



Who Are You Really?

How often do you behave completely authentically?

We all play different roles during a day or over the course of our lives and we have a set of behaviours which we have developed for the role we are playing at that particular time.

These behaviours may be in line with our perception of how we should act. They may be positive if we are in a familiar situation or they may be negative if we are growing and stretching our comfort zone. The way we act may be in line with limiting beliefs we have about ourselves when our inner gremlin sabotages our performance. Perhaps we are afraid of being judged.

Whatever role we choose, are we being truly authentic? Do these roles represent who we really are deep inside?

If we had the complete freedom to be exactly who we are – what would we do, how would we behave?

Within the confidential coaching relationship an individual is free to explore any thoughts or ideas without judgement. Quite often, without realising it at the beginning, they encounter a journey of self-discovery as their awareness is raised to the driving forces behind their dreams and aspirations. They understand what is holding them back and work on dealing with these issues in order to grow and develop, and achieve their goals.

Before commencing any coaching programme it is extremely useful to use recognised coaching techniques to identify an individual's core values. This creates a foundation against which all action steps are measured to ensure that they are congruent with their core values and therefore do not create stress. It also enables them to understand what drives their choices and behaviours.

So how do we understand who we really are?

Emotions are an excellent indicator to whether we are acting in line with our values. What is our 'gut instinct' telling us? Are we in balance or is there a nagging voice which we are overriding? Do we feel at ease? If not, is it anxiety as a result of doing something new or because we're not at ease with our behaviour. Literally, does the situation 'feel right'?

Of course we are all human and infallible. We make mistakes from which we learn. However, when we are behaving in complete alignment – we are really living. Some call

it being in flow. When this happens we are powerful, invincible, excited, passionate, contributing, supportive, and completely burden free.

Brian Tracy states in *The Psychology of Achievement*, that there are 7 key questions to ask when considering goal setting:

1. What are the five things you value most in life?
2. In 30 seconds or less write down the 3 most important goals in your life right now.
3. What would you do if you won £1million in the lottery tomorrow?
4. What would you do and how would you spend your time if you learned today you only had six months to live?
5. What have you always wanted to do but been afraid to attempt?
6. In looking back over all the things you have done in your life what type of activities, in what sort of circumstances, gives you your greatest feeling of importance/mental wellbeing/self-worth?
7. Imagine you received one wish from a genie – you could achieve any goal or realise any wish – what one great thing would you dare to dream if you knew you could not fail?

These questions give you the freedom to identify and understand truly your priorities and purpose without any restrictions or limitations placed on you. Having clearly identified these, work can then begin to set specific goals in all the areas you have chosen that are important to you.

*"It is not in the stars to hold our destiny but in ourselves."
- William Shakespeare*