

Choose the Life You Want To Live



By Christel Libiot, Life Coach

“When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life” (Greg Anderson).

- Do you think that you just have no choice in the direction your life is taking?
- Do you wonder what living fully means?
- Do you wake up already overwhelmed by your “to do” list?

- Do you know deep inside you can do and be more but just don't know how?

Choosing to live the life you know you deserve can seem too difficult to attain if you don't have the right support. Life has a way of throwing challenges at us and sometimes we feel stuck and don't know which direction to take. It is like the wheels of our life are not well inflated and the ride is bumpy, sometimes very bumpy.

When you know you are ready to choose a life filled with more passion, fulfillment, consciousness and over all more empowerment, hiring a life coach can be the right thing to do to help you along in the journey.

Here are just a few of the things a life coach can help you do:

- Reclaim the life you want for yourself.
- Create goals, both long-term and short-term.

- Make healthy life choices with your diet and exercise.
- Help you organize your home, office and life.
- Identify and make the right choices for yourself.
- Face challenges and obstacles as they arise so your success continues.
- Effectively help you work through challenges that come with an illness (like cancer or a chronic illness).

A weekly session with a life coach for a few months can help you and support you in your choices and you may find your life going more smoothly. A coach will help you inflate your wheels to make your ride smooth, enjoyable, meaningful, and fun.

“You need to make a commitment, and once you make it, then life will give you some answers.” (Les Brown, American Motivational Speaker, Author & Trainer)

Give yourself the gift of life coaching.