

lifework

COACHING

5 Crucial Steps
to Re-Jigging
Your Optimal Life
Harmony...
in a New & Creative Way

REMEMBER WHEN life was less complicated and your personal time was but a spontaneous-thought away? A time when you could choose, guilt-free, to focus on your own development, learning, personal wellness and unabashed fun?

But as life has beckoned you to do in the past, you've shifted your priorities, spreading into new emotional and physical territories, gathering new commitments and exploring new experiences. Through all this you have added exciting new responsibilities on both your personal and professional fronts.

It's not that you don't love and appreciate all aspects of your life now but you also know that to be your very best you must also take time out for yourself and at the moment that isn't happening.

You would like your life to be different so that you can reconnect with your personal time.

Well good news. This is possible!

Not by going back to the way it was but rather by re-jigging your life in a new, harmonious way, which will reflect what time-for-self means right now.

It might seem like there is less available time for your self-nurturing...little time to breakout from your mold for mental and physical wellness time, for friendship-time and for good old fun-time.

At least that is your story.

What is the truth about that?

What are the choices truly available to you?

What do you truly value, need and want?

What is meaningful to you; so meaningful that you are willing to set a realistic intention to carve out the time and energy to fulfill it?

If you wish to experience greater harmony and flow in all aspects of your life then you must be bold... be forthright in your approach to thriving.

You must heighten your connectivity and resonance to all that is meaningful within and around you.

To do this you must first make a habit of noticing your life.

Create a personal daily practice of noticing how you feel, what is circulating within and around you.

It is through personal awareness that you will learn to notice the possibilities in your present life. Before you can set an intention or strategy for change you must know what will motivate you enough to create that change.

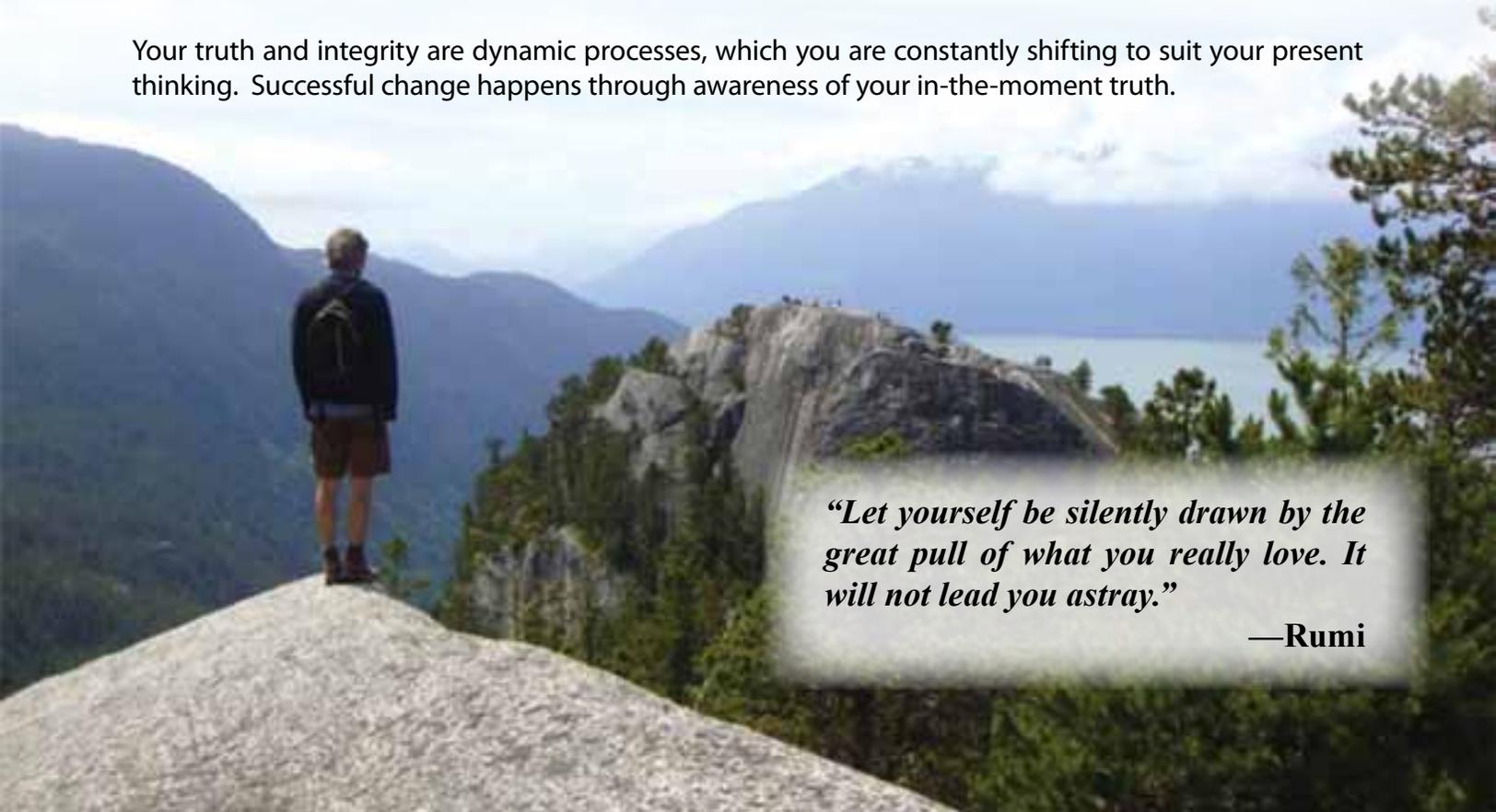
Equally important is to notice if change is in fact needed and if so, what would that look like? Is it a change in your life-pattern or a shift in attitude, which is needed? Or is the necessary change behavioural based on setting better boundaries and not tolerating what does not serve you any longer?

Take a step back from frustration and your state of stuck-ness and notice what stirs within you.

Identify *what-is* at this moment in time.

It is through a regular practice of noticing your surroundings, and your recurring state-of-being that you will discover the truth about what you wish to alter, adjust or recalibrate.

Your truth and integrity are dynamic processes, which you are constantly shifting to suit your present thinking. Successful change happens through awareness of your in-the-moment truth.

A person is seen from behind, standing on a large, light-colored rock formation. They are looking out over a vast landscape of rolling mountains and a body of water in the distance. The sky is overcast with soft, grey clouds. The overall mood is contemplative and serene.

“Let yourself be silently drawn by the great pull of what you really love. It will not lead you astray.”

—Rumi

YOUR 5-STEP PROCESS TO NOTICING

To get started, use the handy template I put together to guide you through a 5-step process of noticing. The questions will nudge you to notice your state-of-being before you even rise from bed. Have this form and pen ready by your bedside to jot down your noticing's in your present moment.

As you emerge into wakefulness, begin with step **#1: "Heighten** your awareness by elevating your sensitivity" and step **#2: "Notice** your internal and external world". Gently ease into your world every morning. . . .

It is interesting what happens when you draw attention to noticing yourself and the world around you in a very conscious manner. You stretch yourself to a new level of awareness. It becomes more acute and refined. You start to notice subtle details that you missed in the past and see the world through a new and sharper lens.

An example of this might be noticing that you wake in the morning with a sense of anxiety. This feeling may have always been present but once you place your attention on it, you raise it to a level of questioning.

What is consistently triggering this sense of unease in the morning? How can it be calmed and perhaps even transformed into excitement rather than a feeling of trepidation of the day?

By raising your awareness of this to the conscious level, choices to change this feeling and options for alternative states-of-being become available.

The unrecognized and the unacknowledged cannot be change.

Noticing can bring a sense of appreciation and gratitude for what and who is present in your life. It can highlight that, which may need your attention. This act of noticing actually begins at that moment when your consciousness is gradually awakened from your world of dreams.

Begin by noticing your first wakeful breath.

Consider this initiation . . .

Notice how you wake in the morning . . .

Are you startled by your transition from sleep to wakefulness?

Are you groggy, sleepy, listless and down in your mood?

Or is your entry more gradual, calm and rested?

Or do you bounce out with enthusiasm?

Are you stressed by what the world may deliver you?

Or are you excited to launch into your day?

Where in your body do you most feel it?

Describe your state of being in this very moment.

How acute are your senses to this feeling?

How strong is your desire to change this way of being?

With your eyes still closed, draw your attention to your inner waking space.

Breathe deeply into your belly, letting it expand fully and then exhale by hollowing it.

Collapse your mid-section, curling your spine and shoulders.

Repeat the inhale as you roll your shoulders back, gently arching your spine.

Now open your eyes.

Stretch and flex your limbs.

Notice any tension, pinching, tightening, or gripping.

Notice what you perceive with your eyes, ears, smell, and touch

Notice your emotions.

Notice your state of mind.

Notice your cellular configuration.

As you rise out of bed . . .

Notice the room.

Notice the colour and texture of the light.

Notice the walls and the ceiling,

Notice the floor in your room and down through the hallways

Notice what flutters and peers in at you through the windows.

As you move into your family space...

Notice the other members of your household.

Notice the words you use to express yourself to them.

Notice how they react to you.

Notice other's interactions with you.

Notice how you react to them...

If you choose to engage in an encounter with nature...

Connecting with your garden, or running along a nearby trail...

Notice the beauty.

Notice the jarring.

Notice the colours around you.

Deeply rich or vibrant spring greens, multiple layers of shades and pastels.

Notice how nature never discriminate in its colour or texture combinations.

Notice how silently the early morning shadow of a branch sweeps across your path.

Notice how your own shadow follows only inches behind or beside you.

Notice how nature twists and turns, ebbs and flows, offers and then withdraws.

Notice the buzzes, the chirps, the trickles, and the whispers.

Notice the aromatic whiffs of a blooming scent.

Notice Father-Sky above you; and Mother-Earth beneath you.

Stop for a moment as you absorb these gifts.

Notice how your body responds.

When back in your family space savour a steaming cup of your beverage of choice as you integrate all that you noticed and feel how your body has responded thus far.

I would recommend listening to Paul Horn's beautiful CD called Taj Mahal to gently accompany you heralding in your morning.

Now print off a sheet from the "Notice Your Life" section below and mark down your feelings in the "My Present Now" section

Once you have jotted down your feelings, make note of how you might wish to respond in a more aware state in the future in My New Now section. Ponder your day by noticing the patterns you have established to function in your present day world and contemplate what might be potentially a better pattern to adopt so that you thrive rather than just exist and survive.

Then move on and delve deeper by answering the questions in Step #3, #4, #5.

Finally as a summary of these findings, rate yourself by measuring your present level of awareness and happiness in the final section of this life-re-jigging process.

HAVE FUN WITH THIS!!



NOTICE YOUR LIFE

*Measure your personal level of awareness with this comprehensive exercise
& develop your Personal-Daily-Practice*

- **Heighten** your awareness by elevating your sensitivity
- **Notice** your internal and external world
- **Explore, acknowledge** and **clarify** what you find
- **Apply** what you discover to your life vision – create resonance between all aspects of your life by making your findings **actionable**
- **Honour** your accomplishments & **Celebrate** your successes

Heighten your Awareness and Notice

MY PRESENT NOW

MY NEW NOW

I am opening my eyes to a feeling of...

My morning routine includes...

My attitude and behaviour are...

Explore, Acknowledge and Clarify

I notice aspects within me and the world around me when...

I feel vs. I think when...

My sensory acuity increases when...

I initiate an increased level of noticing by...

Noticing allows me to....

My noticing today opens me up to...

By noticing my world today I am more aware of ...

Apply your Noticing

I will apply my noticing today to...

Noticing my world today impacts my goals and vision by ...

By noticing my world today I have learned...

By noticing my world today, my life is filled with ...

Honour & Celebrate

By noticing, I honour my birthright to total happiness. This is reflected in my ...

I will celebrate my noticing today by ...

I will share the results of my noticing today with ...

A. On a scale from 1 to 10, where 1 represents *disconnected* and 10 represents *fully connected*...

I notice my level of interoception (how I perceive my inner world) to be ...

MY PRESENT NOW

MY NEW NOW

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

B. On a scale from 1 to 10, where 1 represents *unconscious* and 10 represents *fully alert*...

I notice my level of exteroception (my ability to notice details of my outer world) as...

MY PRESENT NOW

MY NEW NOW

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

C. On a scale from 1 to 10, where 1 represents *no change* and 10 represents *huge change*...

I rate the change I perceive in my life due to noticing today as...

MY PRESENT NOW

MY NEW NOW

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

D. On a scale from 1 to 10, where 1 represents *joyless* and 10 represents *blissful*...

I notice my level of happiness and contentment to be ...

MY PRESENT NOW

MY NEW NOW

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Now that you have completed your 5-step process to reinventing your optimal life harmony, commit to a Coaching relationship and work with me to get the support and follow-through you can rely on to realize the life you truly desire.

Vivian Hitchman
B.Sc., CCUCG, PCC
Professional Certified Coach,

Email: Vivian@LifeWorkCoaching.net
phone: 604-698-7522
Website: www.LifeWorkCoaching.net

**NOTICE AND CREATE THE CHANGE
THAT WILL IMPROVE YOUR LIFE!**

VIVIAN'S STORY

Coaching individuals is my passion. It's where I default to even in casual conversation. I frequently find myself listening to and compassionately supporting others as they share their struggles and concerns. Occasionally someone will say, "Wow, I can't believe I'm telling you this. I've never told anyone this before."

I love to explore the "why's", "what's", and "how's" of people's behaviour and choices. After high school, this interest led me to completing a science degree in Psychology from the University of Toronto. But it was only later in life that I realized I could apply my passion and knowledge to a profession in Life Coaching.

In the meantime, my life journey took many interesting twists and turns both personally and professionally. For much of it, I was a business owner and entrepreneur. I learned about the challenges of life-work balance and how to achieve personal space and time.

Over the years many doors opened for me. Regardless of whether I walked through them or passed them by each one gave me insight and taught me valuable lessons about myself. Whenever I missed the mark, my inner self-talk learned to smile and say, "That's ok... you'll get it the next time they knock." As I moved through all my ups and downs, optimism and trust ... along with a dollop of playfulness and adventure... always prevailed.

Through it all, I managed to keep a life-harmony present in my life. This was in part due to my tenacious correct-and-continue philosophy. At the end of each year, I would assess my GPS within my personal universe and determine that as long as there had been some growth, it was a good year. My learning never failed me and I would adjust my vision to suit it. I viewed it as new information adding new dots to my life-thread.

I was also incredibly fortunate to be supported along the way by wise mentors and confidantes, loving family members and children, and fiercely loyal friends. They all fostered my strength and self-belief, and gave me invaluable insights around my next step.

Sixteen years ago, when looking for a way to expand my professional skills, I learned about the emerging career niche called Life Coaching. Its positive and forward moving focus completely resonated with me. I stepped into Coaching as a profession and realized I had finally arrived...I had finally landed where the world needed me. It was here that I could share my gifts and support others in a meaningful way.

Now as a professional Coach, I encourage and support clients to realize their own true path as I have done, and transform their doubts into positive attitudes and actions.

As a Life Coach, I support women in their 30's and 40's, to...

- Notice what they want in their life
- Clarify the changes they need to make
- Be accountable to what they say they will do to realize their optimal life harmony

