

angela kelly *COACHING*

Three Ways to Step into your New Life!

1. Create a detailed description of an optimal workday.
 - a. Where would you be working?
 - b. What would you be doing?
 - c. Who would you be working with? Alone? With others?
 - d. Would you be in at a business? At home? Traveling or stationary?
 - e. Who would you be serving?
 - f. How would you feel about your work?
 - g. What impact do you want to leave behind?

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2. Imagine yourself at 80 years old. Write a letter to your younger self. Tell your younger self about your journey and why you are thankful she chose to live this full life.

Dear _____,

*With love and gratitude,
Your older wiser self*

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3. Play the Why Game: Keep asking yourself why you don't have the life you want.

- a. What is something you want that you don't yet have.
- b. Why don't you have what you want?
- c. Why is that?
- d. Why is that?
- e. Why is that?
- f. Then ask yourself, what do I make this mean?

Common Example:

- a. *What is something you want that you don't yet have.*
 - a. *I want more clients.*
- b. *Why don't you have what you want?*
 - a. *I don't market myself enough.*
- c. *Why is that?*
 - a. *I feel like marketing is pushy.*
- d. *Why is that?*
 - a. *I don't like when people are pushy with me about selling something.*
- e. *Why is that?*
 - a. *It makes me feel really uncomfortable.*
- f. *Why is that?*
 - a. *Because people shouldn't push their services onto other people!*

When you feel your answers starting to go in circles or you get to how something makes you think or feel, then ask

- g. What do I make this mean?**
 - a. I make it mean that offering your services means that I'm pushy and people won't like me. I feel uncomfortable so I don't do anything to market my business and I don't get new clients.

Now you see what thoughts are holding you back from stepping into your new life. This is important because we can work on changing our thoughts once we realize what they are. If you are ready to clear these stalling thoughts and step into your new life, sign up to work with me today!