

# At a Turning Point in Your Life & Wondering What's Next?

## Brainstorming With a Life Coach Can Help



By Gayle Crist,  
Life Coach, Healthy Life Planning

Turning points and transitions—they happen to all of us many times during our lives. Finishing school. Getting married. Buying your first house. Starting a family. Moving far away to take a new job. Downsizing after the kids are out of the house. Sometimes, we know exactly what we'll do in the next phase of life and how to do it—but other times we aren't quite sure.

We need help deciding what we really want...creating a vision for this new chapter...figuring out a game plan for the life we desire...and completing the baby steps it takes to make that plan a reality.

That's when it might be a good idea to consult with a life coach—someone who can help you brainstorm about different game plans and then moral support you so you can more easily implement the one you choose.

Ever been in one of these situations?

- You spent the last 20 years raising your children and now aren't sure how to re-enter the working world.
- You're tired of the same old-same old and want to stretch yourself in some new directions but aren't sure where.
- You just got laid off and have no idea how to move forward.
- Your life feels out of balance and you don't know how to rebalance it.
- You're about to retire but don't know what you'll do with your time from now on.
- You want to write a book but don't know how to get started.

These are the issues my life coaching clients have hired me to help with over the years. And it's always very rewarding for me to assist them in getting the clarity they need about their goals and

then holding them accountable for taking the actions that will transform their lives.

Imagine what it'd be like to have your own cheerleader—helping to motivate and activate you on the way to your goals!

I'd start the process by bouncing ideas and options around with you and then narrowing it down until you can get very specific about how you define your goal. Next, we'd break that goal down into mini-goals: the small baby steps you need to take to make the goal more achievable. Now you'd have a blueprint for getting from where you are to where you want to be.

It's super-important that these baby steps be doable within your schedule, budget, and energy levels. Otherwise, you won't follow through on doing them, and you might feel like a failure—which certainly doesn't motivate you to keep striving for your goal.

As a coach, of course, I don't judge you if you don't complete some of the action steps you named during a coaching session. Instead, my job is to ask what obstacles got in the way of your completing those steps and to figure out ways you could realistically overcome those obstacles and get back on track to making progress toward your goal.

Once you keep the promise you made to yourself to start taking those baby steps, you'll be amazed! The momentum of starting acts as an impetus to propel you to do even more. And then your confidence and excitement about completing each task grow and grow. Soon, you're crossing each mini-goal off your list and have the final larger goal in clear sight.

With the moral support of a coach who's on your side and interested only in your success, you can achieve almost anything. When your energy wanes and you feel like giving up, your coach is there with

the pep talk you need to keep going. And, by holding your vision for you so you don't lose sight of it, your coach makes sure you don't drop the ball.

What transition are you in right now? Are you at a crossroads of some kind trying to decide what direction to take next? If so, working with a life coach can be a smart move—jump-starting you more effectively than if you tried to navigate that transition all on your own.

Try this exercise:

Write down an overarching goal of this transition period. Then, write down the reasons you haven't yet begun working toward that goal. Be brutally honest with yourself as to whether those are real reasons or just excuses. If they're excuses, you have no excuse for not reaching out for help.

A team effort—with a coach in your corner—could be just what's needed to help you successfully move through the transition period and begin living the life you envision on the other side of it. Why wait? Your dreams are worth it! Give me a call when you're ready to seriously focus on them. I look forward to helping!

*Gayle Crist, M.S., is a life coach and divorce support coach in Ambler, PA. She helps people balance their personal & professional lives, navigate life transitions such as separation/divorce and job layoff, start a business, get organized so they can complete an important project, or write/edit their first book. Gayle is the author of *How I Met My Second Husband Online at Age 50*. Information about her life coaching services is at [www.healthylifeplanning.com](http://www.healthylifeplanning.com). Contact her at 267-245-3023 or [coach@healthylifeplanning.com](mailto:coach@healthylifeplanning.com).*

### STRUGGLING TO GET THROUGH A LIFE TRANSITION?

*A Life Coach can help!*

#### Healthy Life Planning

- Moral support getting through any life transition
- Brainstorming help & suggestions to move forward
- Help creating & sticking to a transition plan
- Cheerleading to stay positive & focused along the way

**Gayle Crist, M.S. 267-245-3023**  
**Life Transitions Coach**

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