



Pause With Purpose

Published monthly by
Free to Be
Life Coaching
and
John Rottschaefer PhD
Certified Life Coach
Volume 25 - Jan 2008

...to refresh

...to grow

Fresh Start

It's a new year, and, as logic would have it, that means we've wrapped up another "old" year. One year ago, we stood facing a fresh new year full of opportunities and possibilities, goals and dreams. Perhaps we even resolved to accomplish something specifically important to us. So how did we do?

Many of the changes that occur in the course of a year are accomplished through intentional effort. We break bad habits, achieve greater success in business, lose unwanted weight, learn to communicate more clearly, or develop a closer walk with our Creator. Other changes happen upon us, often blindsiding us unexpectedly. Financial set-backs occur. Jobs are lost. Serious health issues arise. Family crises happen. Significant relationships are broken. Death steps in. Such is often the rhythm of life.

So how satisfied are we with how we handled the past year, surprises and all? Is the beginning of this new year a time to celebrate and give thanks for what was accomplished, or is it a welcomed reprieve from the daily disappointment of unmet dreams? Either way, the good news is that we once again have the opportunity for a fresh start.

Out of respect for this gift of new beginnings, and with a passion for claiming the fullness of this gift, the following "New Year" encouragements are offered.

1) Decide to *live* life this year, rather than just survive or exist. Whether we are busy or bored, alone or entangled, white collared or T-shirted, let's open up our senses and *experience* life this year. Sure, it's not all pretty, but parts are excellent, and it all was meant to be experienced, not just done. So, let's stay "tuned in" instead of "zoned out", freshly aware both of our self and of our surroundings.

2) Set a goal for this year. Just one, that's all. Now, for some of us, this is old hat, but for others of us, this step may be new and intimidating. We're not inclined to think ahead, let alone set a goal. Yet, it's interesting that the more we invest in life and experience it, the more we want our life to have meaning and direction. Setting a goal is one way to accomplish this.

Fortunately, each one of us can set a goal for this year, whatever our age or education or income status. While our goals may vary, each goal carries personal significance for the one who holds it. And each serves to focus that life.

3) Plan how to achieve the goal. How many steps will it take to get there? What do the steps look like? How long will they likely take? What might get in the way, and what can we do about that?

4) Get support! Sometimes the path towards a goal seems confusing, uncertain, challenging, and even overwhelming. At those times, it's easy to give up and believe the goal is unattainable or perhaps not deserved. When this happens, the value of those who come along side us to encourage, inspire, and hold us accountable to our mission is immeasurable. By sharing our intentions with family and friends, we allow them to support us in our quest. And when we partner with a trained life coach, we put at our disposal expertise designed to illumine, clarify, empower, and celebrate us as we overcome challenges and proceed toward our goal.

5) Expect success. Anticipate blessings. Remember that our mindset does matter. Believing in the attainment of our goal and in the power within us helps us stay focused and committed to our path.

It's only one goal. But it is one piece of what gives definition and meaning to our life. So, let's go for it!



Pause with Purpose

CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you through the challenges and transitions of life.

You can contact me at:
John Rottschafer, PhD
Free to Be Life Coaching
4519 Cascade Rd SE Ste 18
Grand Rapids MI 49546

phone - (616) 949-9925
e-mail -
john@freetobelife coaching.com
www.freetobelife coaching.com



If you do not wish to receive this letter, please share this request at the contacts above and your name will be removed from the mailing list.

Copyright 2007 by John Rottschafer, Ph.D. and Free to Be Life Coaching.

Reprint permitted with copyright information and web address included.

What Makes a Good Goal?

Sometimes, the hardest part of setting a goal and adding needed movement to our life is deciding which goal to focus on. For some of us, it's hard to narrow our ideas down to just one. For others, it's hard to hear our inner voice and put words to what is calling out from within us. (This is another great time for the assistance of a life coach!)

So what makes a good goal? Two suggestions are offered.

1) Our goals must be personal, reflecting *our* wishes and focused within *our* sphere of control or influence. The best goals are those that respect our values, reflect our deepest convictions, and tap our passion for living. While our specific goals may adjust over time and circumstance, it is important that they continue to honor our foundational beliefs. Following this format, we might even ask, "What goal would I like to accomplish this year that would bring joy to my Creator?"

2) Our goal must promote excellence. Not perfection, but excellence. While this may seem extreme, it need not be so once we better understand excellence. We'll focus more on this next month as we explore the world of humble excellence.



"Never undertake anything for which you wouldn't have the courage to ask the blessings of heaven."

-Georg Christoph Lichtenberg