



Coach Jane

The Buzz About Being!

Are you as busy as a bee? Most of us have a huge to-do list and can supply a detailed account of everything we have to do, have done or are going to do. The list gets much shorter when we talk about who are you being? How are you showing up in life? Are you being the kind of person you want to be? What would your co-workers, spouse or family say?

It is easy to get so caught up in the day to day “busy-ness” of life that we forget what is important. One of the great questions to ask yourself is “will this be important six months from now”? In the moment you may feel you have no choice. Beware when you feel like this. We always have choice, staying in your place of choice is the place of power.

How do you stay in the being place? One of the most important things you can do is to look after yourself everyday especially when there is a mountain of things to do. A fifteen minute break to go for a walk, call a friend, listen to music or just breathe can do wonders.

Start to identify what being is for you. One of the analogies I love is the story of airplanes. Did you know that en route to their destination airplanes stray off course and must continue to readjust to reach their destination. Don't beat yourself up when this happens to you, just readjust.

Be in the present moment. When you can let go of the past and the future and just be in this moment you will feel so much better, so much more alive. This is the place of possibilities, your ego will tell you all the things you should be doing, should have done, etc. Forget all of that and just start and do your best today.

There is a wonderful book I love called the Four Agreements by Don Miguel Ruiz. One of the agreements talks about doing your best each day. The part I like is that your best might be different today than it was yesterday. Just do your best in each moment and stay positive no matter what.

Don't take life so seriously, lighten up and have some fun. If you don't like what is happening around you instead of complaining about it - change it. When I am working with clients, particularly with relationship issues I tell them to be the change they want to see. It is amazing how it works. You can prove yourself right and focus on how difficult things are or you can try a new approach and look at the possibilities. It is up to you either way you are right.

Put some passion back in you life. What makes your heart sing? Life is short why not pack it full of things you enjoy? I know some of you are thinking that is not possible for me and I will tell you, yes it is. We all have lots we want to do but a great life is measured by the moments when we feel totally alive!

Be in the moment, love your life and life will love you back!

To learn more about coaching and how *Coach Jane* can help you grow your business to the next level and live an awesome life, visit www.awesomecoaching.com. To have *Coach Jane* speak to your group or organization you can contact her at [705.444.5448](tel:705.444.5448) or info@awesomecoaching.com.