



How to Access a Life of Freedom and Ease

What keeps YOU from living a life of freedom and ease?

When asked this question, most often people begin a process of introspection and inevitably they come up with the notion that it's something outside themselves (circumstances) that prevent them from living this kind of life. It could be a lack of time and resource, a lack of education and so on.

I invite you to consider that there is another side worth investigating. What if it's your mindset that's getting in the way? What if it's your true self you fear?

At first blush, you may believe your true self is doing just fine... thank you very much! ;-). Or you may have a thought it isn't much to write home about and feeling like something is wrong with you (I know I used to think that about myself). You may have feelings of inadequacy or "imposter syndrome" or plain old insecurity - the symptoms are familiar. You suspect that luck and circumstances might explain much of your success thus far in life. And then the anxious little voice in your ear whispers, "When will you be found out?" and, against your better judgment, you listen.

In part this explains why, when asked to describe what living a life true to your self looks like, people rarely refer to a self-expression of their natural talents, wisdom, and essential nature. Instead, they talk about external things that they have gathered during their life, such as certificates and diplomas, experiences and money. Here is the "proof" that they have improved themselves, that they have acquired something valuable to offer that justifies their existence.

I don't mean to imply that this fear or belief is entirely negative. After all, the flip side is it has pushed you to strive for greater things in your life. I do want to remind you, however, that if you don't stop pushing yourself for fear of how little you might find in the quiet moments, you will miss the wonderfulness of who you truly are.

I say "remind" because so many of us forget who we truly are. We forget our strengths. We forget our wisdom. We forget because we take it for granted. After all, we live with ourselves every day, and we forget how precious and amazing we are. Like the New Yorker who no longer hears the sirens and the horns, we are so close we don't see our greatness anymore.

If your goal this year is to BEcome and HAVE a life that's more of a true expression of who you are and one that flows with freedom and ease, then I invite you to consider taking on this topic of FEAR and the inner BELIEFS about yourself and what's possible for your life. It has been my experience in both my life and the lives of my clients that these gremlins are the things that keep our life small and holds us back from having the life we truly want, the relationships we desire and the happiness we yearn for.

Most importantly, those internal conversations about ourselves keep us from seeing our greatness and prevent us from fully accepting whom we are. I found for myself that the more I worked on my mindset, my 'inner game', the faster and easier I reached my goals and got the results I wanted.

Don't you deserve a life of freedom to be exactly who you are and are not? Is it time to step into your greatness? I hope this will inspire you to give serious thought to stepping off your plateau!

To your success,

Coach Christine

Bio:

The author of this is Christine Silvey. As a Certified Life, Career and Personal Development Coach, Christine is passionate about empowering YOU to actively create exactly what you want for yourself and for your life without struggle! To find out more about coaching or to contact Christine, please go to <http://www.empoweredyou.com>