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May you live all the days of your life. Jonathan Swift

Remove Pesky Blocks That Prevent You From Discovering The Hero Within

G'day! ☺

We all have them.

Those little saboteurs that sit on our shoulder and whisper into our ear. I'm sure you know what I mean.

It usually happens when you've got an idea to do something that is out of the norm – out of your comfort zone – then suddenly, wham! There it appears... like a ghost from the dark of night. Invisible, but there all the same.

Suddenly, your idea that seemed so fabulous two seconds ago has suddenly taken on a dark, odd shape and you are suddenly convinced that no matter what, you are doomed to failure – never mind that your idea two seconds ago was so full of promise.

That little pesky guy sitting on your shoulder is whispering into your ear; telling you all these stories... most of them starting with 'what if' that then expand into 300-page novels that would put JK Rowling to shame! In fact, they are such wonderful 'words' of art that you start to believe everything the little guy is saying to you.

The truth is, the pesky guy sitting on your shoulder is scared. They're wondering what's going to happen if suddenly you have a new life. They like sitting on your shoulder exactly the way it is, so they don't want you to change and they want to hold you back. They will go kicking and screaming to the bitter end until, finally, you give the pesky guy the flick once and for all.

Harbouring a safe haven for the pesky guy on your shoulder isn't something unique. You are not alone. If you search for it, you will find that many people throughout history have also faced a pesky guy on their shoulder.

So how do you remove the pesky guy to unleash your hero within?

There are many facets to that question... each person is unique with differing talents, ambitions, and backgrounds. One answer does not fit all.



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I have provided some tools I use with my clients in my coaching practice that you may find of benefit in discovering self-limiting beliefs.

Take time to reflect upon them, and be prepared to do some homework and partner with someone you trust to discuss what you find – in an objective, unbiased manner.

Great things do not happen within oneself by reflection alone. Great things do not happen alone.

When making changes and stepping out on a new journey, it is vital you have a cheering squad, an accountability partner, and a truth maker to assist you.

And remember to enjoy the journey.

“No one remains quite what he was when he recognises himself.” ~ Thomas Mann

Wishing you a fabulous journey!

Best wishes,

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Feel The Feeling

Feelings are like clouds. They look solid, but if you flew up to feel one you would find they are just droplets of mist.

Also, like clouds, feelings come and go. When you open up to them, they pass over – sometimes after raining, sometimes after thunder and lightning, but they always pass.

And even on a dark, cloudy day, the sky beyond is still blue and the sun is always shining, it's just that sometimes we can't see it.

- Sit down somewhere comfortable and quiet. Still yourself by breathing deeply a few times.
- Hold the thought that feelings are like clouds.
- Invite the uncomfortable feeling to come to you.
- Sit with it and continue to breathe slowly and deeply.
- Try entering into a dialogue and talking to your feeling – what is it saying to you? Is this message true? Is it positive? Is it useful? What does safety mean to you?
- Sit with your feeling, the nature of feelings is that they're dynamic – soon it will change. If it is too difficult to wait, just be with it for as long as you are comfortable and then let it go.
- Think about the message the feeling was giving you. Surprisingly sometimes negative feelings have a very protective undertone. Conversely, sometimes a feeling will be a reflection of a limiting belief that when subject to conscious thinking and the light of day, is rejected as being groundless. (Refer the tool below about this)
- You can repeat this exercise as often as you like or when you have time and space.
- Over time the feeling, and more importantly **your fear of the feeling**, will dissipate.



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Beliefs Spotlight

Before we can change our self-limiting beliefs, we need to verbalize, articulate and examine them. If we don't bring them into the light of conscious awareness, we will remain unconsciously subject to them.

1. Write the belief or fear at the top of a blank sheet of paper
2. Draw up a table of two columns labelled + & -
3. Under the + column list all the ways the belief:
 - serves you
 - what it gives to you
 - how it keeps you safe
 - how it is positive – what the good is in it
 - any other pay-offs, advantages or benefits you can think of
4. Under the - column list all the ways the belief:
 - does not serve you
 - what it costs you – takes from you
 - how it makes you scared – limits you
 - what its negative aspects are
 - disadvantages, drawbacks to believing it
5. After reading the two lists ask yourself:

What does believing this say about who I am?

Believing this means that I am ...

What does believing this make me?

Believing this makes me ...

What message does this belief give you about the sort of person you are?

The message about me is ...



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What am I telling myself about this? eg. All my problems will be solved if ...
Everything will turn to garbage unless ...

I am telling myself ...

Am I better off starting to let go of this belief or am I better off keeping it?

How would the highest / ultimate me act and feel? What would they do?

I am better off by ...

If you feel you are better off letting go of this belief, then transform it by crossing it out and rephrasing it as a positive affirmation.



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Your Super Self!

On a blank sheet of paper list at least 20 things that make you special

- list any and all personal achievements and successes – at least 20
- list at least 20 things that you are good at or can do well (even if its cleaning your teeth)
- list your 10 most unique qualities or unique things about you
- write down at least one particularly attractive physical feature (even if its a cute pinkie toe or particularly shapely ear lobe!)

Read this to yourself out loud every morning for a week.



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Your Values

Values are who we are. Not who we would like to be, not who we think we should be, but who we are in our lives, right now. Another way to put it is that values represent our unique and individual essence, our ultimate and most fulfilling form of expressing and relating. Our values serve as a compass pointing out what it means to be true to oneself. When we honour our values on a regular and consistent basis, life is good and fulfilling.” (Ref: Co-Active Coaching, 2nd Ed.)

Your Values will resonate deeply within you and define who you are, as a person. They are your anchor, your sail, and your rudder as you traverse the seas in your life and business journey.

Your Values will also change over time – or their order of relevance will alter. This is normal as life never remains the same and you are not standing still. It’s therefore important that you check in from time to time to see if the path you continue on is still aligned with who you are.

Your Values also play a huge impact on your passions for life... on how deeply the pesky little guy is screaming in your ear. Sometimes, he may be right if your idea isn’t aligned with your values.... But then, on the other hand, he just may not like the change! So it is important to understand your underlying drivers and motives... which come back to your values.

Why? Because your values are what make you jump out of bed with vigour and excitement! Think about it. If your heart just isn’t in it, then it’s hard to jump out of bed, excited to start the day, wouldn’t you agree?

When we lose passion for what we are doing in our life, then it usually comes back to a misalignment with what we believe in and what we hold close to our hearts – which in turn, equates to our Values.

Only once you have defined your Values can you then identify your wants and needs – what matters to you, what motivates you both in your personal and work life. Once defined, you can then create your roadmap based on your wants and needs and identify the route which closely matches your Values.

Choosing your route first without defining your values, wants and needs is akin to embarking on the holiday of your life without a map and without first giving consideration to where you want to go, how you’re going to get there, and the “style” of holiday you would like to enjoy.

It might be exciting at first to be on a trip with no itinerary or map, but after awhile it would wear a little thin when you get lost all the time and end up in places you don’t really like. The holiday of a lifetime may turn into the holiday of disasters and you would be miserable!

Well, your life route or journey is just the same. Once you have discovered your Values and what matters to you, then you can step out with a vision to do whatever it is that you want to do which is aligned with who you are... so you can then truly live life with passion and purpose and embark on a journey that sets you up for success.



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I'd like to challenge you in spending some time in evaluating who you are and what matters to you. Remember, you are not standing still; you are always evolving, so take the time now to go through the Worksheet below, even if you feel you know your Values well. You may be delighted at what you discover.

You can use several values in the one values string (you can separate them with a slash). For example: Integrity / Honesty. The most significant term or value should be listed first in this instance.

Don't be concerned if you cannot define your values all at once – it may take several months to come up with a complete list as our lives can also define our values – and it is always evolving.

Tick (or put a cross next to) 10 or so values that resonate with you:

Tick or X	Value	Tick or X	Value	Tick or X	Value
	Family Happiness		Self Respect		Generosity
	Competitiveness		Recognition		Wisdom
	Friendship		Advancement		Spirituality
	Affection		Health		Loyalty
	Cooperation		Responsibility		Culture
	Adventure		Fame		Inner Harmony
	Achievement		Involvement		Order
	Wealth		Economic Security		Creativity
	Risk Taking		Pleasure		Romance
	Freedom		Power		Peace
	Integrity		Personal Development		Fulfilling Employment

Other Values you consider important in your life are:



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3 Steps to Defining Your Life Purpose

One way to truly know yourself and experience fulfilment is to get in touch with your Life Purpose. With the frenetic pace of life, business and career pressures, it can be easy to be distracted and start living a life that isn't aligned with your purpose in life. Have you ever felt miserable and as if your life is going nowhere, or not in the direction you thought it would?

Your Life Purpose works hand-in-hand with **your values** and, the two combined, give you the unwavering belief in what you stand for and ensures you live your life by design, not someone else's making – you are happier and fulfilled when doing what's most important to you AND expressing it in every part of your life.

Richard Liedler, who wrote '**The Power of Purpose**' said it best:

"Purpose is the conscious choice of what, where, and how to make a positive contribution to our world. It is the theme, quality or passion we choose to center our lives around."

Here are 3 steps to defining your Life Purpose:

1) No-one can define your life purpose for you. Your life purpose is something within you which firstly begins in deciding that YOU matter – YOU are unique and different from everyone else and YOU are special. For 15 minutes each morning, take some time out to sit in a room free of distractions. Look upon this time as an opportunity to sit quietly and concentrate on just being in the moment. Observe your breath and let your mind empty itself of trying to sort out the day's problems. Instead, focus on you and experience a comfort within yourself. This may not come naturally at first and you may find your mind filling with your 'to do list'. When you do, stop, concentrate on an object in the room or the nice scenery outside and clear your mind.

2) To find out what matters to you and define your life purpose, it requires delving into your life from various angles to discover any matching themes. Block out an hour in your diary, then find a nice quiet spot to answer these questions. In doing so, listen to your inner intuition – the little voice inside you. What does it immediately say to you? Write it down and forget about making the words or sentences perfect. Just jot down what comes to your mind.

- What do you love doing in your spare time or when working?
- What activities are you currently doing that you enjoy?
- What do you naturally do well?
- What are your 10 greatest successes throughout your life so far? (Note: this isn't what someone else thinks, this is what YOU think)
- What causes do you feel passionate about?
- What are the 10 most important lessons you have learned in life?
- What things do people normally ask your help for?
- If money was not an issue, what daydream would you be fulfilling right now?
- Imagine you are writing your own eulogy. What things do you want to be remembered for at the end of your life?



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- Picture yourself at 80 or 90 years old. You are happy, content with life, and feeling very blessed at everything life has gifted to you. Your mind wanders to your family, your friends and other relationships and you give a happy sigh... your heart skips a beat remembering everything you have achieved in your life. Reflecting on everything your life has been made up of over the last 80/90 years, what matters to you most?
- How would your life be different today if you knew it was impossible to fail?

3) Once you have answered your questions it is time to look for the common themes that have emerged. What patterns do you see? What seems to matter the most to you? If you are unsure of what the patterns are or what they mean, then consider asking a family member, friend or coach to help you in defining the themes.

Once you have defined your life purpose, don't let it sit in your head. Next step is to **write your Mission Statement**. By writing down your own personal mission statement that is your life purpose, you are giving yourself permission to live by your life purpose and providing a tangible reminder each day of who you are and how you are living your life by your own design.

A Mission Statement is made of three parts.

- 1) Your talents and values – this is the essence of who you are
- 2) What you wish to accomplish and what contributions you believe you bring to the world – yourself and others
- 3) Quantifying your life purpose – the measurable results you wish to achieve by living out your life purpose – i.e. how will you know when you are truly living your life purpose?

When writing your life purpose use positive words and eliminate such things as “I should”. There are no ‘shoulds’ in a life purpose... your purpose is made of ‘I will’. Express yourself in the present tense, even if you may not necessarily be living all aspects of your life purpose in the present tense, at this point in time.

For brainstorming purposes, this is a great site to view what other folks have come up with for their personal mission statement:

http://www.missionstatements.com/personal_mission_statements.html

Once you have written your Mission Statement that clearly expresses your Life Purpose, don't hide it in a draw. Display it proudly on your wall where you can see it everyday. If you wanted to take it one step further – **and why not?** 😊 – then consider getting your Mission Statement designed and printed, then framed. The design could encapsulate in a visual way how you live your life purpose.

I just love what George Bernard Shaw has to say about a purpose:

“This is the true joy in life, the being used for a purpose recognised by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of Nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.”