

Make time to plan your life - it really works



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Huddersfield life coach and consultant YVONNE CASTLE continues her series helping you to make those changes for the better in your life

THIS IS THE final article now and I hope you've enjoyed reading them and also trying out the exercises. Can I thank you for your interest and your comments on the articles. If you have any more then please drop me a line on to let me know how you have got on - has the coaching made a difference to your life?

This week I want to summarise what we've done during the last eight weeks and also say a little bit more about the benefits of having your own personal coach.

The coaching process:

Week 1: Was about explaining what coaching is. It's all about helping someone to move from where they are now, to where they want to be.

Coaching is all about taking action to turn your wish lists into reality.

Week 2: Was all about prioritising those things in your life you want to change. You looked at all sorts of aspects such as your relationships, your health, your leisure time, your work, your financial situation and your future. Sometimes when you do this your priorities may clash. We also looked at goal setting - where these should be specific, measurable and should have a deadline set against it. We set the goal then looked at the reality of the situation so far - i.e. what actions you have already taken in relation to your goal.

Week 3: Here we looked at the options you can think of in terms of actions you could do to move forward in your goal. Remember the secret is to write as many down as possible - and then come up with three more. You'll always find them!

Week 4: This was a crucial week. We went through barriers that you set in place which stop you achieving your goals. These are your own limited beliefs, such as confidence, ability, whether you deserve it or not. We covered the fact that these often come from our childhood where others have told us that we are not confident, or we can't or shouldn't do it. You must put this behind you and believe in yourself and your ability in order to move forward. Prove to yourself you can do it!

Week 5: We looked at coaching within the workplace. You can improve your motivation if you experience coaching around your work issues. This may be about specific people or situations you are in or it could be about your career and

coaching you forward into a new or different career. It's a fact that training increases productivity by 22% but training and coaching increases productivity by 88%. Can you afford in your organisation not to have a coaching programme?

Week 6: In week six we talked about the crucial aspects to successful action which are DESIRE and ACTION and PERSISTANCE. You've got to really want it - and be prepared to take action to get it. Coaching is not for those people who don't want to do this. We also looked at those who influence your life and how 'life plans' have proved to be successful - it is a fact that if you have a 'life plan' you will be better off in terms of relationships, health and finance - it's absolutely true and there is the research to prove it! What's often a good thing to try is imagining you are 90. When you're telling your great grandchildren about your life - what will you be saying? What do you want to be saying? Does that spur you into developing your own 'life plan'?

Week 7: Week seven was all about health and well-being and planning for retirement. Hopefully the list of questions helped you identify any goals you have in these areas, and how you will achieve them.

The benefits of having your own coach

Having your own coach can reap huge rewards. How many times have you started off down the right path, just to get stuck? Having your own coach will provide the impetus that you wouldn't have if you were trying to move on your own. A coach will support you working through your priorities and when your priorities clash a coach can really challenge you to ensure you start on the right goal first and save you time in the long run.

Imagine what the impact would be of one-to-one time, concentrating purely on you. I know many of you have said how 'mind blowing' the exercises have been. Imagine the impact if someone knew what your issues were; knew you as a person; had the insight to what your barriers were and could help you work right through them. Just imagine....

I wish you all the very very best down your new path to fulfilment. Keep in touch and let me know about all your successes. For more information visit www.ycchange.co.uk