

Change your life – What could be your next step?

Change your life What could be your next step?



Francisco Bujan

www.vitalcoaching.com

www.vitalcoaching.com

Content

Intro _____	Error! Bookmark not defined.
Part 1 – Change dynamics _____	4
Where to go next _____	5
What is the challenge? _____	7
Who should decide? _____	9
What is your source of inspiration? _____	11
Why invest in yourself? _____	13
Part 2 – Specific life situations with best strategies _____	16
I am not happy right now but I don't know where to start _____	17
Change job _____	20
Change my life _____	21
Change my life – I don't know where to start _____	22
Change my life style _____	23
Change something in me _____	24
Change the way I act _____	26
Change the way I act – I need to free myself first _____	27
Change my diet – I don't know where to start _____	29
Clear clutter _____	31
Clear the past _____	34
Find a new career _____	36
Find answers _____	37
Get fit – I don't have time _____	38
Get rid of an addiction – I can't take action _____	39

Change your life – What could be your next step?

I need to free myself first _____	40
I would like to move _____	41
Change house – I am not sure of my next move _____	42
Renewal power _____	43
Something has to change _____	47
Something is resisting in me _____	48
Take an important decision _____	49
Part 3 - 7 key steps to change your life _____	50
Free your energy _____	51
Identify and eliminate top resistances _____	53
Identify and focus on priority number one _____	56
Find out why change did not happen yet _____	57
Build up your confidence and emotional fuel _____	58
Take action _____	60
Choose an exciting context _____	62
Conclusion _____	63

Change your life – What could be your next step?

Part 1 – Change dynamics

www.vitalcoaching.com

Where to go next?

If your life has reached a reasonable level of harmony, and you are well established materially, the next question you can face is: where to go from there.

This is a very common question.

It is very important because you have a natural need to conquer.

Basically, your life never stands still.

A part of you wants to keep on growing and expanding.

This growth can happen on a material or mind level.

You want to expand your awareness, explore new territories and keep on growing as a human being.

This need is a reflection of your will power or "manifestation drive".

Another way to keep on growing is to impact or interact with others: you can do this by creating a family for instance or expanding your sphere of influence to a larger circle of friends or company.

Change and evolution are natural human instincts.

It happens no matter what.

The question is:

"In what direction do you want to grow?"

Your direction is your target.

You can have an infinite number of targets.

You can choose your targets consciously rather than responding to internal or external pressures.

Your instinct knows exactly what you want.

www.vitalcoaching.com

Change your life – What could be your next step?

Start by this simple question:

"What is your target?"

Give yourself a week to gather ideas, talk about it with friends and identify what you are truly excited in exploring in for instance the next 5 years.

This is your starting point.

It is your first step into your future: defining targets and directions.

What is the challenge?

Any time you feel something should evolve or change in your life, you tend to face a basic resistance.

This resistance is your comfort zone.

Your life is sustained by what you can call preserving forces.

A lot of what you create in life is aimed at giving you security and comfort.

The moment you go for change, you challenge your existing life set up (your comfort zone) and take a risk by stepping beyond the limits of what you already know.

It is like leaving a fortified castle to explore or conquer new lands.

To do this effectively, you need extra power and energy.

Change requires energy.

It does require focus and follow up.

If you resist change, it simply means that you reinforce your comfort zone.

Rather than discovering new lands, you will sometimes opt for securing what is already there.

This is why change is sometimes not your top priority.

You can have a vision of where you want to go but the moment it comes to taking real steps, you can delay action and simply step back within the territory of what you already know.

If this happens, there is nothing to be ashamed of.

These are natural life processes and the quest for security and comfort is a natural healthy instinct.

Change your life – What could be your next step?

If you feel however that your life has become too secure and renewal stops flowing in it (basically, you feel stuck or even bored 😊), you can consciously invite change into your existence and start taking small steps.

If a big step is too much, try taking a series of small steps which brings you closer to where you would like to be.

If you feel fear, doubts or hesitation, see these as warning signs coming from your preserving instinct. You can consciously recognize the dynamics of what is happening and simply increase your ability to change and evolve by responding to opportunities when you see them.

When you decide to change aspects of your life, you respond to your renewal or evolutionary spirit.

Change and renewal are inner calls.

There is often a choice or a conscious decision to be made.

Who should decide?

Your life is a ship or a Boeing 747, and you are the captain.

You are the one who owns the control seat.

Sure, there are situation in life where you delegate part of this power, consciously or unconsciously.

If you are a teenager or young adult, you parents often give you strong guidance and directions.

If you work in an organization, you accept to work within an infrastructure with a very specific balance of power.

Now, when it comes to life choices, nobody but you owns the right to decide what you want to do next.

It is your birth right to have control over your life and the more you express this power, the better you tend to feel.

Expressing your power is empowering.

Sounds obvious when you put it like that, right?

The trick is that sometimes, people or other influences tell you what to do.

They try to decide for you.

This is wrong especially if you never consciously gave them the right to take life decisions for you.

It is your life and you are the one who owns it.

If you are unsure of what to do next, you can of course ask for advice or even ask someone to take some steps for you if you can't.

What matters is that you do all this consciously.

www.vitalcoaching.com

Change your life – What could be your next step?

If you don't want to own the key choices of your life, it is okay to delegate these choices if you want to.

However, if you feel like you miss control over what happens to you, it is often the reflection of an unbalance of power.

Somewhere along the line you might have given away power in various forms without actually realizing it.

You might be 30+ and still behave like your parents have to decide for you.

Or you might be in a relationship and let your partner limit your choices, actions and dreams.

There can be dozens of life situations where you can reconquer your territory.

This means one thing:

You decide!

You are in charge!

Always remember this when your life comes to a point where you have to take key decisions or set up a long term life line for yourself.

What is your source of inspiration?

Your source of inspiration is a stream.

It is a spirit.

It is a vision of what you want to achieve or experience in life.

There are many sources of inspiration you can tap into but often, there is only one which takes you exactly where you want to be.

This is synchronicity.

It is your ability to be at the right place at the right time, performing the right action.

You don't have to accept everything which comes to you.

You can test what you read, listen to or feel.

You can test what you read right now.

Your ability to tap at will into your inner sources of inspiration is a key life skill.

You don't have to swim with every river which comes to you.

It is okay to be discriminative, selective and only invest yourself in what you feel is 100% right for you.

If you are unsure about a choice or life direction, track back your source of inspiration and identify where it comes from.

Where did it start?

What is inspiring you to take steps?

If you discover more about your sources of inspiration, you will for sure get clearer answers about your choices and directions.

www.vitalcoaching.com

Change your life – What could be your next step?

This means as well discovering more about your own spirit and what truly guides your steps in life.

How does energy work for you?

What is your connection to what surrounds you?

As soon as you perceive the underlying dynamics directing your life's events, you wake up to a whole new perception of your existence.

The key word is awareness. The best way to increase your awareness is to open new doors in your consciousness.

You can do this with some simple mediation or focus techniques which clarify your inner screen and help you see the play of energies and sources of inspiration in your life.

Why invest in yourself?

Why invest in yourself?

Because it makes all the difference.

Today, there are so many avenues in your life you can work on, and consciously design an existence you love and enjoy.

How do you invest in yourself?

You reinvest 10% of your time, energy and resources in you!

You can do this by giving yourself a treat and booking a well deserved holiday on a tropical island.

You can as well consciously train new life skills, do a personal development course, go for a spiritual retreat, take time for yourself and your family and so much more.

The moment you understand the dynamics, there is no limit.

What matters is that you give care to your being in one way or another.

You take a moment to step back and give yourself the priority for just half a day a week.

You can of course give yourself much more but if you don't know where to start, this is the best way to go.

Choose a time, choose a target and simply give this to yourself.

Invest as well in it! Don't think that your being, body and mind are not worth it.

If you find easy to buy a new set of dishes for your kitchen, don't hesitate a second to buy a new tie, new dress or a gym membership for a few months.

You are the number one priority in your life.

www.vitalcoaching.com

Change your life – What could be your next step?

Put it this way: if you feel greater satisfaction and higher level of energy, everyone benefits from it.

You owe it to yourself as well.

When you feel down or low, everyone suffers from it.

When you are happy and shining, it's a win-win for everyone.

You are priority number one.

It is okay to be totally selfish and give first to yourself (at least once a week! 😊)

So, where or how do you invest in yourself?

What works best is to develop new life skills, gain effectiveness and satisfaction in key areas of your life like business, love life, social life, personal and spiritual development.

What matters first is that you understand the dynamics involved and simply take steps in that direction.

You will notice that your level of life satisfaction can raise a couple of points instantly the moment you do.

I won't sell you coaching here because you already know that coaching sessions go in the same sense.

It is all about validating and empowering your being.

Doing this is never a sign of weakness.

If you want to invest in yourself in a challenging way, take a para gliding course or go do some surfing in the Hawaiian waves.

You can care for your being in any way you want.

You can set up goals and warm up to the idea that you are worth it!

This is not a therapy line by the way.

I am not talking about healing (even if this can be an avenue as well).

www.vitalcoaching.com

Change your life – What could be your next step?

No, the most direct way to invest in yourself is to conquer new territories in your life.

The targets are simply new.

Focus mainly on yourself rather than systems or people around you.

You are the core of all that, right?

Empowering your mind and life is the most direct way to energize the totality of your existence.

Don't hesitate a second!

You owe it to yourself!

Part 2 – Specific life situations with best strategies

In the next few pages, we will check key life situations which require shifts and effective strategies.

Focus on your target and take action!

I am not happy right now but I don't know where to start

What you describe is very common.

If you were an artist, you would simply say that you face an inspiration gap.

With your life, the same can happen.

When you face an inspiration, motivation or energy gap, all you need is to reconnect with sources of power and renewal in yourself.

Imagine channels of energy flowing through your being.

When life and inspiration flows, your channels are active and you feel truly happy.

If some of your channels feel blocked, you feel unhappy and lack energy or motivation.

There are two steps you can take: The first one is to energize your life exactly the way it is.

This might mean changing your diet or exercising.

It might mean as well relaxing with some friends or energizing your social life.

If you work hard, you can give yourself a break and take some time off, simply to gain back some energy.

This is the first set of solutions: energize your life as it is.

The second set of solutions goes deeper: you reorient your goals, redefine your life purposes.

This implies a "structural change".

www.vitalcoaching.com

Change your life – What could be your next step?

You start changing the way you do certain things in life, find new targets, or use your money, time and energy in a different way.

This implies a bit of "soul searching".

It means that you step back a little and observe your life from the distance.

You redesign the way you stand in your existence.

Imagine standing in front of your life's architecture.

You are the designer and your first goal is to create a life vision you are truly excited about.

You take what you have right now and add new qualities and actions to it. You can as well simply reshape what you have.

Where to start?

If all the goals you already achieved do not satisfy you, start looking for deeper and more profound targets.

This might mean stepping into some "spiritual" or "personal development" fields.

If you know nothing about these, then it's a good sign.

Discovering more about your values, energy and your life gives you an inner sense of support which radically shifts the way you stand in life.

Does this mean that you need to meditate 2 hours a day and give up your material wealth?

Not at all.

All you have to do is start nurturing these areas of your life (your mind and spirit) and define your inner goals in these fields.

After that, you can simply conquer these new territories exactly the way you conquer anything else: by focusing on these topics, developing some new skills and expanding your awareness.

www.vitalcoaching.com

Change your life – What could be your next step?

The moment you set up your mind and will power to gain a more powerful emotional or spiritual base, you naturally head for new targets which energize your life.

In many cases, it means one thing: keep the structure of your life the way it is but add new qualities to it: life force, fun, power, dynamism, pleasure, excitement, thrill, vision, generosity, love, complicity, synergy and so much more.

I encourage you to connect with sources of inspiration in these fields.

If you want to go for it, you can as well try solo and reinvent the wheel on your own.

There is no limit to it.

What matters is that you start exploring your mind and spirit and discover what truly goes on in it.

This is the first step of many more to come.

Change job

The first step is to make a quick assessment of where you are at:

- **What does your dream job look like?**
- **What realistically can you expect?**
- **How competitive are you on the market place?**
- **Are the other areas in your life secured?**
- **How do you feel about your past professional experiences?**
- **What can you get in a new position that you are not getting right now?**
- **Do you need extra training?**
- **What steps did you already take?**
- **What key information do you still need?**
- **What are you deep reasons for shifting jobs?**

At the end, what takes the decision is an emotional impulsion. To strengthen this emotional fuel, the best is to envision the future and to gather power to take steps.

Change my life

Change comes with taking action.

What stops you from taking action can be lack of confidence, lack of strategy, lack of energy or resources, lack of skills or emotional fuel, etc.

All of that can be overcome with some determination and power. This is what we focus on in a coaching session: building up confidence and support to take small affordable steps.

Stepping beyond your comfort zone is always a challenge. No matter what step you take, changing something in your life always creates pressure or stress on your system. This is why there is a natural tendency to resist change.

The way to handle that is to increase your awareness and get familiar with the emotions and forces which are involved in any change.

These are concepts and ideas. Once you want to change something, the best is to focus on very practical steps you can take.

Accept that there is always an opening or some form of minor risk involved but don't let resistance emotions stop you from taking action.

Every time you sit back and hesitate, you feed your doubts. If you want to build up trust and confidence, the best is to take action in one way or another.

Change my life – I don't know where to start

If you don't know where to start, the best is to focus on priority number 1.

Ask yourself this question: **"If I could change one single aspect of my life between now and next week, what would that be?"**

Write your answer on a white page. Take another page and write down your possible options to achieve your goal.

It is better to start with something small, a step which is affordable, realistic and that you can easily take. Once you get confident with taking small steps, start focusing on bigger steps.

Give yourself 1 target per week. In the beginning of next week for instance write down a target for the week. Write down your options. Design a strategy. And start working on it.

If what you want to **change a behavior**, the best is to look at it like a form of life training. If you want a new behavior you have to train yourself with it. It means repetition, experimenting until you feel you truly own that new pattern you want to integrate in your life.

Change my life style

The best is to take a white page and write down the options which come to your mind. The easiest way to start changing your life style is by taking small affordable steps.

Any step you take should be oriented towards gaining more fun, freedom and excitement from life. Why? because unless you are excited about the changes you make, they won't stay for long.

Don't take hard steps that limit your spontaneity and freedom. If you focus on discipline, you are looking at short term success. If you want long term success, the best is to follow your instincts, inspiration and excitement.

Allow space for creativity. Don't rigidify frames or habits. Focus on increasing personal freedom instead.

Enjoy!

Change something in me

What do you want to change in you?

Usually the answer will be:

- An emotion
- My way of responding to a situation
- The way I feel about myself
- The way I relate to others
- Etc.

All these are mind patterns.

What is a mind pattern?

It is a thought form, an emotion, a habit, etc.

All these are the result of either conditioning or genetic imprint.

Conditioning is the result of education and it can be changed. All you have to do is to reprogram your mind.

If your computer is not efficient, you'll usually add a piece of software, reprogram an aspect of the procedure, etc.

Your mind functions in a similar way. To shift a mind pattern, all you have to do is replace it by a new more efficient pattern.

Here are some examples:

If you tend to doubt a lot, all you have to do is replace doubt by trust and confidence.

If you miss social skills, go and get what you are missing.

How do you do that? By retraining yourself, retraining your reaction in very specific life situations.

www.vitalcoaching.com

Change your life – What could be your next step?

You start by reducing the challenge to a size that you can handle. Divide the problem in very small parts and focus on one aspect at a time.

In the beginning of the week, you identify a key area you want to focus on. For instance if you want to strengthen your confidence, you consciously focus on taking risks or steps you did not take before. You go beyond your comfort zone by taking action. Focus first on small affordable steps. Once you feel confident with small steps, take bigger steps, and so on.

Focus on one target for 1 week. Make it your priority and focus number one.

The following week focus on a new target, for instance communication skills. Develop that skill for a week and move on to another target the following week.

Change will happen if you take action. This means taking steps and going beyond the limits of what you already know.

It is possible, easy, and within your range.

Action is what takes you from where you are to where you want to be.

Change the way I act

The best is to gain focus first: take a white page and write down exactly the behavior you want to change.

Take a specific life situation and describe in detail how you behave in that situation.

Take then another white page and describe the way you would like to act in this situation.

Take a real example and write in detail your answers.

Next step is to train yourself in this new behavior. The best is to be extremely aware next time you face this situation. Observe your emotions, feelings and what is happening in you. Then try to act according to what you feel is your best behavior in such situation.

Another option is to simulate the life situation you described and train your new behavior. The key with training a new behavior is repetition. It might not flow and feel really awkward in the beginning. Very soon though, you will notice how your new behavior starts growing and taking roots in you.

Change the way I act – I need to free myself first

The best to change the way you act, is to make it very specific. Describe the situation and the key behavior you want to change in that situation. For instance if you want to change the way you relate to others, start by focusing in the way you greet someone.

Focus on your attitude in these 5 first seconds.

Spend 1 week focusing on only that aspect of relating.

The following week, focus for instance on the way you say good bye.

Think of words, smile and body language.

To establish a new behavior, the key is training and repetition.

You have to repeat your behavior a few times (real life and simulation) until you feel confident with your new skill.

Here are the 4 simple steps to establish a new behavior:

- Choose a very **specific situation** in which you want to change your behavior.
- Find out what your **new behavior** could be. Describe it detail on a white page.
- **Practice in simulation.** Repeat until you feel confident
- Do it in **real life**

Free yourself first?

Here are 7 key ways to free energy, space and resources in your life

- **Clear your past**
- **Clear clutter**
- **Finish unfinished business**
- **Establish clear boundaries**
- **Free time in your agenda**
- **Allocate financial resources**
- **Build support structures**

Change my diet – I don't know where to start

Here are some common unhealthy eating patterns

- Late dinner
- Lots of snacks
- No regularity in the meals
- No breakfast
- Only 2 meals a days
- Large meals with second serving
- Sweets, candy bars, etc
- Poor in vegetables
- Poor in fruit
- Lots of meat and fish
- Lots of bread

Do you recognize any of these?

Here is what you can do for a start: simply choose one of these and replace it by a better pattern.

No need to take a drastic step.

We are talking about a very simple and small affordable step you can take.

Here are some healthier examples:

- **Regular meals**
- **Replace bad snacks by good snacks (fruit, muesli bar, etc.)**
- **Cook smaller meals**
- **More veggies, less meat**

www.vitalcoaching.com

Change your life – What could be your next step?

- **Buy more fruit**
- ...

Give yourself 1 week to establish 1 simple change and nothing else.

Just choose one, write it down on a "post it" and stick it on your fridge as a reminder.

Once this habit feels established and natural for you, focus on a new step.

Choose what feels natural for you, something which does not require a big effort.

The key for long term success with eating patterns is to focus on fun, healthy and enjoyable food, and find out natural habit patterns that fit you.

Enjoy!

Clear clutter

Simple, sign in for a one time coaching session.

I will give you support and show you how to do it.

I know what you are thinking: "too complicate, too expensive, too whatever..."

Doubts, resistance, hesitation!

See the dynamic?

I can help you but you need to invest at least some time, energy and money into it.

Motivation is an energy. It is priceless. Once you have it and know how to access it, you'll have this skill for the rest of your life.

I know, it's not always an easy equation to understand: Motivation does have a monetary value.

Consider coaching as a "life market" where you can literally "go shopping" for qualities like these?

Of course you have other options: Find motivation inside yourself, ask friends, wait until it comes, etc.

If you already tried these and it did not work, I suggest you try another strategy and see what happens.

You and I want the same thing.

What you want is to get results with a minimum of effort, time and energy. That's exactly what I want for you as well. I am 100% committed to it.

Now, take a second to imagine your space without clutter. Imagine how it feels. You get this feeling of satisfaction and achievement. Done!

www.vitalcoaching.com

You have now space, time and extra energy. It feels really good doesn't it?

I know, on the net, you come across lots of stuff. You are bombarded by a flow of propositions to buy products you often don't need. It is truly tough to sort out what is needed and what isn't, specially when dealing with professional marketers whose only goal is to push you to blind consumption.

Now, it is essential for you to use your discrimination.

If what you see in this message is just another marketing scheme, please, do run away fast! You have more than enough of that kind of stuff. My task is to protect you against stuff like that, not to make you a victim of it.

If on the other hand, you recognize in this message something "different" which is here to fulfill a real need with a powerful product, then go for it. The sooner you take action, the sooner you'll get results.

Some ideas on where to start?

Everything is made of energy. We have an energy or psychic link with absolutely everything we have around us. Every object and element in our personal environment impacts on our daily lives.

There are a few places you can start

- **Administration**

Take this pile of unsorted bills and paper and sort them out. Throw away what you don't need.

- **Emails**

Sort your inbox. Create folders for what you need to keep. Organize and delete.

- **Clothing and personal stuff**

Create space. Clear the past. Clean your personal environment. This will greatly clarify your mind.

www.vitalcoaching.com

Change your life – What could be your next step?

Clearing clutter is a great way of freeing energy. Once you start, you feel this energizing and stimulating force. When you finish, you can almost touch the clarity you created.

Take steps. This will greatly clarify your mind and prepare you for enjoying more the present and the future.

Now, what I want is simply to give you space.

How does that feel?

Clear the past

If you want to clear the past, start by clearing your physical environment.

Clear the clutter, past memories, objects, paperwork, etc.

Create space in the present so that you can start moving into the future.

Clearing the past means gaining emotional freedom. It means having free resources in you to invest into the present and the future.

Identify what is draining you right now and strengthen your personal boundaries to protect your personal space.

You gain emotional freedom by taking control of your life. You decide what goes in it. You take control of your agenda, time frame, actions and activities. This can mean a major shift.

You are the most important person in your life. You are the centre of your existence. You take the decision and make choices. You are in power! You are in charge!

- **I free myself**

I unhook myself from the past. I clear the clutter. I free energy in me and get rid of anything which holds me back.

- **I focus on what thrills me**

Emotional fuel is the key energy which makes me move and take action. The way to build up motivation is to focus on excitement. I make anything exciting a priority.

- **I gain clarity**

I design my vision. I bring in the elements I need. I am the architect of my life. I am the designer of my destiny. I am visionary and realistic at the same time.

www.vitalcoaching.com

Change your life – What could be your next step?

- **I take action!**

Action is what brings me from where I am to where I want to be.
I love risk and learn from experience. Nothing can stop me.

Enjoy!

www.vitalcoaching.com

Find a new career

In the initial stages, the best is to gather information and check with experts. You can't make your choice unless you have all the info you need.

Having extra info will give you the confidence and support you need right now. Dare to go out there ask straight questions and get answers from those who can help you.

- **What are your options?**
- **What are your desires, passion and ambition saying?**
- **What are your realistic expectations?**
- **How competitive are you on the job market place?**
- **What are the top 10 qualities you have to offer?**
- **What top 10 qualities do you expect from any future profession?**
- **What does it take you to be successful with your career shift?**
- **What are the new skills you need to learn?**
- **Where can you get targeted training?**
- **Who can help you or mentor you with these steps?**

Take small non committed steps and gather key information. The only thing that can take you from where you are to where you want to be is action.

Enjoy!

Find answers

If you need to find answers, the best is to start asking questions.

Send me an email and tell me what your questions are. I can give it a go. You have thousands of experts online. You can tap into this infinite source of wisdom.

If you feel you need to find the answers yourself (it's okay, it's very stimulating to search and get excited about getting closer and closer) I can ask you the questions and simply let you answer them.

If you feel you don't want anyone else but you to get involved, simply take a white page and write down your question in the middle of the page. Then write down any idea which comes to your mind, even the ones that you believe can't be right.

You might notice at the end that you get a strong feeling about one of your answers...

Enjoy!

Get fit – I don't have time

When you say: "I have no time", you are in fact saying: "I have other priorities".

This is fine.

It is okay.

We all have very busy lives.

The trick to create time is to block space in your agenda.

Make a choice, like twice 1 one hour somewhere in the week.

The second step is to focus on a way of exercising or training which is fun, exciting, social, energizing, etc.

The fun aspect of training is essential. If your training is purely based on discipline and long term goals, forget it, it won't work.

To succeed, exercising must be fun and flow naturally for you.

Surround yourself with people who train.

Get to meet new friends and make training a more social event.

Give yourself a treat or do something together after training.

That way, motivation will double.

Enjoy!

Get rid of an addiction – I can't take action

The best to get rid of an addiction is to focus on something better than that.

Most addictions are self destructive.

They literally destroy your life.

The only reason they stay with you is because something in you tolerates their presence.

Who or what can do something about it? YOU! Mainly you!

You are in charge of your life.

You have full responsibility for your actions and behaviors.

The key for shifting is to increase your power.

You have an infinite source of power in you which can simply break through any form of self destructive behavior.

The only thing you have to do is decide once and for all to be in charge and win a battle against anything which is stopping you from being where you want to be.

I believe in you simply because I know your potential as a human being.

The moment you take a decision without looking back and aim for where you want to be, nothing will stop you.

Enjoy!

I need to free myself first

Free your energy using these 7 simple approaches

- **Clear your past**

Find out if there are any negative emotions, fears from past experiences which are holding you back from taking action.

- **Clear clutter**

Create space around you by simply clearing your physical environment. Old unsorted stuff, papers, mess is often what keeps you from moving forward.

- **Finish unfinished business**

Especially with people. Are there hidden conflicts, unsolved issues in your life?

- **Establish clear boundaries**

Protect your personal space and energy. Is anything draining your energy?

- **Free time in your agenda**

Open space in your agenda. This is an excellent way of establishing clear priorities.

- **Allocate financial resources**

Put some money aside for a special project. Create a reserve.

- **Build up support structures**

Gather the support you need from friends, family or peers. Gather the tools you need. Collect essential information.

www.vitalcoaching.com

I would like to move

I would like to move to Montana and live and work there. I have a family; husband and 4 children. I do not know what it really is like living in Montana after living here all my life but I would like to live a completely different life than the one I live. My husband could possibly transfer with his job but I would have to get one there. I do not know how to start living a dream and I don't want to change everything and find out it was a mistake. We are not rich so it would be a big challenge. How does one move totally across country and do it right?

The best is to take a small step and go there first to check it out. Take a trip to Montana and see how it feels first. Establish contacts there. Ask lots of questions to the locals. Visit real estate agents. Do all that in a non-committed way, simply to gather key information.

Sometimes you are in a period in your life where you want to change something. Changing location can be the first reflex, but there could be other options.

Explore other "changing" options, like career and jobs, new life directions, putting some fresh energy in your relationship, etc. Make sure that if you decide to move, you do that consciously because you know that it is what you want.

Take a white page and write down the 10 key elements you will find in Montana that you can't find in Louisiana.

When you know what you are looking for, it greatly strengthens your motivation and gives you a kick to go ahead and do it.

You are realistic and that's excellent. Don't lose it. Stay with your two feet on the ground. Estimate how much the moving will cost and how you will finance it.

Enjoy!

Change house – I am not sure of my next move

Ask yourself these questions:

- **Why do I want to move?**
- **What will I find in my new location that I don't have right now?**
- **Is this the most important step I can take right now?**
- **What are my possible destinations?**
- **What is my financial plan for this move?**
- **Is this plan realistic?**
- **What is exciting about moving to this new location?**
- **What will it change in my life?**
- **Is there anything which needs to be secured before making the move?**

Take a white page and answer these questions one by one. It will give you clarity and focus towards your target.

Enjoy!

Renewal power

The single most important quality to change is not ideas and strategy.

It is free energy and power.

As long as resistance is too big, change does not happen. The situation simply stays the way it is.

The key to change and evolution (whatever that might be) is to connect with the inner power and energy to actually go ahead and do it.

Of course you need as well a clear target, ideas and strategies on how to do it.

The first quality you will need though is always this: Power, energy, emotional fuel.

I know nothing about your situation.

I don't know if your challenge is inside yourself, with relationships, with work or something else.

When you have extra power, you can apply it to any area of your life.

This extra force is conquering power or renewal power.

It gives you the ability to dissolve resistances and move forward.

The key is to connect with sources of power which "sponsor" your change.

Most of the forces in and around you are geared towards creating resistance and simply freezing your moves.

It is natural.

These forces are called preserving or conservative forces.

Change your life – What could be your next step?

They are what keeps society together and stable.

They are projected by doubts and endless hesitations coming from friends, coworkers, family, conditioning and self limiting beliefs.

When you decide to change something, the forces of change need to be stronger than the forces of resistance.

It is a simple physics equation.

If you want to change, you need to connect with a stream of renewal power.

You can connect with this inside yourself or you can connect with sources of power and energy which will support you in moving forward.

You have a wish and desire to change something.

The question is: "do you have what it takes to make that change?"

If the idea of investing a bit of time, energy and money is already too much, I believe you are stacked my friend.

What you are saying is: "I actually love my comfort and the idea of stepping beyond the limits of what I know is just too much".

Change is stressful.

It requires the integration of a new set of energies.

This is why there is a natural tendency in you to resist change and renewal.

You can sometimes get frustrated because a force in you wants to move forward while another one is resisting, stabilizing and simply freezing your moves.

You probably know many examples of people who want change but do nothing about it, right?

They sit back and the idea appears in their mind every now and then.

www.vitalcoaching.com

Change your life – What could be your next step?

They think about it, get frustrated and then move on with their lives doing exactly what they were doing the day before.

This means one thing. Their will power is not strong enough.

They miss the inner renewal power which allows you to break through resistances and shift key elements in their lives.

They simply don't have the resources in them because there is no determination to do something about it.

Determination is an inner decision.

One day, you wake up and decide: "I am going to do what it takes to shift this situation".

Change is a line of action, behavior and emotions you learn to master in you..

Change is renewal power.

It is a form of energy you build up, concentrate and use in your life.

To tell you the truth, your power of renewal is more precious than money.

It is more precious than anything material you have in your life.

When you connect with your renewal power, it is your whole life stream which shifts.

It is as if you open the doors and allow a free flow of life power.

It is refreshing.

You either watch the river from the side or you jump in it and go with the flow of transformation.

That's the choice you make.

You can't be super resistant to life, feel threatened by the forces of evolution and want change at the same time.

www.vitalcoaching.com

Change your life – What could be your next step?

You want to change?

Then lift up your natural resistances and accept to go with it, take risks, open up and move forward.

What can stop you?

Fears, doubts or hesitations.

You get the picture?

You might think I am trying to sell you something?

Definitely yes!

I am selling you your own potential.

I believe you have a strength and inner power waiting to come up.

Don't sit on this inner volcano of power without daring to open the lid and free your energy.

You have the power to free your inner resources of energy.

Imagine this inner stallion ready to be freed.

Using your power is a natural human right!

Go ahead and use it!

Something has to change

Here are some key ideas on how to change:

- **Change is stressful**

You, like anyone else have a natural resistance for change. Why? Because change requires energy. It requires the integration of new mind patterns. This means that if you engage into changing something in you, you'll be under pressure or stress during this transition period.

Sometimes you will choose for stability rather than change simply because of that. Stepping beyond your comfort zone and trying something new is challenging no matter what.

- **I love action! I take risks!**

To go for change, you need to totally shift your mind set. Action is your friend. Every time you sit back and hesitate, you feed your doubts and comfort yourself in the present situation. Going for change means picking up the challenge. You go for it even though you know that taking action means stepping beyond your comfort zone.

- **The easy way**

The easy way is to get help! Instead of seeing change like a mountain to climb, see it like a swim into a refreshing stream. You can reinvent the wheel if you want to. You can as well simply benefit from other's experience. The hard way is to isolate yourself and reject interaction and sources of support.

- **Look beyond**

Focus on what comes after. Focus on what you can do once you changed what you needed to. Your mind, body and life are your vehicle. The sooner you make that vehicle performant, the sooner you can focus on taking it to the next step. Get rid of what holds you back. Move forward. Don't stay half way.

www.vitalcoaching.com

Something is resisting in me

The first step is to identify what is resisting in you.

- Fear?
- Doubts?
- No clear idea or strategy?
- Not sure of what you want?
- Etc.

Resistance is very natural when wanting to change something.

Why?

Because change generates stress on your system.

It generates pressure.

The integration of something new, new energies, new ideas is always something you have to take inside and integrate in your own terms.

This integration requires extra energy and focus.

Sometimes, you simply don't have the time or energy to invest in it, so you let it go instead of doing something about it.

From the moment you are born, your mind is being conditioned (Nothing scary. It is positive and just happens for everyone).

This conditionings are your thought patterns, behaviors, attitudes, emotional reactions, etc.

When you want to break through and free yourself from an old conditioning, you need extra energy and extra power. It is quite natural.

When something new wants to take place, something old has to be dissolved.

Enjoy!

www.vitalcoaching.com

Take an important decision

Before you can decide you have to find out what your options are.

Ask yourself these questions to gain clarity:

- Is there something you have to let go if you choose for one of the possible directions?
- For every option, you could choose, what is it that you would have to let go of?
- Do you have enough resources, energy and time to follow up with your choice?
- Are there any conflicting interests?
- Where is resistance coming from?
- Is this resistance in you or outside of you?
- What is this resistance telling you?
- Are there any risks involved if you take your decision?
- What are these risks?
- How will you feel once you take your decision and move forward?

Sometimes, all you need is simply a little bit of extra power and confidence. Is this the case for you?

Enjoy!

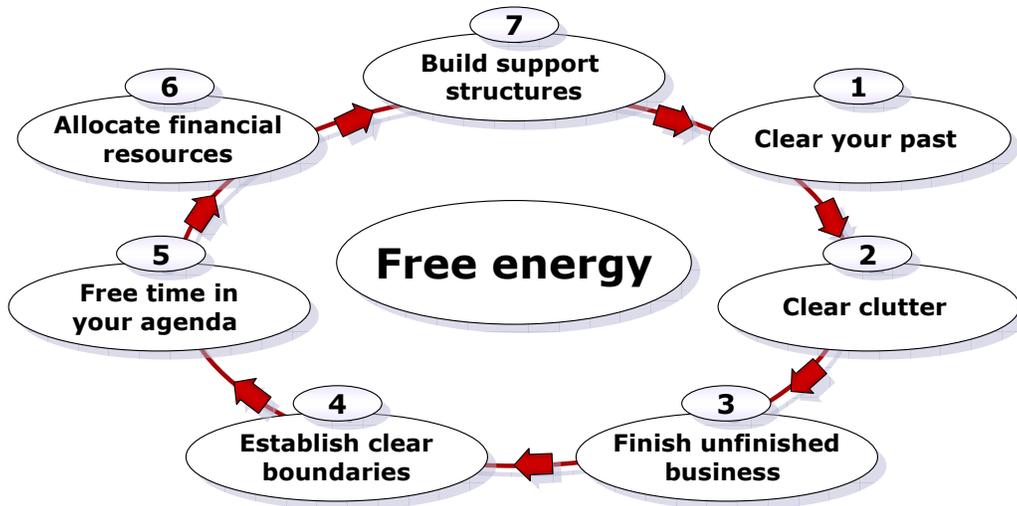
Part 3 - 7 key steps to change your life

This is a simple method to gather energy and shift key aspects in your life.

At the end, change is very instinctual. It is like jumping in a river and going with the flow.

However if you feel that change does not happen spontaneously for you, you can give nature a little help by understanding more about the dynamics involved and how to empower your transformation path.

Free your energy



Free energy using these 7 simple approaches:

- **Clear your past**

Find out if there are any negative emotions, fears from past experiences which are holding you back from taking action.

- **Clear clutter**

Create space around you by simply clearing your physical environment. Old unsorted stuff, papers, mess is often what keeps you from moving forward.

- **Finish unfinished business**

Especially with people. Are there hidden conflicts, unsolved issues in your life?

- **Establish clear boundaries**

Protect your personal space and energy. Is anything draining your energy?

- **Free time in your agenda**

Open space in your agenda. This is an excellent way of establishing clear priorities.

- **Allocate financial resources**

Put some money aside for a special project. Create a reserve.

- **Build up support structures**

Gather the support you need from friends, family or peers. Gather the tools you need. Collect essential information.

Identify and eliminate top resistances

Resistances are forces you can understand and overcome. Here are some simple mind tricks to empower your action and set you up on a path of transformation.

A mind set is more than an affirmation. It is a whole stream of energy which sponsors your action.

Here are some key mind set which will put you on the renewal high speed track:

Simply focus on the mind set which matches the resistance you might feel:

- **Conflicting interests**
 - **I am sure of my next move**

- **Doubts**
 - **I know I can do it**

- **Hesitations**
 - **I take action**

- **Lack of time**

www.vitalcoaching.com

Change your life – What could be your next step?

→ **I free time**

- **Lack of knowledge**

→ **I know where to start**

- **External resistance**

→ **I break through any resistance**

- **Too many choices**

→ **I see my line of action with total clarity**

- **Lack of energy**

→ **I resource myself**

- **Lack of focus**

→ **I stay focus on my target**

- **Not sure it is the right step**

→ **I gain total clarity**

www.vitalcoaching.com

- **Can't afford it**

- **I free financial resources**

- **Inner resistance**

- **I wake up my conquering power**

- **Too risky**

- **I gather strategies for any situation**

Identify and focus on priority number one

This is one of the top action taking keys.

Take a minute to gain clarity and identify your number one priority.

This is not a mental decision.

Trust your instincts!

Deep inside you know exactly what you need the most right now.

Focus on your number 1 priority.

This will give you extra fuel and motivation to take steps

- **What is your most urgent need?**

Find out why change did not happen yet

If you tried already to shift the specific element you want to change, find out what was missing when you first tried.

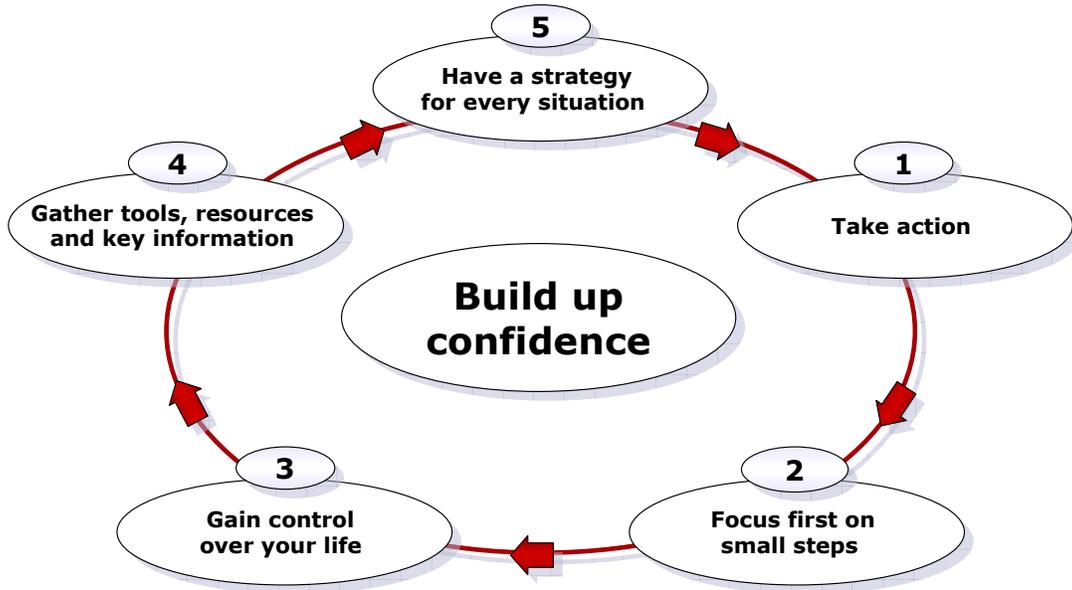
Any experience gives you valuable information.

Use your experience to understand the dynamics you are in and develop new power and strategies.

What was missing?

- Lack of ideas?
- Lack of action?
- Lack of follow up?
- Too high expectations?
- Lack of resources? time, energy or money?
- No clear strategy?
- Lack of support?
- No sense of urgency?

Build up your confidence and emotional fuel



Discover these 5 essential ways of building up your confidence and emotional fuel

- **Take action**

Action wakes up an instant stream of life force in your system. The moment you take action you invoke power in your life. It is the most direct way to build up energy. Take action even if you go first for a small step.

- **Focus first on small steps**

You heard this before: every journey starts with a first step. Sometimes you don't have the full picture of where you are going. The best way to gain clarity is to take one step forward. This allows you to test the waters and gather essential information, feelings and insights.

- **Gain control over your life**

It is your birth right to be in charge of your existence. When you are born, you are given a reserve of controlling power. This controlling power is your ability to sit in the cockpit of your life. It is a human right! You own it! Use it!

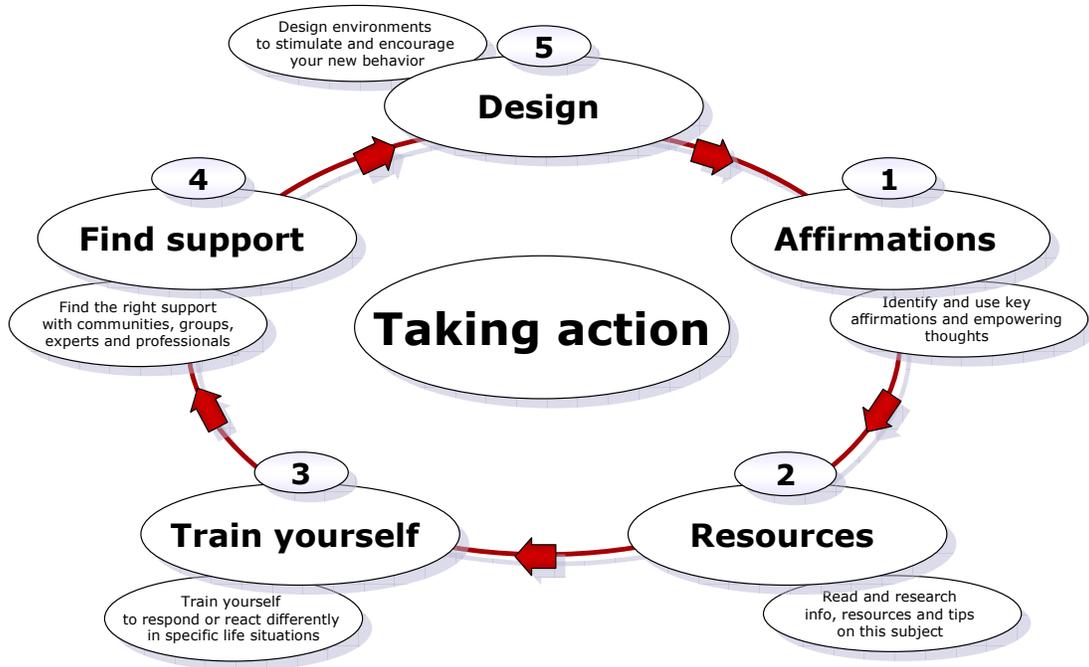
- **Gather tools, resources and key information**

To take a sound decision, you need to have key information. Information gives you power. It is like road map of the country you travel to. Learn from those who have been there before and if you miss anything for the trip, take steps to gather what you need.

- **Have a strategy for every situation**

A strategy is a plan. A strategy is what you need when you engage yourself on a conquering path. You face challenges and you win them because you have the right mind set to deal with them. You foresee pitfalls and deal with them before they even arise.

Take action



Take action using with these 5 key techniques

- **Affirmations**

Identify and use key affirmations and empowering thoughts

- **Resources**

Read and research info, resources and tips on this subject

- **Train yourself**

Train yourself to respond or react differently in specific life situations

- **Find support**

Find the right support with communities, groups, experts and professionals

- **Design empowering environments**

Design environments to stimulate and encourage your new behavior

Choose an exciting context

The core of any action you take is motivation and emotional fuel.

When you focus on exciting targets and establish your actions within an exciting context you multiply your level of power and energy.

Focus on these key qualities you want to have in the core of any action you take or any transformation path you engage yourself into:

My wishes about any new step I take in life:

- **Fun, exciting and energizing**
- **Easy, fast and direct**
- **Respect for all aspects of my life**
- **Social if possible – meet people while doing it**
- **Fit with my natural rhythm**
- **Makes a significant difference**

Conclusion

I hope you enjoyed this material!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For coaching:

<http://vitalcoaching.com/coaching.htm>

For more, go to:

www.vitalcoaching.com.

To your power

Francisco Bujan