

Intentional Living

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Punching Yourself In The Face

Before coaching, many of my clients want to blame their partners, friends, family, past, job, environment, for their results. It's much easier to do that than accept responsibility that it's their thinking about the circumstance that is causing them pain, not the circumstance itself. Unlike talking with their friends and family who will react and empathise with what they say, my job, as their coach, is to hold the space for them so they can unload their mind without judgement. I help them see that it's their current thinking that is creating their current results.

As the watcher of their mind, I can show them that they are punching themselves in the face. Instead of consoling them and believing their story, I grab their hand and tell them to stop punching themselves.

As my clients learn more about the power of their thoughts, they take full responsibility for their emotional life. And this is one of the most powerful gifts I can give them. But a word of warning.

Do not use this knowledge to go back to punching yourself in the face!

When you see that your current thinking is causing you pain, do not beat yourself up even more. The awareness you now have is a gift that allows you to choose whether you want to continue thinking this way or not. Sometimes you might choose negative thoughts, and that's okay, and sometimes you're ready to change.

The Goal Is Not Perfection

Your brain is going to continue thinking whether you manage it or not. Your thoughts are going to create emotional states that will drive your actions, whether you're in work, at home, with friends or with family, your thoughts are everything. But that doesn't mean you need to think happy, positive thoughts all the time.

We all need a safe place where we can be ugly.

Whether it's in private coaching or self-coaching, allow yourself to be human. When negative emotion surfaces from the negative thoughts you're thinking, the aim is not to dismiss them and try to be perfect.

The aim is to be The Watcher. To witness yourself with compassion and no judgement and evaluate yourself from an observing place.

Remember, life is 50/50. The aim of coaching and understanding your mind is not to create a 100% happy life. It's to create an intentional life.

Now you've started to figure out what you want from a place of abundance, and know how to manage your mind, there's no stopping you from living the life you want to live.

A life you choose. A life you're in control of.

The Two Types Of Action

Knowing the work and doing the work are different. This is the difference between passive action and massive action.

Passive Action

Although helpful, passive action is where we're in consuming mode. We watch video trainings, attend courses, read books, increase our knowledge and learn more.

Massive Action

Whereas massive action is when we take action again and again until we achieve our goal, no matter what obstacles appear. We anticipate obstacles and are willing to fail because we know that "failure", whatever failure is, is simply a step closer towards our goal.

Be careful not to over-indulge in passive action. It seems productive but it's a time suck. Often it's a way to buffer when negative emotion comes up. Plan ahead of time when you're going to take passive action and massive action and stick to your schedule.

Use your future self to guide you. At first, working towards your intentional life will be easy but then we often lose steam. Commit to managing your mind and re-directing it to create the results you want in your life.

The Power Of Questions

Great questions are one of the most powerful tools we can use to manage our minds. Questions reveal our belief systems, enabling us to evaluate them. The brain is completely open to answering questions so the better the questions, the better the answers.

Great questions to ask yourself every day:

How can I be an example of what's possible?

How can I get the housework done and have fun at the same time?

What can I do to laugh a lot today?

How can I make today better than yesterday?

How can I make my future more exciting than my past?

How can I make myself a priority so I have more to give others?

What do I love about myself?

What am I grateful for?

How can I honour my body today?

What can I do to feel my emotions instead of buffering them away today?

How can I become more connected to my internal joy?

How can I make choices that benefit me and everyone around me at the same time?

How can I live my best life?

Is my purpose the life I'm living now?

How can I be intentional about my day?