

Stepping Up to a Fuller, Richer Life by Kathy Fong

Can a coach help you create a realistic action plan to achieve a fuller, richer life? Yes!! We work with you to clarify your goals and priorities, based on who you are today. We provide you with tactful, insightful observations and a holistic approach to problem solving. We see you as capable, creative and resourceful. We are compassionate with you, and ask you to be responsible in powerfully living your life.

Are you ready to clarify your goals and priorities for a better life? The status quo is known and seemingly safe, but is it really? Wouldn't you be smart to be proactive in creating change your own way, rather than just letting change happen to you? When you feel constraints and pressures, a coach can help you recognize your gifts and your stumbling blocks, so you can see results more quickly than if you were working on your own. Together, you can discover new ways to eliminate obstacles and make progress toward your goals – then stay on track. *“I put off dealing with it, but it just keeps getting worse. Ignoring it doesn't seem to work. I know something will have to change and I am not sure if I am ready.”* Does this sound like you?

The Dalai Lama, in his book, *The Art of Happiness: A Handbook for Living*, shares the idea that your fundamental nature is to seek happiness. When you see your life and every moment as a gift and an opportunity, happiness is more available to you, and you move through the day in a more conscious and grateful way. What will you make of this opportunity called Your Life? Your first step is to discover what is most important to you.

As a former lawyer, I learned that achievement does not always bring happiness. Recognition, power, wealth, and winning are external goals reinforced by society, but beyond all of that, is your own internal goal of what will make you happy.

Reduce your indecisiveness to move forward, knowing that if you keep your eyes on the prize, *your happiness*, you will have sustained guidance, giving you an extraordinary, rich and full life. Let coaching get you on that road today! Please call me for a free 45 minute initial consultation.

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