

Find your Phoenix ...And Rise up!

Following on from the previous issues, you now know where you currently are in your life and where it is you'd like to be, you have also identified a goal to work towards and asked questions to keep you motivated and on track - you may have noticed that your behaviours do not always reflect your intentions...

Have you ever wondered why you are you and why you do what you do?

By identifying our personal core values and understanding our own individual beliefs or map of the world, we can create a bigger picture to see why we might make certain decisions, adopt certain behaviours or react to certain stimuli or situations in any given way.

The things we value and what we choose to believe have a major impact on how we experience life. Our values and beliefs impact our behaviour and the actions that we take. Surprisingly, we have far more choice over them than we realise. Many of us live our lives as if it is happening to us, and to a degree it is, but we also have the choice about who we want to be and how we want to show up in the world.

We have all been influenced from the minute we were born, by our care givers, family members, teachers, peers, colleagues, the media and our experiences and because we have an innate need to fit in and be part of

something, we will often allow ourselves to be influenced in ways that aren't always necessarily aligned with who we are.

We all hold certain values that have specific meaning to us and we try to live within the boundaries of those values. We also create beliefs about ourselves and the world around us to help us stay within those boundaries. What many people may not realise is that we also have Basic Human Needs and those needs are hard wired into us and will override any values or beliefs to keep us alive.

By demystifying our individual story and understanding our personal values and beliefs and how our behaviours are driven by our Basic Human Needs, we can start to create new behaviours to help move us in more positive directions, take on challenges we may have been avoiding and to feel more empowered



within ourselves; so achieving our goals and creating a happier life is more simple, enjoyable and rewarding.

If you'd like to understand more about your personal values, beliefs and how your behaviour can be driven by them as well as how your Basic Human Needs may be influencing your actions, CALL NOW to book your FREE, no obligation 30 minute telephone consultation and see how coaching may help you to Find Your Phoenix... and Rise Up!

*if you missed the last issue you can find it here: <http://www.findyourphoenix.co.uk/press-cuttings>

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