



# Pause With Purpose

...to refresh

...to grow

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Free to Be  
Life Coaching  
and  
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Health and Life Coach  
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## Who Are You?

Have you been asked yet about your New Year's resolutions? It is the start of a new year, and tradition says that this is the time to resolve to accomplish certain goals during the coming year. It is a time to ask yourself, "Who do I want to be?" and "What do I want to change in my life?"

There is, however, another question which, though often ignored, is even more basic to the change process than these other important questions. That question is, "Who are you?" This deceptively simple question is actually as complex as any human being, and as important as the foundation of any building. By answering this question, we establish a starting point for our resolutions and a direction for our efforts. After all, if we want to travel to New York, it's important to know if we are starting from Miami or Chicago.

So... who are you, today, as you look to make changes in your self during the coming year? Perhaps a few questions will help guide you in your discovery.

What is important to you? Not, what do *other* people feel *should* be

important to you, but, what *is* important to *you*? What do you value? What standards provide a structure for the decisions you make every day? What is important enough to draw from you a decision to change?

What are you passionate about? What excites you, motivates you, and draws you to itself? What can inspire you to change, even when you are challenged or frustrated?

What are your strengths, the assets you can use to accomplish your goals? What are your weaknesses? What beliefs, habits, fears, or insecurities threaten to trip you up and sabotage your path toward improvement? How can you best utilize your strengths, while respectfully challenging your weaknesses?

What support do you have in place to rally around you and encourage your desired change? What kind of support do you need (people, programs, medicine, prayer, coaching), and how can it best be delivered to you? The likelihood of you being successful increases dramatically when the proper supports are in place to assist your desire and will-power.

While this might seem like a lot of questions, it actually is just a primer to assist you in the adventure of self discovery. The more you know about your self, whether physically, emotionally, spiritually, or relationally, the better equipped you are to set goals that speak to your heart and engage your passion.

These kind of goals and resolutions are not just wishful thinking or distant dreams destined to be abandoned when challenges arise or desire fades. These are passion-powered goals, born of a deep respect for what is important to you. They are destined for fulfillment because they come from a knowledge of who you are and a conviction of who you were meant to be.

Go ahead. Spend some time with your self. Then, when someone asks you about your New Year's resolutions, you can smile and confidently share with them how things will be one year from now.

Happy New Year!



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## 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 to design, enact, and maintain healthy life change.

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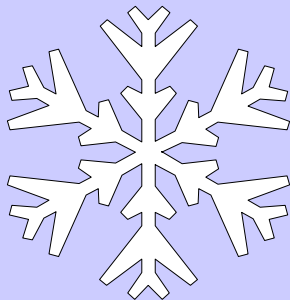
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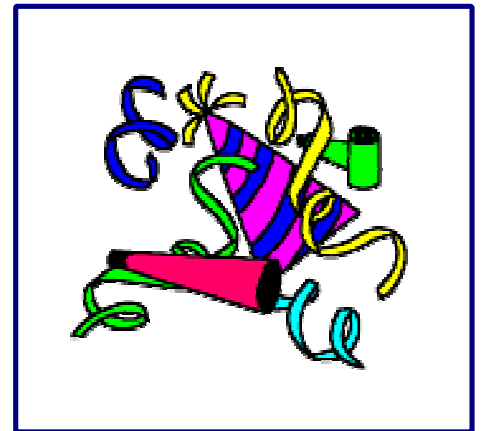
## Self vs Selfishness

When presented with the opportunity to focus on our self, we at times are challenged by the thought that time spent in such a way is selfish, and thus undesirable. In an effort to honor our values and avoid selfishness, we deny our self the opportunity to explore and discover the character of our own heart, mind and spirit. *Self* and *selfishness* become tangled in a knot of semantics.

In the service of untangling this knot, I offer a few thoughts. Selfishness, by definition, is the single-minded focus on our own rights, wants, and needs, without regard for the rights, wants, and needs of other people. Self-focus and self-care need not be selfish in themselves, as long as they are balanced by sensitivity to and consideration for others. We need not embrace self-avoidance in order to avoid selfishness. *Balance* is the key.

The truth is, the better we know our self, our strengths, and our passions, the better equipped we are to use these gifts in the service of others.

In this way, we all benefit!  
How wonderful!



"Self-knowledge is the beginning of self-improvement."  
-Spanish proverb