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February 2009



Getting Clear

How do we make this a year of clarity and action? How do you find the answers to the questions that you have? 2008 was a transition year for many; a year of waiting. Now that 2009 is here many of us have the desire to shift our lives; or maybe your life has taken an unexpected turn and the universe has given you a shove in an unexpected direction. No matter how you got here if you are faced with questions and desires to change your life then this is the year to start taking action.

Start by evaluating how balanced your life feels. Are there some areas in your life that seem like they are just not what you had hoped they would be? Or perhaps some areas that you have lost touch with? If you are not sure where to start in your evaluation take the [Work-Life Balance assessment](#). It is a great place to start to find out what area of your life needs some more of your attention. This assessment is not about right or wrong, it just gives you the opportunity to pause, check in with yourself and to make some course corrections if you need to.

When you have identified an area to work on what action can you take to start making changes in your life? Don't let it be

overwhelming; make a list of small changes that you can make. One small step is all you need to take each week to make positive growth in your life. Still not sure how to begin? Give me a call and let's set up a time to talk. My first session is always free. Let's use that first hour to get you started on your action plan. There is no obligation to schedule more sessions. Maybe that one session will be all that you need to get you started. Also I have just started a free Life Make Over Group that meets monthly in New London, NH. Contact me to find out more information about this group or to schedule a free session.
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TAKE ACTION

Take one step forward toward the life you want. Tell yourself the truth about your life. Is it everything you wanted? List several small steps that you could take to refocus on what you want. Pick one item and commit to doing it this month.

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