

Change Your Mind to Change Your Life



By Gayle Crist,
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Henry Ford once said “Whether you think you can or cannot, you’re right.” In other words, what you think is what you get.

Your thoughts have incredible power to shape your life and the lives of others, because **your thoughts and interpretations of circumstances directly influence your beliefs, and ultimately, your actions.**

Many accomplished, happy people will tell you that their thought processes are what helped them achieve great things. They envisioned what they wanted, believed they could get it, and took the actions necessary to do just that. They focused on their goal and didn’t listen to those who tried to distract or dissuade them.

You may have heard all these principles before and concluded that it’s too hard to change your thinking. You’ve tried before and failed. Well, I assumed the same thing...until I actually succeeded.

I was struggling in my intimate partnership, knowing I needed to make some changes in both my thoughts and my behavior. But I was frustratingly stuck until I made up my mind that I was sick to death of spinning my wheels and getting nowhere—having the same fruitless discussions with my partner about our differences and making no progress in resolving them.

Then, one day, almost overnight, I shifted my thinking. I took three crucial steps to do this:

- Instead of focusing on what was wrong in our relationship, I promised myself I’d focus on what was right.
- Instead of beating myself up for not growing personally enough to be a better partner, I decided to accept myself at the stage of growth I had already reached—and give myself credit for coming this far.
- I decided to work on accepting my partner just the way he is—the same way he nonjudgmentally accepts me.

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It’s been amazing! In just a couple weeks, these shifts in mind-set have helped me feel more satisfied with my partner and myself and more at peace in my relationship and my life.

How about you? Is limiting or negative thinking holding you back from reaching your life goals? Do you have a tendency to focus more on what’s wrong in your relationships, career, or life circumstances than you do on what’s going well? And, as a result, do you often struggle to stay positive and motivated enough to keep moving toward what you want?

I hear you! I can’t count the number of life coaching clients and potential clients who’ve told me they’ve lost hope...or they have no confidence in their ability to succeed...or they’ve had goals for years but somehow could never muster the energy or get well enough organized to start on them. I know these counter-productive mind-sets are very common, which is why I became a coach. I love helping people pull themselves out of “can’t” thinking and bolstering them up so they can switch to “can-do” thinking. I especially enjoy helping people believe in themselves and their dream!

Often, all you need to do is REFRAME your situation—so you can see setbacks as opportunities and obstacles as lessons. There’s never been a successful person who didn’t have a list of failures before they succeeded...who didn’t fall down a lot before learning to get up again and do it right.

“If at first you don’t succeed, try try again!”
That’s what a life coach helps you do, especially

when you’re not motivated to do it yourself. With a coach by your side, encouraging you, guiding you, keeping you focused, and, most importantly, holding you accountable for taking action—you CAN move forward! I’ve seen it happen over and over again in the 20 years I’ve been coaching.

Start with this assessment:

- What kinds of “can’t” thoughts would you like to change?
- What goal of yours could benefit from a dramatic shift in mind-set?
- What thoughts have sabotaged your progress toward life goals the most?

Once you answer these three questions, you’ll have a foundation for making a plan to use the power of your thoughts more productively. You’ll have a better idea of how to reframe your situation with new thinking patterns that help rather than hinder you. And you’ll have the clarity and sense of purpose that make your goal more achievable.

This testimonial from a client says it all: “When Gayle was coaching me, things were more in balance. It was much easier because I had someone guiding and encouraging me every step of the way. Gayle is very enthusiastic and helped me stay positive. In a gentle but consistent manner, she helped me stay on track with reaching my goal. I couldn’t have done it without her!”

Identify the thoughts blocking your progress and then call me. I can help you change your thoughts to change your life!

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or Professional Goal?*

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- Moral support as you take each step
- Cheerleading to stay positive & focused along the way

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