



Imani™ - Life Coach

Life! Take on the exciting adventure...Achieve your dreams...Enjoy the journey...Now!

Hi All, hope all is well, with you and yours...

Do you remember when...

When going shopping used to be easier? For example, remember when the only choice of chocolate bar on the small shop counter used to be things like, mars, marathon (what's snickers?), milky way, twix, flake, caramel and kit kat? Now, look at the large choice of choccies we have! Even toothpaste used to be a few other brands and maybe just one or two types of Colgate, not the 10 - 15 versions for Colgate alone! And they couldn't even leave the bread alone...like white, brown, sliced and unsliced. Now they got us standing there for 10 minutes deciding whether it's wheat-free, wheat added, extra vitamins, hint of brown, malt, granary, no GM, and even crust less! Crust less bread...imagine!

Have we too many choices available to us these days? Which career? Which job? When to have a baby? Which take-away? Which boyfriend? Which girlfriend? Should I marry? Should I divorce? Which bar to meet in? What should I wear today? Imagine the daily, simple choices we make all the time. Is it all too confusing, in this 'must have now/throwaway' society? Do we all want too much? Why can't we be satisfied with what we have? Did we choose it? If so, are we happy/contented with our choice or do we blame someone else for it?

Choices

Sometimes it's hard enough to make a decision about something, what says a choice...or are they the same thing? Say we make a decision to get a car...now which type will we choose and how will we go about it? Do we sometimes try to make definitive choices before making decisions? Is this possible? Do we not have to make a decision at all? Can we make mini choices along the way, that will somehow end up as a decision? Whichever way we look at it, there are always going to be consequences to our choices.

Maybe if you looked back over time, can you see what these have been from the choices you've made. Any regrets? Any shoulda, woulda, coulda moments? Great and fantastic moments? Thrilling times? Learning times? Beautiful times? Whatever has happened, know that we made those choices with what we had/knew/experienced at the time and whether we consciously think it was a good or bad choice now, is hopefully something we choose not to play like a broken record in our lives.

Sometimes there are no right or wrong choices, only different pathways to walk on. If we choose one, does it mean we can never walk down the other? Remember when you were so sure that this thing/job/person/money was such a sure path, until something happened to change it? As there are no guarantees in life, is it that we need to learn how to be content in whatever position we find ourselves in (though there is nothing wrong with ambition)? Can we learn to enjoy where we are (not to say we will be here forever), rather than striving for the next thing? Or do we always want the cake and eat it too, with the cherry on top, all at one time? Surely, choosing one thing/path means giving up or not choosing something else?

However, that doesn't mean that we cannot change direction at any time (with consideration for those around you) and make another choice, then another, then another...to ensure you are on the pathway that resonates deep within your being. Some may say, for example, what if family/friends...are important to you and you sacrifice a part of yourself for them? There again, it has been your choice and if important, a part of that DOES resonate deep within your being for the greater good of all. Isn't it again, that we should strive to be totally at peace with the consequences of our choices and live happy/joyfully for us and ours and not be miserable 'woe is me' all the time. Can this apply to job, house, house décor, career, car, health and fitness.....?

A few ideas to help, when making choices:

- Use a piece of paper and write down pros and cons
- Speak to a friend or someone, older, wiser...(or call me!)
- Leave it for a while and go do something active, then come back to it with a clearer head
- One potato, two potato, three potato, four... (joking!)
- Sit still, meditate, pray and listen...
- Cut into manageable pieces, then make mini-choices as you take one step at a time

Whatever you do, know that today is a 'new day, new possibilities' where new choices can be made for the greater benefit of you and yours and be willing to accept the consequences that derive from that. You are UNIQUE and SPECIAL, so accept that who you are is a culmination of all the good, bad, ugly, beautiful experiences that you've had (yes and those we know have happened beyond our control) and continue to love the You, you are today.

Make the choice to be happy...move forward with informed choices...and enjoy/accept this phase, as you continue your amazing journey towards the next.

Who comes to me for coaching?

People from all walks of life! It's not just for the rich and famous but everyday people who want to improve their lifestyle, gain clarity on what they want to do or just to balance out their already busy lives so that they can focus on the things/people most important to them. This could be in areas such as career, home life, business, relationships or health and fitness.

Sometimes the client knows exactly what they want but have a block on how to get there or find that they are going around in circles, not really achieving what they set out to do. Usually the client will find that talking through one area of their life has knock on benefits to other areas, resulting in a renewed way of thinking and living that is great not just for them but for those around them.

Benefits of coaching

- Talking confidentially to someone about any area of your life, without judgement but with plenty of support and encouragement
- Increased confidence and clarity
- Improved awareness of who you are and what it is that you want/need
- Re-enforced belief in your OWN ability to find the answers

Or, to put it bluntly, it's a gentle but firm kick up the backside!

My services (mainly telephone based)

- **FREE** 'Come and see what its like' 30 min sessions available.
- Normal sessions are 50mins-1hr, whereby the client will ring at pre-booked times agreed with the coach.

Do forward this to anyone you think might be interested, alternatively, if you no longer wish to receive this newsletter, please let me know. For more information or any comments, please feel free to contact me (details below).

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Life Coach

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NB. I am committed to you becoming more of who you are. We will celebrate your achievements plus explore your real goals and desires, supporting but challenging you to succeed/grow in the areas of your choice.

Disclaimer - This newsletter is intended primarily for general information only and should not be taken as professional advice.