

Are you the pilot or a passenger in your life?

"To live is the rarest thing in the world. Most people exist. That is all."

- Oscar Wilde -

So what about you?

How often do you sit and spend at least an hour thinking about what you really want in your life?

Modern life is filled with distractions. In a given week, you spend a third of your time at work. A further third is spent sleeping. And what about the remaining portion? You're possibly helping other people who rely on you; ferrying your children (your partner or your parents!) around; meeting commitments to social groups or committees; eating; exercising; or enjoying your hobbies...

So with all this activity going on, when do you find the time to reflect on whether all this makes you feel deliriously happy, accomplished or satisfied?

How might your life, career or relationships need to change to be **all** that they could be?

Benefit from hindsight

I'd like to invite you to take a journey forwards in time.

You are now 90 years old. Look around you at the pictures on your living room wall.

Do those pictures reflect the kind of life that you wanted to lead?

Do those pictures show a happy, fulfilled, successful individual doing all the things s/he wanted to do?

Do you and the people all around - your friends, children or grandchildren - share a high opinion of you?

Do you feel satisfied that you accomplished all that you wanted to, all that you dreamed of, all that you wished for?

Decide what you want

To lead *the* life that you want does not happen by accident.

Take Richard Branson, Madonna and David Beckham as examples. Their financial successes weren't flukes. They did not just 'get lucky'. They decided on the outcomes they wanted in their lives, made decisions based on those outcomes, overcame their fears and reservations and surrounded themselves with the people and resources to make those outcomes a reality.

And of course 'success' for different people will mean very different things but the point remains the same: it is up to you - and only you - to pilot your life in a way that makes you the most happy, fulfilled and successful person you could be.

And you can do it if you choose to spend the quality time required to decide what is most important to you.

And why *not* you?

This is your finest hour. Put yourself first and believe you deserve it.

Be and Do

Decide what you want to **be** in life. List everything. 'A good mother' perhaps? 'More adventurous'? 'An astronaut'. 'More knowledgeable'. 'A good friend'. Keep going until you have got at least 40 things in your list.

Now consider what you want to **do**, or accomplish in your life. Perhaps you 'want to take flying lessons'. Or 'master Mandarin language'. Perhaps you want to 'travel to South America within the next 2 years'. List all of the activities you want to complete, accomplish or proudly tell other people that you've done.

Congratulations! You have now taken the first step towards achieving greater clarity on what you want your life to be filled with. If you're hungry for more, read on.

Take massive action!

If you have decided that your career, relationships or particular situations in your personal life are holding you back, make a decision now to do something about it.

Taking ownership of your life can be a little scary. It might feel overwhelming or even unobtainable. If you need some support, engage a coach to help you.

At Clear Horizon Coaching we believe people are naturally highly resourceful and do the very best that they can with the current knowledge that they have and within the boundaries they have erected to protect themselves from failure.

With our guidance, support and challenge:

- You will release a more empowered, more commanding version of you.
- You will feel energised by heightened clarity, direction and purpose.
- You will set and achieve life and career changing goals, whether big or small.
- You will become aware of new possibilities and options available to you.
- You will lead a life that gives you greater meaning and value.

Meet with Rebecca

If you would like to experience the transformational nature of coaching, book an Introductory Coaching session with Rebecca Wells today.

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