six things that you've already done.

■ Look at your list. You should be really pleased with yourself that you've made some headway. Celebrate what you've already done (but not with another chocolate !!).

Hopefully, now you feel that you've got some clarity. You can see what the end looks like and you can see what the first step is along that way. That's the right step for you and, most importantly you've already identified that you've made some headway to getting there.

Good luck and feel free to write in with any comments or questions to Life Coaching Column, Features Department, Huddersfield Daily Examiner, PO Box A26, Queen Street South, Huddersfield HD1 2TD.

I'd love to hear from you.

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[www.ycchange.co.uk](http://www.ycchange.co.uk)

**Next week: Develop your own action plan**