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# What Do You Want?

(August 04) What do you want? ***Really, what do you want?*** Sound simple, doesn't it? Well, imagine a life where you get what you want. That's right, you ask for it and get it... no strings attached. Now, what do you want? Go ahead...dream big! Ask for anything! Make a picture of you having what you want, a big colorful picture...now, make that into a moving picture... You like? If you could ask for anything, anything at all, what would you ask for? Take a moment, grab a pen and paper and write down all the things you want... all the things you could ever dream of wanting, remember, dream big!

Now let me ask, how many of you wrote down, or answered in your head what you didn't want? How many of you said to your self... "well, I don't want X... or I want to avoid Y"? Or, how many of you stopped short, allowing that voice we once thought was so wise to influence you and say... "you can't ask for that, it isn't realistic"?

Our brain is operating constantly, keeping us breathing, keeping our heart beating, our blood flowing. Our unconscious is designed for survival; it is hard wired into us... (at least most of us)... Our conscious mind helps direct our unconscious by pointing our brain in a certain direction... what direction do you want to point your brain in? **What more do you want in your life?**

Each week I stand up in front of people at networking groups and discuss the value I provide as a trainer, consultant and as a Professional Life Coach. I talk about the problems and challenges most of us face: stress, frustrations, not enough time to do the things we really want to do; constant challenges of appointments, telephone calls, meetings, running the kids to camp, picking up the cleaners, going to the grocery store, cooking or picking up dinner, perhaps some work later or running the kids to another activity...then...some rest? What is the rest? **HOLY COW!** How often do we really take the time to consider what we really want? So...what do you want? What do you truly want? What is it that stirs your soul... that ignites that passion within? ***What brings you joy and fulfillment?***

***Not sure? Hmmm....***

I often will ask my clients to look at themselves in the future, and ask themselves: what do you need to do; what do you need to see; what do need to experience so that your life is one of fulfillment, one of few or no regrets? How about you?

Let me tell you a bit more about coaching. Life coaching is all about helping you to ***live your dreams...Living the kind of life you truly want!*** That's right! We start with exploring who you are; you, your values, what drives you, what your passions are, what irks you and more. Then we focus on what you truly want to accomplish, what it is that ignites that fire within. What brings you joy, what makes you *align with what is truly your core*, what is truly human inside of you... And then there's the call to action. The

plan and work we do together to *insure you're getting everything you want... AND MORE!*

Does it sound appealing yet? If *you want some part of this*, or more... then *contact me*.

This month I have some space available to offer a limited amount of complimentary coaching sessions the first week of August. Experience this yourself!