

How Would Your Life Be Different?



By Christel Libiot, Life Coach

Whether you have been diagnosed with an illness or not, whether you are struggling in your daily life or not, whether you are living the life you want or not, there is always time when you could use support from another person. How would your life be different:

- If you had support in every aspect of your life?
- If you had a cheerleader to applaud you for every accomplishment in your life?
- If you had a non-judgmental ear to talk to whenever you are facing a challenge?
- If you had a partnership that would produce fulfilling results in your personal and professional life?

- If you had a coach who would help you make the right choices in your life?

For all the readers who are ready to take a step towards living their lives fully, here is a poem:

The Courage To Be Myself

Anonymous

I have the courage to...
 Embrace my strength, Get excited about life,
 Enjoy giving and receiving, love,
 Face and transform, my fears,
 Ask for help and support when I need it,
 Spring free of the Superwoman Trap,
 Trust myself, make my own decisions and choices,
 Befriend myself, complete unfinished business,
 Realize that I have emotional and practical rights,
 Talk as nicely to myself as I do to my plants,
 Communicate lovingly with understanding as my goal,
 Honor my own needs,
 Give myself credit for accomplishments,
 Love the little girl in me,
 Overcome my addiction to approval,
 Grant myself permission to play, Quit being a Responsibility Sponge,
 Feel all of my feelings and act on them

appropriately,
 Nurture others because I want to, not because I have to,
 Choose what is right for me,
 Insist on being fairly paid for what I do,
 Set limits and boundaries and stick by them,
 Say "yes" only when I really mean it,
 Have realistic expectations, Take risks and accept changes,
 Grow through challenges, be totally honest with myself,
 Correct erroneous beliefs and assumptions,
 Respect my vulnerabilities,
 Heal old and current wounds,
 Savor the mystery of the Spirit,
 Wave good-bye to guilt,
 Plant "flower" not "weed" thoughts in my mind,
 Treat myself with respect and teach others to do the same,
 Fill my own cup first, then nourish others from the overflow,
 Own my own excellence,
 Plan for the future but live in the present,
 Value my intuition and wisdom, Know that I am loveable,
 Develop healthy, supportive relationships,
 Make forgiveness a priority,
 Accept myself as I am now.