

LIFE COACHING CERTIFICATE COURSE



**THE CHOICE OF
MATURITY AND CHARACTER**

THE CHOICE OF MATURITY AND CHARACTER

HELPFUL & UNHELPFUL ATTITUDES

We are all on a journey of maturity and growth, but the pace of our growth depends upon the speed at which we grow out of habits, beliefs and attitudes which do not serve us and into ones which do.

As a life coach or mentor, we should always be looking out for ways in which we can add value to other people's lives by asking questions which provoke and challenge the people we care about to think about themselves and where they're going. This includes addressing the unhelpful attitudes people have subscribed to in life, something which we can only discern if we listen carefully to what they have told us and how they have stressed what they share with us.

RESPONSIBLE VS IRRESPONSIBLE

We make peace with our truth once we accept that which is true, but it is up to our client's whether or not they make peace with their truth or not, and whether they take responsibility for such truths. A client needs to confront themselves by identifying what behaviours, attitudes or beliefs they have which are not working for them and take responsibility for these things. Responsibility breeds empowerment and a client can only be helped by a life coach once they have taken responsibility for their need to change and their desire to change.

Q. What parts of your life have you consciously taken responsibility of and what parts of your life do you still need to take responsibility for?

Q. Are there any aspects of your life (beliefs, habits, mindsets or attitudes) which you feel are holding you back in life? What would happen if you stopped thinking these were just 'part of who you are' and instead considered them parts of you that you could change were you to take responsibility for changing them? What would your next step be?

HUMILITY VS ARROGANCE & PRIDE

Within a life coaching context, arrogance and pride most oftentimes take the form of defensiveness. When people are confronted with the idea of challenging and even changing their lifetime habits, their sense of self is attacked, and they therefore often protect their negative way of being for the sake of themselves. Humility is what helps people grow out of their unhelpful habits because humility is when we humbly own our flaws, weaknesses and imperfections.



THE CHOICE OF MATURITY AND CHARACTER

Q. What aspects of yourself do you get defensive about if someone criticises you about them? How have you responded to criticism of these aspects in the past?



Q. If you were honest with yourself, what flaws, weaknesses and imperfections do you accept that you have but are willing to address and manage in order to encourage your growth and progression in life? How do you plan on addressing these parts of yourself (without shame or chastisement)?

SLOW TO ANGER VS QUICK TO ANGER

Angry people are not influential people. Whilst the Machiavellian principle argues that it is better to be feared than loved, I would argue that it is better to be trusted than feared. When people trust us, they know where they stand with us. When we are slow to anger, we have more time to reflect, think and respond more appropriately. When we respond with anger, our priority is to defend ourselves rather than grow; thus we become more defensive and leave such engagements as we came (or, in a worse off position). Self-awareness breeds self-management and self-management influences the health and stability of our social engagement.

Q. Are you quick or slow to anger, or are you a mixture of both? Write down scenarios in which you are quick to anger, then write down scenarios where you are calmer. Can you identify the causal difference between the two?

Q. Write down a case study of yourself when you were quick to anger: note the circumstance, how you were feeling about yourself, how you were feeling about the circumstance and how you felt afterwards. What would you do differently if you could go back?



THE CHOICE OF MATURITY AND CHARACTER

PROMOTERS OF UNITY VS PROMOTING DISUNITY

Unity is always more character building than disunity. Disregarding people who we don't agree with, don't get on with or don't like is the easy option in life: learning how to live with them is harmony is the challenge. We can't bury people away and live in protective bubbles which never overlap with one another: we must confront wrongdoings, we must accept the unknown and we must learn to love and live with difference. It's easy to like people who see eye to eye with us, and even easier to dislike people who don't. Society and the world as a whole don't function in disunity - iron sharpens iron. We grow more as people when surrounded by people who we don't understand the world view of - because it is only through trying to understand one another that we can conceptualise a way in living in harmony with each other.

Q. Are you committed to working with and understanding other people, or are you more interested in doing things your own way?

Q. What changes can you begin making today to better understand others and begin working with other people?

GROWTH SEEKING VS SEEKING OF PLEASURE

Pleasure is an instant and fleeting experience which comes and goes, but growth is a process. For people seeking pleasure, enough is never enough: they want more success, more food, more alcohol, more sex, more friends, more happiness, more money, more children. For those seeking growth, it's not the end result they crave but the experience of the process. Those seeking growth are those who step out of the victim mindset and take responsibility for the direction their life takes, their thinking patterns, beliefs and behaviours.

Q. Do you embrace challenges and look for ways to grow and develop yourself, or do you shy away from change?



THE CHOICE OF MATURITY AND CHARACTER

Q. What areas of your life could you start improving in today which would prioritise growth over pleasure?



FAITH FOR THE FUTURE VS FEAR OF THE FUTURE

Faith, in a life coaching attitude, isn't a religious concept: it's a mindset. Without faith for our futures, we live in a state of apathy and passivity. People without faith in themselves are too afraid to step outside their comfort zone because they live in fear and therefore live selfishly (i.e. in a state of self-preservation). When we operate in faith, we are proactive in our lives because we're not worrying about how we will be received in the future and what will happen to us.

Q. Do you take risks with the faith that things will work out for the best, or do you tend to 'play it safe' due to the fear of making mistakes? How much more could you achieve with your life if you were to stop exercising fear and start exercising more faith?

DECISIVENESS VS DOUBLE MINDEDNESS

Decisiveness is a mindset we hope our clients will adopt because it demonstrates that they've moved beyond their fear of the future and failure. People who are motivated by making a difference in life are more decisive in their decisions than those seeking money and fame because they are driven by a passion and moral initiative which is greater than themselves. Those who are indecisive are in such a predicament because they are unsure about who they truly are, what they stand for and what their motives should be.

Q. In what areas of your life do you find yourself second-guessing yourself or changing your mind?





THE CHOICE OF MATURITY AND CHARACTER

Q. Can you identify areas of your life where you are only motivated by superficial and selfish things such as money and fame? How can you translate your thinking in these areas to assign a greater motivation?



RULED BY FACTS VS GOVERNED BY FEELINGS

A life ruled by facts is one which is stable and constant, whereas a life ruled by feelings is one which is turbulent and susceptible to spontaneous change. Feelings are very rarely based on facts: you could say that 'I don't feel like I'm good enough for x' but that doesn't mean that you aren't good enough. We can all achieve anything we commit to and prepare ourselves for: the only thing which impedes our ability is our feelings. Feelings are not facts: they shouldn't have as much power over us as they do.

Q. Are you completely honest with yourself and others in all areas of life?

Q. Do you hold yourself back just to keep the peace with others?

Q. Who could you be more honest with today if you weren't worried about how others would react?

DRIVEN BY PROGRESS VS DRIVEN BY SAFETY

How much life progress do you expect to make in your comfort zone? When most people feel pressure and stress in life, they retreat back into their comfort zone and hide away from responsibility and the difficulties being thrown their way. Why? Because they're driven by security and self-preservation. The problem is that no amount of growth can be achieved in the limited real of one's comfort zone. Whilst stress isn't something which people should encourage in their life, it's not something which should be avoided but



THE CHOICE OF MATURITY AND CHARACTER

managed. If more people took the time to work out how to manage stress (along with the physical and mental effects it causes), more people would be comfortable and confident in their ability to cope with stressful situations and allow the experience to be a learning opportunity for them, rather than something which pushes them back in life or into a state of petrified stagnation.

Q. What are the unhelpful and helpful ways you respond to stress?

Q. What are the most stressful situations you find yourself in that cause you to resort to seeking safe yet ultimately unhelpful coping mechanisms? How are these situations different from the kinds of stressful situations you find yourself capable of managing? Analyse the two different stress-related scenarios and identify what triggers an 'unmanageable' stressful situation vs a manageable one.

