

evolve

by Jennifer M. Blair

FEEDING YOUR SOUL

Are you living a full, rich and meaningful life, or are you depriving yourself from the aliveness and joyfulness life has to offer you? Do you feel completely satiated and satisfied, or are you starving your soul? What is your prevalent mood- one that is positive, happy and hopeful, or are you suffering from negativity, fear and dissatisfaction?

In our current times of unrest, it is easy to become fearful of what is either happening to us personally or even those around us. "Doom and gloom" is everywhere, and people are genuinely starving, losing self-confidence and experiencing a withering of their spirit. It seems many people have gone from overindulgence to deprivation and, in that process, lost perspective on who they are, where they are going and what is most important. People are living in the extremes, and when this happens, it is difficult to maintain nurturing that feeds the soul and balance that honors the body, mind and spirit.

The Life Coaching process assists people in creating a unique formula for their lives, based on visualizing what they want, identifying values, creating meaningful work and moving through limiting beliefs towards peace, harmony and vitality. When all of this is mixed together, a recipe for true fulfillment and success is created, not based on something you can attain or own, but rather something you can become... your true essence.

RECIPE FOR CREATING A FULFILLING LIFE:

This recipe will assist you in examining your current life, claiming who you are, defining what you want more of and beginning a life focused on what makes you come alive and feel joyful every day.

Ingredients & Utensils Needed:

- Your journal or several sheets of blank paper
- Your favorite writing instrument
- Inspiring music or quietness
- A designated time for reflection, at least an hour or two
- A comfortable place to sit, think and write
- A relaxed body, open mind and unbounded heart
- A spiritual connection or time in nature
- The following Coaching exercise

DIRECTIONS:

- Step 1:** Create the time and space for contemplation. Get the distractions handled, such as turning off the phone, stepping away from the computer or waiting until the house is empty. Set aside any negativity for the moment.
- Step 2:** Sit quietly for a few minutes and acknowledge how wonderful you truly are. Write down what you love about yourself and what you are grateful for.
- Step 3:** Next, excavate your answers to these questions:
- What fills you up and nourishes you?
 - When are you most alive- who are you; what are you doing; who are you with; and what's happening around you?
 - List your passions.
 - What are your greatest gifts and talents?
 - What holds you back?
 - What's really important about how you live?
 - Are you performing meaningful acts and being of service to others?
 - Are you living well every day and practicing self-care?
 - What do you REALLY want?
- Step 4:** Think about an experience in your life that was gratifying and brought you immense joy.
- Step 5:** From the answers above, extract any common themes or principles that exist and list those. Your values should be a reflection of who you are. What actions do you currently take that are life affirming and validate that you are going in the right direction?
- Step 6:** Consider what is missing in your life that keeps you from seeking robust experiences, going after your deepest desires and experiencing happiness in your work and relationships? Name the things that hold you back and discard any self-defeating behaviors.
- Step 7:** Daydream and be open to all possibilities. Ask yourself again what you deeply want and then record what you are thinking. Where do you want to be next year, in 5, 10 or even 20 years? Record your goals and commitments, and find ways to begin.
- Step 8:** Reflect on how you are caring for your emotional, mental, physical and spiritual health- is it aligned with who you are and what you need?
- Step 9:** Seek support and enlist advocates to help you get where you want to go.
- Step 10:** What two steps could you *immediately* take to move you towards your plans, and begin with those.

It is possible to have a happy life now with wherever you are on your current journey, including any stress or challenges you are currently facing. Unearth your values; feed your body, mind and spirit every day; tame the gremlins, fulfill your unique life purpose and seek compelling approaches to all of your tasks.

The key ingredient of fulfillment is to commit to your life and create your own definition of success. Taste every morsel of your existence and savor each moment of it. Make plans to authentically grow, change and transition into a life that has rich meaning, soulful purpose and ecstatic joy. Start feeding your soul with what it truly wants, needs and desires because, after all, you are what you eat.

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