

Ask Coach Deb

What if you could have it all? Having it all has little to do with money. It's more a state of mind than the state of your bank account. It's your job to dream and design your life the way that you want it and to leave out what you don't want. In the first edition of WWW, I shared my story of how I was at a point in my life where I needed to re-create who I was and what I stood for (Article posted on www.lifecoachingbydeb.com). I wanted it all but was having a really hard time deciding what that meant to me. I wanted to stop listening to everyone else and start listening to myself. I was able to accomplish this with the help of my coach.

Dear Coach,
I'm feeling really scattered. Normally I am in fairly good control of my life and the events in it, but right now I can't seem to get a good handle on anything. My workload at my job is piling up and I can't seem to catch up. This is causing great stress in my life, even while I am at home. I just got out of a five-year relationship and my ex won't leave me alone. My friends are hovering over me and constantly making plans for me as they worry about me being alone. I have no time to do anything, catch up on anything and want to scream "STOP!" Please help!
Going crazy

Dear Going Crazy,
Good news - you are not going crazy. It sounds like you



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are just completely overwhelmed. For someone who is normally in control of their life and very organized, this time in your life must be very difficult for you. More good news - you are in complete

control of how you manage this chaos. First, you need to stop and recognize that this is not a reflection of you as a person. It is simply the circumstances at the moment. Then you need to break all of these things down into small pieces so that you can work on them, one by one. By doing this, chaos in one's life suddenly dissipates into small problems, which is much easier to deal with. Start working on the area that is causing you the most amount of grief, then move onto the others. You will see how quickly everything changes and how quickly you will regain the control of your life.

Dear Coach,
I am a professional woman in her 40s who feels like there is something missing

Working towards creating your ideal life takes time and patience. The first step is to get really clear on what it is that you want. Then, your vision needs to be broken down into small manageable steps and worked on every day. Week by week, your vision of your ideal life starts getting clearer and closer and your desire and momentum builds. Many things can change or get revised along your journey, but that's not the point, The point is that you are in charge of designing your life.

So as Mother Nature is making some changes, I encourage you to do the same. Design a way of living that supports who you dream of being and how you dream of living your life in every area. Then, simply, live it!

in my life, but I have no idea what that may be. My job is okay, but it's not the challenge it once was. I am in a loving relationship, but even that doesn't really excite me anymore. I want to feel energized and spirited again, but I don't know what to do. Any suggestions?

Going through the motions...

Dear Going through the motions,
It sounds like you are in a bit of a rut, which has left you feeling paralyzed and has sucked the energy right out of you! My first question to you is, "Are you tired of complaining?" And the second is, "Are you willing to do the work required to make positive changes?" It is no secret that short-term pain is required for

long-term gain. The pain here is to invest time in yourself to really get clear on what it is that you want, as well as to re-discover some hidden passions and dreams. Start by taking some alone time each week to just sit with yourself and let things come to you. Let your imagination be free as you re-ignite the passions buried deep within yourself. Pay attention to what your mind is telling you! Listen and learn. Then, write down a step-by-step action plan (small baby steps work the best to make permanent changes) and watch your spirit rejoice. New energy will come to you as you focus on what is really important - you! The only thing required to make dreams come true is some planning, patience and faith that you will make it

happen. There is nothing stopping you from living the life you love, except for yourself. Count your blessings! Show gratitude for all the wonderful things in your life instead of dwelling on what you consider "wrong" or "missing." Embrace change as a new friend! Good luck.

If you would like to know more about life coaching or if you have a question you would like answered in the next issue of WWW, email Coach Deb at myidea@wpgsun.com.

I look forward to hearing from you

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