

YOU CAN BE A LIFE COACH

by Sally Burgess, Forefront Families LLC

The term “Life Coach” has been around for some time now and refers to a person who has the knowledge and skill to assist another person (a client) to identify their passion and realize their dreams. The life coach does not dictate what the client should do, but rather works with them to formulate ways of making their dreams happen. I refer to it as ‘putting legs on your dreams’.

We believe that God has put in each of us talents and gifts that uniquely contribute to the destiny or purpose God has for us. We facilitated a church small group for a number of years and at one point we ran some sessions on ‘finding your destiny’. We had the group write down a list of things they thought they were good at. We then asked each person to comment on what they thought the other people’s gifts and talents were. After that we asked them to write down their own passions. Many get stuck on this question. It can be made easier if we ask ourselves the following. “What activity really makes me light up?” “What drives me like nothing else?” “What rings my bell and floats my boat?”

It is a strange thing, but many people don’t think they deserve to experience their ultimate dream and sadly, in many cases, that is why they don’t have any dreams. They just live from day to day with no proactive thought. Some are in survival mode and, because they have no sense of control, are dictated to or buffeted by every wind and current that comes their way.

To get back to our small group sessions – it was absolutely amazing to see the excitement in people’s faces when they realized they could actually find out what their purpose in life was AND live it. One couple said they wanted to become counselors and promptly enrolled and completed Masters degrees and developed the appropriate counseling skills. Another guy had always dreamed of composing his own symphony and set off on his musical journey. It was as if something had unlocked a door in their minds that had never been opened, and the world just unfolded before them.

Wouldn’t it be fantastic if we each knew our purpose? Wouldn’t it be even more fantastic to then help our own children find theirs and set them firmly on that ‘yellow brick road’ of destiny from their early years? You are their life coach. They look to you to give them the opportunities to discover where they shine and to help them set their course. Don’t leave it to their schoolteacher. You are the most constant observer in their lives. You can show them how to become focused and disciplined. You can help them set goals to achieve their dreams. Be their role model. When you find out what your passion is your excitement will naturally rub off on the rest of the family. It is very sad that most people become

old and still don't know why they were put on this earth, or whether their existence ever made a positive difference.

Having a passion and plan gives you a sense of purpose, hope and a deep sense of fulfillment throughout your life. Your children, with your help, can experience the same feeling of achievement.

Know your own destiny. Don't be dictated to by the crosswinds of society. Find your purpose, run with it and be a life coach to your children so they can reach their true potential.

If you have any comments or questions on this subject, please do not hesitate to contact us at sally@forefrontfamilies.org. We invite you to also check out our website at www.forefrontfamilies.org and our blog site at www.forefrontfamilies.blogspot.com for further assistance.