

COLLABORATIVE LIFE COACHING

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Going BIG With Your Life

Do you live your life right now in a way that is small, or big?

Small means you are waiting at home or in your work cubicle, wishing for a life you don't have. Small means you feel constricted, and incomplete. Your life feels narrow, or seems controlled by your circumstances or fear of change.

BIG means you are clear about what you want in your life, you know what it takes to get there, you have the confidence to move ahead, and you walk the path toward that more perfect life. BIG means you feel ready to get up each day, excited, interested, and "on purpose". You are meeting new people who make your life richer, and are fully using your talents.

When I lived "small", I let things I could not change control my decisions, didn't have time for my own growth, and often was in negative conversations with negative people. I sometimes felt like a passenger in a boat on the lake of life. Since I decided to be bold and live BIG, the little worries have stopped, and there is time and energy to learn, play, grow, and be excited about life. My relationships are easier and more fulfilling. I get up each morning feeling content, and the day flies by.

So how can YOU begin the journey to a BIG life? I began by really assessing what was most important to me, and stopped worrying about what was important to someone else. I will offer this brief exercise as a way to help you be more clear about whether your values align with your life.

In the words below choose the term in each line of these forced choices that most closely describes what is important to you. There are no right or wrong answers!

- 1) environment or task
- 2) appearance or honesty
- 3) love or knowledge
- 4) work or leisure
- 5) peace or standing strong
- 6) leadership or cooperation
- 7) competence or creativity
- 8) challenge or security
- 9) equity or seniority

10) variety or predictability

As you look at these circled terms, and you compare them to your life in the past 30 days, is there a match? Would you be proud to describe your current life path to a formerly close friend or family member you haven't seen in a while? Or do you need to make a transition into another relationship, another career or hobby, or another set of friends or skills?

Summer is a time when we have reduced committees, projects, and pressures of outside demands. I would encourage you to take this Summer to focus on yourself and begin the path to a BIG life. I have faith you possess the energy and talents you need, although you may need support or encouragement to amplify these qualities. If you need a coach to assist you with more in-depth work style or career interest inventories, or with finding what is stalled out in your relationships, or to get you moving, let me know. I want for you the joy and contentment of a life that is BIG!

To your wellness!

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