

Listen to Your Inner Coach

By Faith Monson

We live in a culture that offers a “coach” for everything. We have life coaches, business mentors, personal trainers, financial advisors, nutritional counselors, spiritual gurus ... experts of every flavor to help navigate through any life situation.

If you've ever worked with a coach, you know that one size does not fit all. Some coaches take a drill sergeant approach, believing that they can shout and badger you into improved performance. At the other end of the spectrum we find coaches who emphasize the positive and encourage their clients to reach their goals with a can-do attitude. Naturally, there are coaches who land between these two extremes, combining both a push from behind with a pull toward the goal.

But what happens if you are faced with a big decision and have no coach to call on for advice or encouragement? While hiring a coach is a smart decision, ultimately it's the coach inside you that matters the most. As entrepreneurs and solopreneurs, we spend considerable time alone and must routinely make decisions and take action without consulting anyone. We need to be able to rely on our inner coach for support.

Whether you realize it or not, you are continually coaching yourself. The little voice in your head might be helping you achieve success, increasing your energy and improving your attitude, or it may be holding you back from fulfilling your goals. Those thoughts, whether good or bad, will direct the course of your decision making, your business, and ultimately your life. Here's a reality check: Do you often speak to yourself in a critical way? If so, you have a toxic work environment between your ears! The good news is that you can fire that negative inner critic and replace it with a supportive, wise and fair inner coach.

So how do you become your own best coach?

1. Don't be too hard on yourself. Set the bar high, but cut yourself some slack if you don't quite make it. Tomorrow is another day.
2. Make the decision to believe in yourself.
3. Focus on your strengths and don't dwell on the rest.
4. Face your problems head-on. Obstacles require solutions not self-recrimination.
5. Give yourself a pep talk. You can do this - yes, you can!
6. Review and learn from your mistakes, then laugh and move on.
7. Ask for help when you need it.
8. Challenge yourself by creating new goals.
9. Break big goals into smaller goals and smaller goals into baby steps.
10. Give yourself a hand or a pat on the back when you reach your goals.

Don't underestimate the power of your inner coach. Learn to become your own mentor, cheerleader and advocate, and give yourself permission to feel strong, confident and empowered. People will notice the difference, and your positive energy will attract them to you. When you feel strong and confident about yourself your clients will feel the same. Give yourself a round of applause ... you deserve it!

Faith Monson is a Success Consultant who works with solo entrepreneurs, interior designers, sales people and sales-driven organizations. Using proven coaching tactics, she empowers people and businesses to realize and achieve success. Visit www.FaithMonson.com or contact her directly at 703-237-2077 or Faith@FaithMonson.com.