



LIFE COACHING

CERTIFICATION
PROGRAMME

Step 5: Ditching the Junk

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STEP 5: DITCHING THE JUNK

This is a worksheet that you can use as a life coach with clients which will really help them to start considering the 'junk' that they're clinging on to that they will need to 'ditch' if they want to move forward towards achieving their goals.

If we are in control of our thoughts, we can achieve just about anything. It sounds simple, and we've all heard this many times before, and wondered why we still cannot achieve what we want.

However, there's more to it than just a simplistic belief that 'you can achieve anything you want in life'... right?

The problem is, the majority of the time, most of us, are not in control of our thoughts. Real progress in life starts with a commitment to taking control of our thought life.

Everything we think, every attitude we adopt, every position we assume, every angle we see things from, it all makes a huge difference.

So, you might be thinking something along the lines of, 'Here we go again, think happy thoughts and everything will turn out shiny and perfect, yeah right, is that all you have to do? ... What a load of bulls**t!'

Well, no. That's not all. Not quite. Think clearly, without the attendant positive action, and we're very largely wasting time. But if we have an attitude of positivity it gets us in the mood to take decisive action, and that's what makes the difference.

STOP & TAKE STOCK

Stop, for quite a while, and start to view your state, and your actions, and you will see that you are just defining your current situation, by continually thinking the same way, and doing the same things that have always brought you not too much of what you want.

So stop. Take a breather and become aware of your overriding thoughts. You might be thinking thoughts of being useless? Or maybe you're thinking that you don't deserve certain things? Maybe you've decided that you'll never make real money, no matter what you do or how many new ventures you try out.

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So, why are we thinking this way? Well, not through choice, that's most likely for sure! It doesn't take a trained psychologist to know that nobody wants to think destructive, miserable and unproductive thoughts each day.

No-one chooses to do that. But (and it's a BIG 'but') ... we do repeatedly think this way by not choosing to think in a different way. It's all about choice in the end - the choices we make, make all the difference.

So back to the question, why do we think this way? Most likely because world culture encourages us to think this way. We are subjected to negative ideas and negative ways of thinking since childhood. We're surrounded by them from a young age, and for those that don't know better, we absorbed this shit in the same way as a sponge absorbs water.

Now, without thinking about it, we just adopt those depressing, negative attitudes and those negative thinking styles, and we're off and running. We end up thinking negatively all day long, and we don't even realise what we're doing!

So take stock and decide what it is you're thinking, and then find out if it's helping you move towards your goals, or moving away from them in the opposite direction.

Decide what it is that you want. Think carefully about it and take your time, attempt to define the precise details of what it is you want.

If there's something you're constantly thinking about (like, for example, if you are continually reliving a negative experience in your mind), then ask yourself, 'Is this helping me, or is it just slowing me down in some way?'

If your thinking isn't helping you, then it's time to ditch the junk and quench those destructive thought patterns. It might not be easy, but it is achievable with a little self-awareness and a lot of self-control.

Decide on your next course of action (or course of thinking). If you have things that are going on in your life, and they are dragging you down, then you know it's time to stop doing them, or thinking them.

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Have a Mental Clear-out!

Do this regularly. Remove the junk from your mind and get rid of all the emotional trash. Feel the relief as you 'see' it float gently away on a softly undulating sea of calm thoughts. Isn't it good to be free from that emotional garbage that's been dragging you down and pulling you further and further away from what you actually want?

As you become more free, and lighter, you'll be able to put into action all the things you want to do. You'll find that you can complete them much more easily and more productively now.

It's much easier to do the correct thing and the productive thing if you are not weighed down by bags of negativity - it's like trying to swim with bags of sand attached to your belt.

The moment you ditch your junk thinking, you will feel lighter! You can move easier! You can move with greater ease towards the things you want in your future. Your actions will be more efficient because you're no longer being dragged down by rotten, stinking thinking!

Begin Making Real Progress

Upon doing this, you'll begin to see real progress in your life. Progress in improving your memory, or making more money, or finding romance, or improving your relationships in general, or building a business. Whatever it is you want, you must be sure on what it is before you start to move towards it.

This is more easily achieved if you've ditched all the rotten thinking that's been holding you back all this time - the way to do that is to recognise it for what it is, and then just let it go.

And as you relinquish the negativity, you more easily adopt an attitude of positivity, which helps you move in the right direction, and much more quickly.

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Counting the Cost!

And your cost of achieving all this? A few minutes each day, and a little clear thinking! Some time spent reflecting on the value of certain trains of thought - and the boldness to change direction, if necessary.

Commit to your future and devote some quality time each day towards some clear and forward focused thinking. In return for a few minutes of your time, the future rewards can be incredible!

If you have been spending time (and emotional energy) thinking depressing, miserable, and unproductive thoughts, you can change things, and you change them now.

You don't need to be a psychologist, or even have a psychotherapist to guide you.

You do not need an expensive hour on a consulting room sofa once a week for six months or a life coach. You don't even need a patient friend to listen to your troubles or a comforting shoulder to cry on.

Generally speaking, you can sort out your own problems, all by yourself, and without any support from therapists or any other type of 'professional'. In just a few minutes each day, all the benefits of thorough self-reflection are yours!

You'll feel more at peace within yourself. You'll find you're thinking much clearer. You'll begin making better decisions. Your goals will become much clearer, and you'll be moving towards your goals steadily, and with far less effort.

In fact, you'll be closing in on your goals so fast it'll make your world spin!

So ... go on, start ditching your junk today!