

Top 10 Coaching Tips for Great Results

- 1) **Reasons or Results.** You can only choose one of these words. Either Reasons or Results. If you choose Reasons (in other words, excuses) then that's ultimately what you'll have. So choose Results each time, every time, which will mean giving up all your excuses - including the best one of all - I don't know what I want!
- 2) **Live your Life On Purpose.** And know what you want. Many people live life by accident, with neither direction nor focus. Know your purpose and pursue it relentlessly. You will get it.
- 3) **Cause and Effect.** *You've caused me to feel really angry ...* to believe someone else is responsible for your emotional state is to give power to others and put you at effect of others thoughts, actions, reactions and beliefs. Be at cause in your life - causing yourself to feel and behave the way you choose.
- 4) **Develop Flexibility of Mind.** Mind and body are connected and what affects one, affects the other. Become mentally flexible because if you always do what you always did, you'll always get the same results.
- 5) **Put off Procrastinating.** Just get on and do things. Your growth and development is in the 'doing'. Action always beats inaction.
- 6) **The Law of Least Effort.** Includes two components to help you do less and accomplish more. *Acceptance* of people, situations, circumstances and events as they occur; as they are. *Defencelessness* by relinquishing the need to defend your point of view.
- 7) **Be in a Great State.** State is the sum total of your thoughts, feelings, emotions, mental and physical energy at any one moment. Choose a state of being, which is excellent; positive, energising, and then work and live from that psychology of excellence.
- 8) **Start With The End in Mind.** Know what you want and scale it down into smaller bite sized chunks. Set your goals in sequence - like a ladder. Climb each rung to the top. Know exactly what you want and then go and look for it.
- 9) **There's No Failure Only Feedback.** Feedback fuels *your* motivation to improve your performance. Feedback gives you choices to support change in the future. Receive feedback with an open mind.
- 10) **Find Someone Who has Done what You Want To Do.** Ask them for tips, tricks of the trade. Ask them how they did it?

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