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Forward Movement



TAKE FLIGHT COACHING

Committed to your Clarity, Possibility, and Action

Fresh Start

There is something about the New Year that I like. Another chance. A time to take an honest look and move forward in new ways. The past is gone, and we have learned many things from the roads we have traveled. So what we have is today and the road before us. The New Year is a time to reflect on our current direction.

If you've said it once, you've said it a million times. "This year I will ___." Instead of more resolutions, try setting off in some new directions. To get there it's important to evaluate, regroup, simplify, and then start in a new direction. Let's walk through those steps to a fresh start.

Evaluate. Take time and look at your life. Be honest with yourself. Where are you currently in each area of your life (Family, Career, Financial, Spiritual, Fun, and Physical)? Some have used an exercise called the wheel of life. It is often helpful to use a coach (an outside professional) to enable you to fully process. I am willing to extend a free coaching session to help you evaluate where you are currently.

Regroup. What is important to you? What needs to be your focus moving forward? Reflect on who you are and how you want to spend your life. Some find it helpful to get in a quiet place for a couple of hours and think through how they want to spend their life. There is a song that has a great line in it, "...this is your life, are you who you want to be." This is your chance at life; you only have one shot, so be intentional.

Simplify. You and I cannot do everything. We have to make some things a priority and delegate others. Simplifying is simply focusing. After you decide what is important in your life, reorient your schedule to allow you to focus your energy toward your priorities.

New Direction. This is your chance for a fresh start. A new direction probably means change, and in order to make the changes needed you will need to look internally first. Granted, it is always easier to try to change your environment, or others around you. However, a true fresh start begins with you, changing attitudes, becoming disciplined, and taking new actions. Start there and your world around will also start to change.



The New Year can be like a pause. An opportunity to reflect and regroup. If you have been stuck don't let another year fly by. If you have been hitting your target, let 2008 be a chance to aim higher. Go for it and if you need help, don't be afraid to ask for it or invest in it. Just do one thing... don't wait any longer.

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4 Bites To Get You Going...

1. Tell someone about your goal.

When you make a decision to change, no matter how big or small, share it with someone you care about. Ask that person to keep you accountable. Give him/her permission to check on your progress on a regular basis.

2. Start with small steps.

Don't shoot yourself in the foot by making your goals too big, that they are unattainable. Running a marathon isn't a realistic goal for most people, but maybe running 5 miles would be a workable goal. Break down your goals into small doable steps. Instead of being overwhelmed by the mountain of work ahead, take a few steps in the right direction each day.

3. Track your progress.

Let's say part of the new you is to be more hospitable, so you make the commitment to host 12 dinners over the course of the year. Make a list of the people you want to invite to your home. When those people come over, check their names off the list. Keep your goals (and lists) in a place where you will see it often. The key to accomplishing goals is regularly taking action on them, to do that keep your goals in front of you.

4. Celebrate your victories.

As you track your progress, you will see growth! Maybe you're learning how to play the piano. When you can play a particular piece, celebrate by getting a CD by your favorite artist. Many people that I coach find it helpful to have a reward (one that motivates them) tied to their goals. Take time to enjoy and savor your successes.





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Clarity. Possibility. Action.

Coaching Brings Clarity

Who are we? Where are we going? What should we be doing? These questions plague us. Many of us don't have a productive place to process some of these deep issues of our lives. The coaching relationship is unique in that it provides the space for finding awareness on some of these core issues. A coach helps you move from confusion to clarity.

WE ARE ON THE WEB!
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