

# GETTING A GREAT LIFE

*"To achieve goals you've never achieved before, you need to start doing things you've never done before."* ~ Stephen Covey

Just about everybody wants to have a great life. Fewer people know how to go about achieving that goal. There's a saying "If you always do what you've always done, you will always get what you've always got."

People who come to that realisation often grasp that they need support to make any sort of change. You may know that having a Personal Coach can help with setting goals and achieving them. Unfortunately, some people lack the belief that any change can happen, while others are put off the coaching approach, because they don't yet know what they really want

Not knowing what you really want and so being directionless makes life pointless and the feeling associated with this can even lead to depression. This is often where having a good coach is of most importance: they will help you to discover your true passion and unique life purpose. Everyone without exception has a life purpose, but sometimes it can take a lot of in depth digging in order to discover what it is.

How would a coach go about helping someone in this way? First they would explore what's most important and what someone absolutely must have in their life. These are usually not physical objects, but qualities such as: Friendship, Fun, Stability, Honesty, Community, Status, Recognition, Power ... the list is endless. Everyone has a unique set of these values. Once you know your own values and understand them, you'll see that by honouring them you will in fact have a blueprint that will act as a compass point to give your life direction and meaning.

People then begin to see that if they don't live their life in alignment with their personal values, and if they compromise their values then it will always lead to unhappiness and lack of fulfilment. If you don't know your own values, you will surely end up living by someone else's and then feel flat, resentful, unfulfilled and miserable.

Once a coach has helped you realise what your values and life direction are, what then? A coach will take an objective view of your life (family and friends are often too involved) and motivate you to take steps that lead to success. As well as encouraging and challenging you to expand horizons, your coach will help you believe you can achieve your goals

Some goals require you to step out of your comfort zone in order to bring them to reality, an uncomfortable place to be! Your coach will be there with you, supporting and encouraging, whilst remaining totally confidential.

Your coach will seek commitment to actions, that you decided and agreed upon. Progress is checked and issues arising discussed, always with the focus of you attaining your goals.- celebrating your successes as you go.

Many coaches offer a free initial session, as does the author of this article: Dave Crisp of Crisp Coaching Tel 0870 042 3720, web site [www.ccandc.co.uk](http://www.ccandc.co.uk).