

Living the New Year Courageously!

Sounds like it could be exciting doesn't it? So what might that mean to you? It is surely different for each of us. Are you willing to imagine how life might be living courageously?

Entering the New Year, we assess our progress, and make decisions about how to move forward in the coming year. We often become discouraged at what has not been accomplished, then we make resolutions to spend less, eat less, work smarter, and strive for balance in our lives.

Wouldn't it be awesome if we knew our energies (time, money, creativity, and physical effort) were being spent on what *really matters to us*? What if we discovered exactly what we are here to do? What if every action we take is in support of achieving precisely what we want from our relationships, our business, and our life?

Think about what life might be like for you, if that were true.

All of us have the ability to live life as large as we can imagine, but somehow we never get around to making specific plans to actually do it. We somehow "go to sleep" when it comes to living the life of our dreams.

What does it take to wake us up?

Recently there was a story in "Cruising World" written by a man who started living courageously after suffering a heart attack. During his near death experience, he envisioned what he had always wanted to do – circumnavigate the globe! The power of the realization that he might die before he accomplished this goal was so great, it energized him to "hang on" (literally), get treatment, and upon doctor's approval, he and his wife "shoved off" for a 5 year adventure sailing the high seas!

A perfect example of how a life crisis can “wake us up”! It brings our heart-felt desires clearly into focus, with an energy and commitment to succeed like no other! The article is a wonderful story with a very sweet message for us all regarding the compassionate experience of living our dreams.

How many other stories have you heard like this?

“Wake up calls” from divorce, empty nest, death, disease, or loss of job have often propelled people to seek the meaning of their lives. In his book, “The Holographic Universe”, Michael Talbot relates numerous accounts of near-death-experiences and the life changing after-effects described by the individuals.

So Why Wait for the drama, why not begin living courageously, compassionately, right now? We all have the potential!

Would it be all right with you if life got easier?

We know that when we connect to our true-selves and create life plans based on heart-felt desires, we experience harmony, satisfaction and joy. Life has meaning, it gets easy. Each step forward makes sense because it fulfills our purpose. We need only take time to discover what lies within us all – our unique gifts, our self-truth.

Kick-off A Courageous 2006!

As a 2006 Resolution, invite yourself or your organization to be Courageous. Take the journey within, to look, see, tell the truth about what is happening, then take action towards achieving what you really desire.

You might consider obtaining the services of a coach to partner with you on your quest. A professional coach provides a safe, supportive environment to envision the future, while gently holding you accountable to juicy goals you design. Put the GO into your goals with a coach, you’ll be amazed with the results!

Then in February, the “Heart Month”, engage your heart in everything you do. Increase your compassion for yourself and others, realizing we never know how short life can be. Take care of your heart’s physical health, and its spiritual health too. Stay in tune with your God-given gifts, expressing love to everyone. Notice the difference it makes in your life and the lives of others.

Keeping Courage Alive

Learning to expand your *vision of what is possible* is the key to living Courageously. Dedicating time to explore your core-being lets you discover possibilities and broaden your horizon. It is a life-changing experience for those who dare!

For all you know, this is the only earthly experience you will have. Why not honor your true-self, envision how you really want to live, then direct your energies towards making it happen? It takes just a few small actions each day to experience real success!

*I challenge you to live your most magnificent existence, with conscious compassion, in pursuit of a life that matters, every moment of every day. **Now that’s Courageous!!***

Dianne Kipp, BSN, Life and Business Coach draws upon 20 years experience to partner with you or your organization in achieving the transformation you desire. Offering 1:1, group, seminars, and retreats. Available for speaking engagements also. www.followyourheartjourneys.com 727-481-1646