

COLLABORATIVE LIFE COACHING

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By Jeanne Erikson, PhD



Reaching too Low

"The greatest danger for us all is not that our goals are too high and we miss them, but that they are too low and we reach them".

Michaelangelo

In coaching we talk about helping clients reach their "BHAC, " or "Big, Hairy, Audacious Goal". These goals are the ones that scare us, but are the ones that open up our full potential. These goals move us away from boredom into a state of thriving. These are more than the usual desires to "fine tune" our world. I love to assist clients to reach the smaller goals of working less, having better health, or improving their relationships, as those too can be stubbornly resistant to change. It is a joy for us both, however, when a client digs into a huge goal and reaches it! This has happened to several of my coaching clients in the past year.

I assist clients to take out the dream, dust it off, and let it shine. We explore the details of the vision, and how you could get there. I then help you set tasks for yourself that are manageable so you can keep on track. Examples of BHAG's are disposing of all your debt, getting out of a marriage, loving again, going back to school, changing careers, starting a business, combining two families into a stepfamily, or moving cross country. If you have a BHAG that nags at you and you keep pushing it away, you need a coach! You may have a family member or friend who needs this as well. BHAG's often plague college students, 20-somethings, mid-lifers, and retirees.

With your permission, I will ask you these "coach" questions to get you to thinking about whether you are avoiding a big, hairy, audacious goal in your own life:

- 1) How would you behave if you believed you were in control?
- 2) Are you comfortable with where you are headed?
- 3) What do you really, really, really want?

I hope you give these questions thought, as they may help you reach higher. If you discover you have BHAG, and then immediately think the Midwestern mantra "I can do this alone", ask yourself another question. Why haven't you met this goal? Is it too scary? Too much change? With a coach, you could take it on.

Please feel free to pass this newsletter along if you know someone you suspect has a BHAG, and needs the support to reach it. You can reach high and not settle for less!

To your wellness!

Jeanne Erikson, PhD,
Certified Life Coach