

## TAKE A CHANCE ON YOU FIRST!

# HOW TO FOLLOW YOUR HEART

**TAKING** chances are often equated with taking risks, being reckless, or rolling the dice like it is a game to be played. Being successful with taking a chance is often considered a 50/50 probability of something working out the right way, based on the favor or dependency of others, the “right” circumstances, having good luck, fate, or the generosity of the “Universe” or God, along with a good plan and lots of hard work. It takes struggling through, being brave, taking courageous steps, and finally taking the leap.

Getting to the point of finally making decisions, much less taking action, can be so hard. Yet, I believe it can be made easier by starting with *you* first, not others. What if taking a chance can be seen as an opportunity for authenticity and full permission to live completely by being who you are supposed to be and doing what you are meant to do. Ask yourself, “what do I want?”

Taking a chance on yourself based on opportunity, rather than risk, is about saying yes to you first... opening yourself up to the adventure of your life, thinking bigger, following the breaks that are presented. It is acting with clarity, self-confidence, faith and a knowingness of doing the right thing for the right reasons in spite of the fears that inevitably arise.

When you take a genuine chance, you can ignite the feeling of freedom within yourself and reveal the opportunity to re-create and claim who you really are. Perhaps the “shortcut” to success is getting out of your own way, giving up the illusion of being in control, giving up what others think about you and letting go as much as possible.

The process of Life Coaching is about moving you forward in any area of your life. From career and relationship changes to simply having more fun and creativity, my job as a Life Coach is to help you determine what you want and then look for what keeps you from actually being able to achieve your dreams. My clients are willing to take chances on themselves only after understanding what is important, creating a sense of balance, naming fears and then believing that they deserve to receive all the happiness and blessings in the world.

Here are some thoughts on how to get out of the way and let go. Take a chance on yourself by:

being real	acting on full faith
deciding what would bring you the most joy	practicing forgiveness
getting out of the box	experiencing and loving an unlikely someone
creating a new life to go towards	releasing the outcomes
expressing your true feelings	trusting it will work out
following your heart, not your head	being wildly happy
walking through your fears	giving up the old for the new
saying what you think and want	listening to your inner voice
letting go	wanting more for others than for yourself (it comes back to you!)
asking for help	failing and starting over if needed
breaking a self-imposed rule that no longer serves you	

Take a chance on you, your values, your abilities, and not the opinions of others. Search your soul and do what feels right for you... deeply trust that you will not betray yourself if you are in integrity with yourself, others and your faith. And always, always... follow your heart.

### Coaching Questions to Put You First:

1. Start acting today based on who you want to be tomorrow... how can you be extraordinary now?
2. What is the difference between being selfish and being responsible to yourself?
3. What is creating your reality today...reflecting on your past or looking to your future? How is fear paralyzing you? List *everything* that scares you and ask yourself if is really true or not.
4. What are you giving up by not taking inspired action now? There is no time to waste.

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