

Feeling a Burst of Energy This Spring?



By Gayle Crist,
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It's springtime! The season when we get excited about planting our flower and vegetable gardens, planning our summer vacations, and maybe even doing some spring cleaning. We're full of energy as the days get longer and the weather nicer...right?

Well, if you're like a lot of people, maybe not.

For many folks, coming out of the winter doldrums and getting energized for new pursuits and/or goals doesn't just happen automatically in the spring. They might need a little extra help to motivate themselves and get moving.

How about you? Have you thought about getting a jump-start on one of these goals this spring?

- Planning and sticking to an exercise regimen
- Doing some decluttering at your home or office (or home office)
- Making more progress on a project you've been procrastinating about
- Taking a class or curriculum to learn a new language, craft, or skill
- Getting back into the dating world after divorce or widowhood
- Simplifying your life by setting boundaries around the myriad things you do for others
- Finding a new job, home or apartment
- Carving out more time for family, fun, and friends

These are all worthy, important goals. But I know several women—in both my personal and professional lives—who never get around to prioritizing these or any other goals. They let work and family obligations take precedence over anything they dream about—sometimes for years!

Then time goes by, they get older, and they start thinking they've run out of both the energy and the time to do what they desire. They find themselves wishing they could retire sooner rather than later. But, unfortunately, it seems impossible

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for them to even semi-retire because of the financial need to keep working so they can fulfill commitments to the people in their lives. They feel trapped and frustrated and as if they have no options.

To me, this is a very sad situation...and it's one of the reasons I became a life coach. I enjoy helping women see that they DO have choices—and then supporting them as they pinpoint the best choice for them so they can progress steadily until they reach their goal.

Even if it's a long-range plan involving teeny-tiny steps to bring it to fruition, I love to help them start it and keep moving toward it. It's beautiful to see how energized and alive they become once they get moving!

One thing I've learned over my 20+ years as a coach is that MOMENTUM IS CONTAGIOUS! Once you take that long-overdue first step toward a goal or dream, you get charged up! You're so proud of yourself for finally starting that you realize you have what it takes to do more...and more. And you just keep on moving.

Of course, it always helps to ask for a little support along the way, since there will certainly be times when you get discouraged, distracted, or off track. That's when it's wise to call a life coach—even for just a session or two to assist with putting together your game plan and timetable.

I remember several instances with clients where that extra little nudge or encouraging word from me as their coach got them past an obstacle and decidedly on the path to success:

- **A young mom with a 4-year-old child who was struggling to find time to write her first book:** We looked closely at her calendar and chose small blocks of time when he was napping or at nursery school so she could start out writing a half-chapter a week, which then revved her up enough to complete full chapters... and finally finish the entire book in 7 months.
- **A 40-year-old woman with 3 teenagers who dreamed of starting her own floral design business but couldn't seem to carve out time to focus on it:** Together, we brainstormed about the ways she could reduce her list of obligations to free up 2 hours a week to write her business plan, put together her portfolio, and call and visit the local nurseries she'd be partnering with. The process and her progress got her so excited and energized that her business launched within 6 months.
- **A 50-something woman who was frustrated trying to stick to her exercise program:** We discussed the types of exercise she liked best, researched classes she could take to do that exercise regularly, and figured out how much time she could devote to exercise each week. Then, I checked in with her twice a week to ensure she was attending classes and sticking to her exercise plan on non-class days. A month later, she was a regular exerciser!

If you're ready to SPRING INTO ACTION towards a goal that's been on the back burner, let's talk! I'd love to help you get energized and organized enough to make it happen!

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or Professional Goal?*

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