Activate Your Life Coaching
Activate Your Life
2024

THE THREE R'S

If you and I were sitting down having coffee for an in-person coaching session, I would walk you through a very simple process. It's the same process I've used for women of all ages to help them make progress and get to where they want to be in different areas of their lives. There are three simple steps:

REFLECT ON YOUR PAST. To understand where you are today, you have to understand how you got here. This first step is essential to identifying deep rooted beliefs and values that shape who you are. This stage is also important for identifying patterns—good or bad—that reflect how you live your life. This helps you understand yourself more thoroughly so you can grow from where you've been in the past.

REALIZE THE SEASON YOU'RE IN. Many people set goals and resolutions without taking their season of life into account. You might have some amazing ideas for goals, but they might not be right for you right now. Identifying the season of life that you're in and the opportunities and limitations that come with that will help you make the most of it. For example, having a clean house might be something that is important to you, but if you have several young children, that goal might be more difficult in this season of life. You might have some big business goals, but if you're dealing with a health scare right now, you might need to shift your priorities for this season. When you identify the season of life that you're in, you can make better decisions about what's right for you right now. To understand where you are today, you have to understand how you got there. When you identify the season of life that you're in, you can make better decisions about what's right for you right now.

REACH FOR WHAT YOU WANT. Once you've reflected on your past and recognized the season you're in, it's time to dream. What do you want? Where do you want to be in the next three months or six months? Where do you want to be in the next season of life? Dreaming and casting a vision for the future helps you know what goals and tasks to focus on today to get you there. You can be present in your current season while preparing for the next one.

PROFESSIONAL

Close your eyes and imagine what success would look like in your professional life. What are you doing? Who are you helping? What are you changing? Do you own your own business? Are you growing in your current position? What kind of impact is happening in people's lives as a result of your hard work? These questions will help you visualize your ideal business or your growth in your current position. They will motivate you to create your desired professional growth.

FINANCES

Close your eyes and imagine what success would look like concerning your finances. How much money are you earning per year? How much money do you have saved in the bank? How much debt have you paid off? Does money or the lack thereof dictate your coming and going? These questions will help you visualize your ideal financial situation and get you started setting goals and taking action to get you there.

HEALTH & WELLNESS

Close your eyes and imagine the ideal state of your physical and mental health. What does that look like? Do you want to lose weight and get fit? Are you eating healthy food, drinking lots of water and exercising regularly? Are you taking time to ensure your mental state is healthy? These questions will help you visualize and achieve your health and wellness goals.

RELATIONSHIPS

Close your eyes and imagine the ideal state of your relationships with your spouse, family and friends. Are you spending quality time with your spouse, children, extended family and others? Do you have family and friends who support your goals and are there for you in times of need? If you are single, close your eyes and imagine what kind of spouse you want to attract into your life? These questions will help you visualize your ideal relationships and bring them into your life.

PERSONAL GROWTH

Close your eyes and imagine your ideal level of self-awareness, educational attainment, and ongoing learning. Do you like the person you see in the mirror? Are you taking time to get to know you and celebrate you? Do you want to complete additional learning through attending classes, reading more books, attending conferences, etc.? How do you want to show up?
These questions will help you identify who you must be to obtain and appreciate who you are and the life you create.

SPIRITUAL GROWTH

Close your eyes and imagine your ideal level of faith. How do you most want to express your faith and/or spiritual beliefs? This question will help you clarify your spiritual growth goals and incorporate them into your life.

***Using the information written above pull out your journal and answer the question..."what do I want my life to look like on March 31, 2024?**