



Professional Certified Coach

Who are you? Where are you going? Why are you going there?

The beginning of the New Year offers a perfect time to ask yourself these questions. On the surface they may seem obvious, yet they are worthy of contemplation! After all, you have a choice of how your life will go, now and into the future. What will you create for yourself in 2005 and beyond? Let's take these questions one at a time.

Who are you? When you ask someone this question, the first thing they typically tell you is their name. But your name is not "who you are." Your name is simply the label through which you are identified. Who you are is much deeper than that! A way to discover this is to fill in the blanks of these statements:

I am a person who _____. I do this by _____.

Example:

- I am a person who takes excellent care of my physical self. I do this by eating healthy, exercising regularly, taking supplements, getting medical check-ups, practicing excellent hygiene, and getting lots of rest and relaxation.
- I am a person who respects other people. I do this by listening carefully and valuing what others have to say, by keeping my commitments, and by sharing my time, talent, and resources.

So you get the idea. With pen and paper in hand, apply these questions to all aspects of your life including your relationship with yourself (physical, emotional, intellectual, spiritual); how you handle your work, money, relationships (significant other, family, friends, co-workers, community); how you care for your home, vehicle, possessions, the earth; how you set and achieve goals, contribute to your community, enjoy your leisure time, etc.

As you discover more about yourself, you may not like what you find. Yet, awareness is the key to change. You can make a decision to set new standards of "who you are!" Appreciate your Self for the things that you would like to keep just as they are. And with self-compassion, make new decisions about what you want to change.

Where are you going? Pretend it is January 1, 2006 and you are telling a friend about what happened in your life during the last year. With pen and paper begin writing a vision of 2005. What would you like to have and do? Who would you like to be? Include some of the things you discovered in the above exercise. For a lifetime vision, repeat this same

writing exercise only this time pretend that you are at the end of your long and productive life and that you are reflecting backwards. Journal about your life as you would like to see it unfold.

Why are you going there? Are you living your life on purpose? At the end of your life will you look back and be content with what you achieved and who you are? Most of us will want to feel that we have lived a life that has been worthwhile. What would worthwhile mean to you? Discover the answer to that question and you will know part of *"Why are you going there?"* In his book *The Art of Forgiveness, Lovingkindness, and Peace*, Jack Kornfield, the Buddhist Monk and Psychologist says, *"In the end the questions will be simple ... Did I love fully? Did I live well?"* What will you say at the end of your life?

Make your life what you want it to be. You have more choices than you might know and you deserve to have a life that you love. Begin by making 2005 an exceptional year, full of meaning, joy and peace!

(Chris Lucerne is a Professional Certified Coach. She specializes in two areas: Supporting clients to *Build Relationships that Matter*, and to *Go Beyond Loss and Embrace Life*. www.ChrisLucerne.com)