

THE TOP 8 REASONS YOU SHOULD CONSIDER LIFE COACHING

1. You're stuck. So, you have this decision to make. Either to get married, leave your crappy relationship, change careers, make a geographical change or go after that big dream of yours. Anything. You're confused with the voices in your head. The one that tells you it's too risky vs. the one that says "go for it!" "what if I do it and it doesn't work" vs "what if I don't do it and I regret it"

2. You're lost. Maybe you don't know what your "thing" is. Maybe you don't love your job, or you feel like you're living your life on autopilot. Maybe you just got out of college and don't love the field you've studied. Or, your routine as a parent/spouse is leaving you unfulfilled. And don't get started on the guilt you feel about this. Rest assured you are totally normal and there are a lot of women just like you.

3. You're unhappy. If you're unhappy, you need a change. Or you need to change. Or maybe you just had a breakdown. Or you're about to lose your mind. Any of these feelings? Life coaching can help.

Example: You don't love your job. Even if it's your job as a stay-at-home-mom. What's making you unhappy isn't your boss or your kids. Somewhere inside of you might be a value around freedom. Or purpose driven work. Or creativity. And if you're not getting it, your soul and spirit will suffer.

4. You're happy. So, why would someone need a life coach if they're already happy? It's the perfect time for a life coach. When you're happy, and you love where you are, you're more likely to be open to growth. You're more likely to wonder what else is out there for you to reach out and grab and be more willing to do the work.

5. You just got out of a relationship. You're brokenhearted, or maybe not-so-much. Either way, you're starting over. And that's a beautiful place to be. You have every reason to be excited about beginning again on your terms. (whether you think you know your terms or not)

6. You're comfortable. You have your routine. Your comfort zone. It starts here and it ends there. Any variation of it and you squirm. We've all been there. It might be one part of your life, or it might be all parts of your life. And yes, life should be comfortable, but are you having FUN? And some kind of excitement? Coaching will invite you, hold your hand and push you to step out of your comfort zone.

7. You're scared. Let's face it: We're all scared. We're afraid of the dark, afraid of looking stupid, afraid of failure, afraid of success, afraid of what people will think, afraid of what they'll say, afraid of being alone, afraid of being seen, afraid of not being seen, afraid of leaving a relationship, Afraid, Afraid, Afraid. Now is the time to name your fears, give you tools to take action despite them, and change the way you look and feel about your fears. You'll still have fears, you'll just be able to stand up to them with more courage.

8. You're done with therapy and thinking, "Now what?". Therapy and coaching can make a great marriage together and life coaching after therapy can be a perfect self-discovery journey. Many therapists cross over into life coaching, and if you find someone that does that for you, great. But, if you feel your relationship with your therapist has run its course, finding a life coach that will help you with your "now what?" inquiry may be just what you need.