

Life Notes

A monthly publication from Life Song Coaching

Volume 1 Article 1

April 2006

Spring Changes Bring New Choices

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With the coming of spring we have new choices to make. How will we use the extra hours of daylight? What different chores can we begin? Can we go outdoors for a different kind of exercise? Will our food choices change?

One of the most amazing things I have recognized since becoming a life coach is the choices that are available to me. I used to become easily stuck in whatever routine was called for at any given time. It took a major act of nature, like the changing of seasons, to move me to a new routine. It is easy during the winter to stay holed up inside and enjoy the comforts of a cozy easy chair and a good book. When spring arrives, I suddenly look forward to crawling out of my cocoon and donning a lighter weight jacket. It feels good to drag a rake across the trampled grass of the front yard or scratch the flower beds back to life. Spring gives me a fresh perspective.

Coaching has taught me that fresh perspective is available to me all the time. If I am stuck thinking about or dealing with an issue, situation or frustration, I can make a choice for how I want to look at it. By trying a few different perspectives I will likely find one that I like better than the current one, and I don't have to stay stuck. Perspectives are just perspectives. They are the way we look at something in any given time and place. So, for example, if I have the perspective that my job is boring and not taking me where I want to go, I may feel there aren't many other options and the job is never going to be any different. That is what I'd call the *boring and stuck perspective*. Now, what if I look at the *temporary perspective* of the same job; it's still boring, but it won't last long, because it's temporary and I know change is going to happen. I feel some better, but still not the best. So, let's go for the *what's good in the job perspective*. From this place I know that I like the people I work with, I appreciate the pay check and I can walk to work. I only work 8 hour days and I have weekends off. Well, that's not sounding too bad for right now. I can hang with it while I keep my eyes open for a different opportunity. I suddenly don't feel so stuck anymore and I'm motivated to make a change---I start exploring options for a new job. Wow! I can choose which perspective I want to look at the situation from! Remember that old phrase, choose your attitude? You can. You can choose your attitude and you can choose the perspective with which you look at your situation. A perspective isn't the truth. It is only the way you *look* at the obstacle in front of you.

So, what does the *spring perspective* hold for you?

It's nice chatting with you. I'll be back in the paper next month, but if you'd like to learn more about life coaching or visit with me about where you are stuck in your life, visit my website at www.lifesongcoaching.com. We'll make a plan!



Life Notes is a monthly submission to the Floodwood, MN, **Northern Independent**, and a newsletter to Life Song Coaching clients & potential clients. Contact Bonnie Henriksen, CPCC, at the above web address to request future copies of *Life Notes*.