

Life Coaching as Your Key to Success: Finally Reach Your Goals in Health and in Life

IF YOU ANSWER “YES” TO ANY OF THE FOLLOWING...

- Repeat unwanted patterns of behavior
- Saying you want something and then doing things that prevent it from happening
- Making positive changes in your habits only to slip back into old ways
- Failure to complete what you start
- Procrastination
- Lacking motivation to reach a goal or complete a task just before deadline
- Imposter Syndrome (feeling you are only acting out being good/talented/capable/ . . . and fearing being found out to be less than what others believe you to be)
- Perfectionist Saboteur (if something does not live up to your ideal of it, you do not follow through)

If you answered “yes” to any of the following you might be a guilty of self-sabotage. No while there might be plenty of grist for a psychotherapist’s mill, sometimes all it takes to cure yourself of self-sabotage is Life Strategy Coaching. That is how some of the most successful people you hear about, watch on TV, and read about in the newspaper become who they are. There are simple strategies to help you change your life by learning how to stop sabotaging yourself.

Some of these strategies do, in fact, come from the worlds of Cognitive and Behavioral Therapy or NLP (Neurolinguistic Programming) or Sports Psychology or Positive Psychology. Some of these strategies were discovered by researchers who simply spent all of their time observing how successful people in all walks of life and in all fields became successful. Others were designed based upon learning from the best “motivators” around. Some, very frankly, were found by those who just stumbled upon without looking for them; those without any formal training and who became more than they ever imagined as a result of that “lucky” moment of insight.

Life Coaching is about helping you get to where you want to go. You acquire tools that you keep for life. You learn strategies that are simple and easy and powerful enough to help people from modest backgrounds become GIANTS in their chosen fields. You discover how to overcome what you think are obstacles to success in losing a few pounds, making new friends, or getting that great job. Hundreds of thousands, if not millions, of men and women and adolescents and children been coached to success using the simple techniques that come from the sources I listed earlier. This is not therapy. Sometimes, there are conditions that need professional medical and psychological attention. This is not therapy or a substitute for it, and due to my education and training, I can tell the difference.

I was a Life Coach long before studying psychology, counseling, nutrition, oriental medicine, hypnotherapy, homeopathy, botanicals, and so on. Today, you do not have to think about therapy to move your life along. Instead, you might find that just a few coaching sessions, wherein you learn techniques and tools and strategies, will help you finally attain your goals. Life Coaching is available to you, and here is the first “pearl” to learn: No one can make the call for you.