



Coach Jane

The Power of Love

Do you love your life? Love is the most powerful force in the universe. Fear is the most destructive. Many believe that love can change the world. What if love can change your world?

In any given moment we are choosing either love or fear to rule our domain. Okay, I know you macho guys are saying I am not afraid of anything. Do you have any doubts? Do you ever worry? These are all another form of fear.

Fear is imaginary, it is not real. When we let fear run our lives we are not letting love happen. Fear is a lack of love. If fear is holding you back turn up the love. Love can be applied to every area of your life. Love is always in the present moment.

Love is that incredible feeling of knowing in your heart that transcends understanding. For those of you who are parents, remember holding your child for the very first time, looking into their eyes and feeling that profound connection. In our English language there is only one word for love yet there are many types of love.

Think of some of the great leaders and influences the world has seen Mother Teresa, Mahatma Gandhi, Princess Diana, Nelson Mandela to name a few. They were great at being the love that influenced many.

If you would like more love in your life, I invite you to get out some paper and a pen and complete the following exercise. Answer the questions for each area of your life, listed below as best you can. On a scale of one to ten rate each area, one being dissatisfied and 10 being completely fulfilled.

Romance/Significant Other – Do you have a special person in your life that you treasure? **Do you take time for love** in your life?

Health/Exercise – **Do you love yourself?** Do you treat yourself well, eat healthy foods and follow a regular exercise routine? Do you love your body?

Career/Business – **Do you love what you do?** Is it your passion or are you just playing it safe?

Money – **Do you love your money** or do the credit card companies love you more? Do you feel abundant?

Friends/Family – **Do you feel blessed** to have so many incredible people in your life? When was the last time you told them this?

Personal Growth – **Do you love learning** new things? What are you discovering? What would you love to do?

Fun/Recreation – **Do you love having fun** on a regular basis?

Physical Environment – **Do you love your home**, is it filled with love? Is it a peaceful sanctuary for you?

Is it love or are you just going through the motions? Notice your answers and don't beat yourself up, you can always change things. It is only fear that holds you back. Remember fear is just a lack of love.

What does a love filled life look like for you? To change your life start small, keep it simple add one baby step each week and you will be amazed how your world will change.

Add more love to your life and your life will love you back!

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