



How to Be Your Own Life Coach

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A life coach can bring you many benefits, including putting you on the fast track to success. But have you ever considered the possibility of being your own life coach? Being the one that holds you accountable? Being the one that brings out the best in you?

Yes, the best life coach just may be the one that's inside you! After all, ***no one knows you better than you do.***

As your own life coach, you can set your life on a different path. You may end up discovering things about yourself that you never knew were there. These discoveries can make you happy and bring you more success and fulfillment than you've ever known before.

Your path in coaching yourself may not be the same as that of another coach, but as long as you're making positive steps forward, you'll achieve the goals you desire.

Follow these tips for a positive experience in being your own life coach:

- 1. Write down your expectations.** Figure out exactly what you want to accomplish in your "sessions" with yourself. Do you have certain expectations? Explore how you're going to meet those expectations.
- 2. Give yourself adequate time.** Just as with another life coach, give yourself time to sort through your thoughts and make plans. Have meetings with yourself and go over an agenda of items that you can reflect on.

3. **List your positive attributes.** A life coach focuses on the positive. Leave your negativity at the door and ***think about all the things that you like about yourself.*** Make a list of the things you're good at, you're happy about, and you'd like to accomplish in life.
4. **Concentrate on the end goal. Determine your life purpose** and draft a plan to help fulfill that purpose. You might have more than one goal in mind, and if so, plan for all of your goals. Keep that end goal in mind at all times and picture yourself getting there.
5. **Discover how to motivate yourself.** Since you know yourself best, you'll be able to figure out which motivators work best on you. What has motivated you to accomplish tasks in the past? Use these motivation techniques in order to keep yourself on track so that you don't fall victim to procrastination.
6. **Make changes.** If you've identified changes that you want to make in your life, now's the time to plan those changes. Rather than jumping into drastic changes all at once, ***guide yourself through a series of smaller changes for greater success.***
7. **Check up on yourself.** Hold yourself accountable to you, as your coach, at regular intervals. Are you happy and on the path to achieving your goals? If not, where are you currently lacking? During a check up with yourself, you can identify problems before they get too big. Then you can set yourself onto the right path again.

Being your own life coach may be challenging, but ***it can also be truly rewarding.*** In the process, you'll learn some beneficial skills that will help you for your entire lifetime. You may find that you've become more self-sufficient. In addition, your confidence and self-esteem will soar as you guide yourself to achieve your ultimate goals.

If you have trouble keeping yourself motivated, then you can always explore the opportunity to have a trained coach steer you through life's challenges.