

# *EVALUATING YOUR CURRENT LIFE SITUATION*

---

**BY**

*Michelle LeFort, Certified Life Coach*



The first step with a life coach is the initial consultation. This is where you should ask questions, get a feel for your coach opportunity, check fees, availability times, and awareness. How do they make you feel as they speak to you? Is the contract for services solid and easy to read? Do they do all the talking, or are they genuinely interested in listening to you? In this session, do you feel any aversion to success? If so, they should refer you to another coach. This is a large-life purchase. You invest your time, money, talent, and emotion into this situation. Make sure it's right for you so that you can begin your

series of success. Step one is to assess your current life.

A keep it or change it is an exercise of sorts.

A comprehensive assessment of your current life, guided by your life coach, aims to identify potential areas for positive change. It's about finding the key **YOU HOLD** to your independence, productivity, dreams, and desires. This evaluation includes essential aspects such as your career path, relationships, finances, personal health, personal growth, and overall well-being. The goal is to carefully examine any obstacles hindering your progress and explore strategies to overcome them. At the same time, we are taking proactive steps to take advantage of opportunities for advancement and happiness, with a

solid commitment to making wise decisions that will lead to a more fulfilling and purposeful life.

Understanding where you currently stand is not just a step but a powerful tool before setting realistic goals for change. By evaluating your existing circumstances, you gain clarity on your starting point, allowing you to identify areas that require improvement. This self-assessment provides valuable insights to set achievable and relevant goals that are meaningful to your growth and well-being. It helps you tailor your goals to address your current situation, making them more realistic and attainable. This process also enables you to develop a clear action plan that aligns with your current state, increasing the

likelihood of successful and sustainable progress toward your desired changes.

Assessing our core values in life involves the following steps:

1. **Self-Reflection:** Take time to introspect and identify what truly matters. Consider your beliefs, principles, and priorities, and reflect on the aspects of life that bring you the most fulfillment and meaning.

2. **Identify Pivotal Moments:** Recall moments when you felt most aligned with your authentic self and deeply satisfied. These instances can offer valuable insights into your core values.

3. **Prioritize Your Principles:** List values that resonate with you, such as honesty, compassion, creativity, independence, or family. Prioritize these values based on their significance to you.

4. **Consider Your Actions:** Evaluate your daily actions, decisions, and behaviors to understand if they align with your identified core values. Assess whether your choices reflect what you consider to be important in life.

5. **Seek Feedback:** Engage in conversations with close friends and family members to gain outside perspectives on what they perceive as your core values. Their insights can offer valuable clarity.

By following these steps, you can better understand your core values, enabling you to make decisions and pursue goals that are more aligned with what truly matters to you. Most challenges a life coach faces are due to the complex nature of defining these core values. People who constantly seek validation and value the opinions of others may find it challenging to discover their truth. Relying too heavily on external validation can lead to a lack of self-awareness and prevent individuals from fully understanding and embracing their beliefs and values. It's essential for personal growth and development to

learn to trust one's instincts and perceptions rather than constantly seeking approval from others.

Identifying your core values is essential in understanding what truly matters to you and can help guide your decisions and actions in life. Remember, your core values may evolve, so it's okay to revisit this exercise periodically to ensure your values align with your current aspirations and beliefs. Understanding your core values is tremendously essential for several reasons. Guiding life decisions: Your core values serve as a compass, guiding you in making important decisions in various aspects of your life, such as career choices, relationships, and personal development. When you understand your core values, you can align



your decisions with what matters most to you, leading to greater fulfillment and authenticity. Defining personal identity: Core values reflect what is truly important to you and what you deeply believe in. They shape your identity and help you understand who you are at your core. By recognizing and understanding your core values, you gain clarity about what drives you and what you stand for, contributing to a stronger sense of self-awareness and identity. Fostering authenticity: You are more likely to live authentically when your actions and choices align with your core values. Understanding your core values empowers you to make decisions that are true to yourself, promoting honesty and integrity in how you live your life.

Facilitating goal setting: Core values play a pivotal role in goal setting. By understanding your core values, you can set meaningful and purpose-driven goals that resonate with what is important to you. This clarity can help you prioritize your aspirations and achieve significant and fulfilling objectives.

Navigating challenges: Understanding your core values provides a strong foundation during challenging times. When faced with difficult decisions or obstacles, your core values can serve as a source of strength and resilience, guiding you through adversity and helping you stay true to what matters most to you.

Enriching relationships: By understanding your core values, you can attract and nurture relationships

aligned with your values. This can lead to more meaningful connections and more profound satisfaction in personal and professional relationships as you seek out individuals who share or respect your values.

Understanding your core values about your desires is paramount to living a purposeful and authentic life. Your core values are the guiding principles that shape your identity, influence your decisions, and ultimately contribute to your overall sense of fulfillment and well-being. By aligning your life desires with your core values, you are better equipped to make choices that are in harmony with what truly matters to you. This alignment fosters a

more profound sense of authenticity, clarity, and resilience, empowering you to pursue goals and aspirations that resonate with your true self. Furthermore, understanding your core values can profoundly impact your relationships, personal growth, and decision-making, ultimately leading to a more meaningful and enriching life experience. Embracing and honoring your core values in pursuit of your life desires can lead to a fulfilling life that reflects your most deeply held beliefs and principles. Understanding your core values is essential for living a purposeful and fulfilling life. It allows you to make meaningful choices, cultivate authenticity, and

navigate life experiences in a way that honors what is most significant to you.

In conclusion, understanding your core values and desires is paramount to living a purposeful and authentic life. Your core values are the guiding principles that shape your identity, influence your decisions, and ultimately contribute to your overall sense of fulfillment and well-being. By aligning your life desires with your core values, you are better equipped to make choices that are in harmony with what truly matters to you. This alignment fosters a more profound sense of authenticity, clarity, and resilience, empowering you to pursue goals and aspirations that resonate with your true self.

Furthermore, understanding your core values can profoundly impact your relationships, personal growth, and decision-making, ultimately leading to a more meaningful and enriching life experience.

Embracing and honoring your core values in pursuit of your life desires can lead to a fulfilling life that reflects your most deeply held beliefs and principles.

Comparing where you are in your life to where you want to be is a crucial component of personal growth and development. You can identify the gaps by taking stock of your current situation and comparing it to your desired goals. This process allows you to clarify the aspects of your life that require change and improvement. It also provides a tangible roadmap for

setting meaningful and achievable goals. When you create specific and measurable goals based on this comparison, you take proactive steps toward personal transformation and progress. This act of self-reflection and goal-setting enables you to chart a path for change and empowers you to make deliberate choices that align with your aspirations. Ultimately, comparing your current situation to your desired goals catalyzes positive change and personal fulfillment.

Assessing areas of dissatisfaction in your life can bring forth various concerns that may need to be addressed to incorporate change effectively. Firstly, it's essential to approach this assessment with a sense of open-mindedness and honesty, acknowledging the

potential discomfort that may arise from recognizing areas of dissatisfaction. It's necessary to navigate any feelings of vulnerability or uncertainty that may compassionately accompany this process.

Additionally, concerns may be related to understanding the root causes of dissatisfaction. It's essential to delve deeper into the underlying reasons for dissatisfaction and consider various factors contributing to these feelings. This may involve identifying past experiences, limiting beliefs, or external influences that have led to dissatisfaction.

Furthermore, there might be apprehensions about the potential challenges of implementing change in these areas. Feeling anxious about stepping into the



unknown and adjusting to long-established patterns or routines is natural. Addressing these concerns involves developing strategies to manage potential obstacles and seeking support from others, such as friends, family, or professionals, to navigate the change process.

Lastly, there may be concerns about maintaining motivation and momentum throughout the change process. Sustaining the initial drive to address dissatisfaction and consistently working toward positive change can be challenging. Developing a support system and establishing accountability measures is essential to stay focused and motivated as you incorporate meaningful changes into your

life. This is where a life coach feeds the fire for success. An accountability feature in using a life coach significantly increases the chance for success in obtaining goals. Small steps, mastering the process, and implementing one change simultaneously create a path to success.

Identifying specific challenges when achieving life-changing goals involves a few key steps. First, it's essential to clearly define your life-changing goals, breaking them down into smaller, actionable steps. By doing so, you can identify the potential obstacles that may arise at each stage. Next, it's helpful to reflect on past experiences to recognize recurring patterns or hurdles that have hindered progress in the past.

Additionally, seeking feedback from mentors, coaches, or trusted individuals can provide valuable insights into potential challenges that may arise. Finally, maintaining a proactive and open mindset can help you anticipate and address challenges as they arise, empowering you to stay on track toward achieving your life-changing goals.

Being open and honest with your life coach is crucial for several reasons. Firstly, your life coach needs to clearly understand your thoughts, emotions, and experiences in order to provide you with the most effective guidance and support. By being open, you allow your life coach to tailor their approach to your specific needs and challenges.

Secondly, open communication fosters a trusting and supportive relationship between you and your life coach. This trust is essential for the coaching process to be successful and for you to feel comfortable discussing sensitive topics and exploring personal growth.

Finally, being honest with your life coach lets you fully engage in the coaching process and take ownership of your goals and progress. Without honesty, it becomes challenging to identify areas for improvement and develop strategies for positive change.

Openness and honesty form the foundation of a productive and impactful coaching relationship,

leading to greater self-awareness and personal development.

Change can be uncomfortable for several reasons. First, it often involves stepping out of our comfort zones and facing the unknown, which can be anxiety-provoking. Even if it's not ideal, the familiar can feel safer than the uncertainty that comes with change. Second, change may require confronting and challenging deeply ingrained habits, beliefs, or behaviors. This self-reflection and reevaluation can be emotionally taxing and uncomfortable. Third, change can disrupt established routines and patterns, leading to feelings of disorientation and instability. Even positive changes can bring about a sense of loss for

what was familiar and predictable. Finally, the fear of failure or the unknown outcomes of change can create discomfort. It's natural to feel hesitant about the potential consequences of making significant changes in our lives.

Trusting your life coach is crucial for a successful coaching relationship. Trust forms the foundation of open communication, honesty, and vulnerability, allowing you to engage in the coaching process fully. When you trust your life coach, you are more likely to be receptive to their guidance and feedback. This trust is a key that unlocks the door to exploring new perspectives and approaches with an open mind, leading to personal growth and development.

Moreover, trust in your life coach fosters a supportive and non-judgmental environment where you feel safe to discuss your challenges, fears, and aspirations. This level of trust empowers you to confront limiting beliefs and behaviors, leading to transformative change.

Furthermore, a trusting relationship with your life coach promotes accountability and commitment to the coaching journey. You are more likely to follow through with action plans and embrace challenges when you trust that your coach has your best interests at heart. Trust is essential for building a collaborative and empowering partnership with your life coach, ultimately facilitating your journey towards achieving

your personal and professional goals. Understanding that discomfort is a normal part of the change process can help us navigate it more effectively and with greater resilience.

Exploring your background information and past patterns is essential in building a solid and trusting relationship with your life coach. By delving into your personal history, your life coach can better understand your unique experiences, challenges, and successes. This information allows them to tailor their approach to best support and guide you toward achieving your goals and aspirations. It also helps establish a strong foundation built on trust and empathy, enabling you to



explore new perspectives and make meaningful progress in your personal growth and development.

In summary, this chapter has shed light on the profound journey of personal growth and self-discovery, emphasizing the transformative value of understanding and embracing our beliefs, motivations, and desires. We have explored the crucial role of a life coach in guiding individuals through this journey, providing support, strategies, and a safe space for introspection. By fostering a deeper connection with our innermost selves, we can better understand our aspirations and ultimately work towards a more fulfilling life. The chapter invites readers to embark on an enlightening expedition of self-discovery and

personal growth, highlighting the significance of coaching in unlocking our full potential. As we move forward, we will delve into the power of mindset, the art of setting meaningful goals, and the impact of coaching on our journey towards self-improvement.