



ImaniCoach™

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

Hi All,

Hope you and yours are good and that you have treated the 'summer' months well!

So...how has your journey been so far this year? Has it been fruitful, painful, slow, too fast, not enough hours in the day, too much change, not enough change? How ever it's been, has it changed you or your perspective of life/people/ circumstances? Who have you become through these experiences? Do you like you at this point in life? Or is it enough that you're alive and still functioning to some degree?

Making the most from our journey

It's been said that every experience in life has a meaning, a purpose, that there is always something to gain or learn. This could be easier said than done, especially when those experiences have caused pain and had a dramatic effect upon the choices or lack of choices in your life.

What would you say? If you look back a little, then run the 'film' of your life forward, through every change, challenge, upset, twist and turn of life, would you say that you've learnt something? Or did it just confirm what you already knew? Once the pain or joy subsided, did you feel that you had a growth spurt i.e. it spurred you on to achieve or change something in your life?

For example, when that house sale fell through, did you get a better one and does it feel like home now? Or if a relationship, a job or a project, didn't work out, can you now see why it wasn't meant to be at that point? Can we see what we could have changed/done better or do we still pine, have regrets and say 'if only...'

Yes, as always, lots of questions, sometimes not enough 'answers', so what is the truth about the experiences we go through? Is it that we have a choice how we come through them i.e. bitter and

twisted or with renewed confidence, trust, and empathy? Of course it could be somewhere in between, after all, life is not a bubble of 'niceness' all the time, we've all had days when no one could drive properly on the road except us! However, are we learning (and sharing) something each time or do we keep going around in a constant circle not hearing what 'life' is trying to teach.

Have we made 'better' choices out of our experiences? Do we know more of what we want/don't want/need/don't need in our lives? Has it made us wiser, stronger, more focused, centered, determined and eager? Has it left us washed out, burnt out, tired, wary, angry, bitter and in denial? Yes, we all have moments and some last longer than others, but what essence then, are we giving out to those in our world?

If we were to leave a legacy for our children, friends, families, loved ones, in fact anyone we came in contact with, what would we want it to be? What would we want them to say about us? What would they say about us now? How then, can we contribute to peace and love in our daily lives aka Gandhi 'be the change you want to see'.

If we were to walk into a bookstore or research someone's biography...who would inspire us to make the most from our journey? Or maybe it's someone you know. Whoever/whatever stokes that fire underneath your soul while honouring who you truly are...as always, dig deep, truly SEE your journey and indeed make the most of your journey while you still have breath to breathe....God speed.

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).

Karen White
Life Coach

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)

- Normal sessions are 50mins-1hr, whereby the client will ring at pre-booked times agreed with the coach.
- Coaching available: Mon - Wed 8pm - 10.30pm; Fri 9am - 3pm; Sat 11am - 1pm.

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NB. See my profile under 'Find a professional' at the website: www.wellbeingnetwork.co.uk (just type my name in).

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