

Do I Need a Life Coach?

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If these 10 items are already solidified for you, then you probably do not.

1. **Know your why.** What motivates you to get up in the mornings? What is a “successful” day to you?
2. **Know the source of your peace.** When are you most happy? When do you think you will be most happy? Who, what, or where makes you feel the most safe?
3. **Know what you are consuming.** Why do you read/watch/listen to/or do what you do? In what ways might these things influence you?
4. **Know your role models.** Who do you admire and why? What do you imagine your role models regularly consume? What directs their lives?
5. **Know how you define growth.** How might you measure progress in your own life? What do you personally need to grow? What is one small step you can take now?
6. **Know your purpose.** What are you doing when you are at your best? What are you natural at? What makes you feel alive?
7. **Know your definition of significance.** How does your ideal job, role, or daily life impact your corner of the world? How often do you think about the world outside yourself? What do you hope your grandkids will remember you for?
8. **Know what you live for.** What do regard as worth dying for?
9. **Know who “your people” are** (past, present, future). Why do you have the relationships you do? What relationships would you like to have in the future? Are you actively building them? What small step can you take today?
10. **Know your goals for the future.** Where would you like to see yourself next month? How about a year from now? What about in 10 years?

**If any of these stumped you, consider working with a life coach.
Make sure you’re living your best life!**