



## **What is Your Life telling You? Discover...Take Action...Shine!**

### **\* Repeated events**

When you deny and do not learn from a tap on the shoulder the event will be repeated until you do. And watch out because the tap can bring you to your knees if you continue to deny its presence. What unwelcome experiences keep recurring in your life and what is the lesson you need to learn so that they cease and you enjoy life more?

### **\* Errors in others**

When you are not honest with yourself and deny or hide ownership of your errors (ie actions, thoughts, feelings and intentions), you project onto others what you don't want to see in yourself. Inevitably you create undesirable situations. Consider the errors you see in others ... how will you rectify them in yourself so you regain integrity and shine?

### **\* Non-actions, times when you should have acted yet didn't**

Non-actions keep others distant and your lingering thoughts use up your valuable energy. Rectifying the situation by being honest with yourself and others increases both connection and energy. What action, taken now, will both improve a relationship and energise you?

### **\* Self criticisms**

Self criticism is undermining and destructive. Take an honest look at your situation, show compassion and forgive yourself. No one is perfect! Only when you show your Self compassion can you show compassion towards others. Be honest, what is stopping you from loving and forgiving your Self so that you can again shine brilliantly?

### **\* Convincing others**

When you've tried hard to convince someone to believe certain things about you (eg you're 100% honest) take note. You're probably trying to convince that person because you've not yet convinced yourself. What is causing you to doubt yourself? How can you remove the cause so you regain integrity?

### **\* Emotions**

Thoughts and actions based on either anger, or fear or guilt, create suffering. What you resist persists. So be honest with yourself and acknowledge the emotion behind your thoughts and actions. Then consciously choose the emotion behind your next step. Which emotion would lighten your thoughts and actions and relieve your suffering?

### **\* Separation and abandonment**

When you feel that others have abandoned you or there is separation you have probably not yet fully forgiven your Self or others. Examine your actions, be honest and offer forgiveness. What needs to happen before you will forgive fully and in doing so open the door to aliveness?

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