

BE TEMPTED AND DO SOMETHING ABOUT IT!

HOW TO

WHAT tempts you? Maybe it is the latest get-rich-quick scheme you read about on-line. Maybe it's sex, power or prestige. Or possibly it's money, possessions or a favorite dessert. When most people hear the word "temptation," it stirs up thoughts of a wild, torrid affair, a piece of chocolate, playing hooky, or taking a spontaneous trip where you leave it all behind.

In our Judeo-Christian culture we often hear the Bible verse, "Lead us not into temptation, but deliver us from evil." So, I ask, does temptation always lead us to evil and are the things we want bad? Temptation has a bad reputation, and maybe for good reason, as sometimes there can be devastating consequences to our choices and actions. But I believe, the things we want are not bad, it's the context or circumstances in which we want them.

So, what if we could be curious about what the desire has ignited within? What if we could embrace the yearning long enough to see if the current opportunities can lead us into new growth? Maybe longing for passion is pointing us toward more intimacy with our partner. Wanting a new job could be about the desire for more freedom and autonomy. Perhaps it's simply about the need to connect to ourselves.

Part of my Coaching technique allows me to help my clients examine their beliefs so they can make decisions about what to do with the things they crave most. Our beliefs have been created based on our experiences and our relationships, as well as how we are shaped by family, teachers, religious or spiritual leaders, the media and books. There are "rules" we play by, but sometimes even those need to be examined so that we can mature and discover our true authenticity. Beliefs are not good or bad, they either limit us and hold us back; or empower us and move us forward.

Some guidelines around being tempted and doing something about it to move your life forward:

Wake Up to what is being awakened within... what passions need to be expressed? What or who is stirring your soul, so much so that you feel like you are doing exactly what you are supposed to be doing?

Follow Your Urges. Take chances, activate courage, and try something new just for the sake of it. Say yes as often as possible.

Be Conscious about your decisions. You are always in choice, even if it is simply in your attitude and thinking. And, don't let FEAR be in charge.

Know Your Line. Be fierce for you and what you stand for. Stay true to yourself, and don't compromise. Say yes when you mean yes and no when you mean no. Also, know that you can move your line... just know how far and why you are moving it.

Follow Your Intuition. Get quiet and let your body inform you. When we experience a sense of peace and comfort in our bodies, we are in alignment with our thoughts, feelings and decisions.

Cause No Harm to yourself, others or your surroundings. There is no room for living a life of guilt or creating future amends for yourself.

Savor Your Current Life. Find joy and appreciate all that you have and do. Feel the textures and see the palette of colors before you. You might discover something new that already exists.

My clients tell me about their temptations and are often looking for someone to give them permission to follow their passions and dreams, to do something different. I give 100% full permission after making sure they are truly honoring themselves. I say go for it *and* take 100% responsibility for your choices and actions. I am not here to judge. I leave that up to my client and their conscience, sacred contracts, and commitments he/she has made with self, God and others. I am simply a catalyst for awareness and authentic action.

COACHING QUESTIONS TO TEMPT AUTHENTICITY

1. What is enticing and tantalizing enough to take big risks for your own happiness?
2. What is the distinction between feeling good and fulfillment?
3. What are the "beliefs" or "rules" you have that are no longer serving you?
4. List 5 things you truly desire, and give in to your temptations. For a "permission slip", go to my website, excavive.com and print out as many as you need.

Jennifer lives in Louisville with her two children, and has been owner of Excavive Life Coaching since 2003. Her work focuses on personal and professional life coaching, public speaking, interactive workshops, creativity consulting, and occasionally teaching salsa dancing. Check out her website, excavive.com. Jennifer can be reached at jennifer@excavive.com or 502.893.9589.