

# InnerJourneyWork Resources

## 56 Ways Coaching Can Help You

There are a wide variety of coaches and issues that each is qualified to help clients work with. Clients sometimes go in depth on one area, or combine several interests at once. My skills, experience, and training can help you in the ways detailed in this article.

### In the Realm of Living Excellence

- Dream bigger and bring your life to the next level
- Clarify a personal mission
- Managing change effectively with grace and confidence
- Get out of your limiting comfort zone
- Shift habituated perspectives and reactions
- Take action on long neglected intentions, or things you've procrastinated about
- Transform self-sabotaging communication patterns
- Overcome self-destructive expectations and assumptions
- Develop bold and lasting self-confidence
- Find meaning in everyday tasks, and unexpected events
- Become courageous in taking necessary risks in relationship, with money, or your own authenticity
- Become accountable and dependable
- Tell that truth that's burning inside you
- Jump a long standing hurdle
- Break a bad habit with compassionate accountability
- Have an enthusiastic ally and strong support in difficult times

### In the Realm of Wholistic Health

- Find meaning in chronic illness
- Determine alternative medicine modalities right for you
- Take time for yourself when you're a care-giver to others
- Integrate mind and spirit into your health care routine
- Reach powerful peace with life-altering or terminal medical conditions
- Develop a sustainable stress management practice
- Stay on task with changing self-destructive health habits involving diet, energy use, or sleep
- Take steps towards becoming shameless and free from fear
- Develop a meditation practice to manage anxiety, panic, and high blood pressure
- Manage emotional and physical energy through prioritizing yourself over toxic relationships

## **In the Realm of Spirituality**

- Define and develop a personal spirituality
- Reframe relationships as spiritual practice
- Find your life purpose or discover the steps on a life-path
- Increase your intuition or explore your spiritual gifts
- Develop a personal meditation style and practice
- Define or increase your personal sense of the sacred
- Develop a relationship with your spiritual allies
- Strengthen skill in hearing the still small voice within
- Clarify personal values you're using as your life's moral compass

## **In the Realm of Creativity**

- Discover a creative passion
- Develop your own form of creative expression
- Hone your creative vision
- Explore different media
- Get past writer's / artist's block
- Overcome performance anxiety
- Develop a show or a manuscript
- Get specific about a sales plan for your art or book
- Finish a manuscript or work of art

## **In the Realm of Business**

- Dream a higher level of success
- Get your business-vision more clear and concrete
- Change your relationship to necessary risk taking
- Visualize action steps for necessary risks
- Develop client attraction marketing strategies
- Define your clientele niche & viability
- Confidently and comfortably promote your business
- Start a sole proprietor healing or intuitive arts business
- Establish a web presence for a solopreneur business
- Sustain energy as a sole proprietor
- Work through insecurities of being in private practice
- Integrate the intuitive and the spiritual into your business