



The *mylifeQs* philosophy is really very simple and can be summarised as follows:

Life is. There's no goal, no purpose.
Hey...It's *my life*!
I'm responsible for my life and everything I do in it.
It's up to me whether or not I enjoy my life.
Life is full of paradoxes.
Life is full of contrasts.
Because paradoxes and contrasts are natural, they are good.
Everything that happens to us in life is a learning opportunity.
Nobody can make your decisions for you.
However hopeless your situation appears to be, there's always an alternative.
Life would be dull without challenges.
Learning is fun...as long as I want it to be!
Life coaching is a never ending process!

mylifeQs Coaching: Core Message

mylifeQs is about your life (i.e. "my life"): the questions and cues that enable you to re-focus and re-orientate yourself towards a life that awakens joy and a sense of purpose in you!

Ask yourself ...

- *Whose life is it anyway?*
- *Are you living your life, or somebody else's expectation of what your life should be?*
- *Are you ready to take it into your own hands ... and ... Live YOUR life?*

A Perspective on The Problem

Countless, if not millions of people throughout the world are in some way dissatisfied with their lives, struggling to overcome the multiple, often contradictory demands of family, friends, work, society...as well as the inner self.

Countless more are thinking 'What next?', while dealing with some of life's natural, most common yet most difficult challenges, such as death of a family member, a divorce or separation, serious illness, problems with children, losing their job, personal business problems, debts, being forced to move home, etc.

The result: confusion, loss of purpose, stress, disorientation, helplessness, lack of stability, loneliness, inability to focus, loss of self-esteem, anxiety, fear, lack of vision, loss of direction...often enough a combination of the above.



Most people feel they need to deal with this challenge alone while putting on a brave face to the outside world in order to keep up "appearances" and not display any signs of "weakness". After all, openly admitting to being affected by personal problems doesn't really go down too well in today's world where outward displays of strength tend to be admired, while openly admitting to problems is generally frowned upon. People live with the fear that opening up may expose them to additional disadvantages such as losing acceptance within professional and social circles.

This fear is understandable. Having grown up in education systems within societies that seek to prepare us for a world of "fitting in" to norms that perpetuate those very systems but leave the individual by the wayside and, suppressed by the pressure of expectations, many people cannot see the path to an alternative.

Life has become pressure: pressure to conform, pressure to escape, pressure to "satisfy" others, pressure to gain time and space for oneself, pressure to find an alternative because..."There must be another way!"

Of course there is another way.
There is ALWAYS another way!

A Path that Some Choose ...

There are those who simply run away: perhaps to drift through life in far away lands. Some, indeed very many people do lead purposeful lives in non-Western societies; others take sabbaticals and actively work on themselves; most, however, do not. Some seek solace in "meditation", which may provide temporary relief and even significant insights, but, notwithstanding the fact that it can be an extremely useful supplement to other concrete life-changing approaches, by itself, it cannot provide purpose. Many go on a kind of quest, seeking out "alternative" sects/religions. For those that feel happy here, this is fine. The above however, can all be seen more as forms of escape rather than purposeful life-change initiatives.

Self-help books which fill the shelves of most good bookshops seem to provide some answers. The serious ones sell well, as do those with an attractive storyline making them outwardly appealing.

People who are serious about changing their lives constructively will approach the task differently.

Facing the Challenge

There are those that have the natural ability to navigate their way well through all life's challenges alone.

The vast majority of people do not. The lucky ones have a good personal support network, who really can help them overcome their problems and re-orientate.

Some, a distinct minority, are able firstly to afford and secondly find a very good coach (any other kind of coach is simply a waste of money and energy) who can guide them effectively through this phase in their life.

Numerous genuine excellent retreat-style life-change programmes are available throughout the world. Those that are worthwhile tend to be unaffordable to the majority of people.



Towards a Solution ...

An alternative approach is to confront your issues, take responsibility for the way you live your life and make the changes you need to make it more fulfilling and worthwhile.

Those for whom personal face-to-face coaching is a viable affordable option, will choose this. For others, probably the majority, *mylifeQs Self-Coaching* is a practical alternative designed for those who do not have the financial resources to invest in an excellent coach or retreat.

mylifeQs Self-Coaching: A Socratic Approach to Your Life Questions

The world abounds with genuine wisdom.

We humans tend to overlook a significant fact: ... within ourselves lies a great deal of wisdom. And all too frequently, we are completely unaware of it's existence: it's simply dormant, untapped.

In the words of George Renwick, the best coach I have ever worked with: *"We have no idea what we really know."*

mylifeQs: 30 Days Self-Coaching offers a simple yet profound solution to the search for personal reorientation: awaken this wisdom by gaining an explicit clarity on who we *really* are and what we *really* want in life. The path for us to leave our problems behind and evolve a new more positive perspective on life which, in turn, enables us to change positively in a manner congruent with our real self, then opens before us.

It consists of a set of 34 questions and impulses challenging you to reflect on your roots, the way you live your life, your intrinsic motivators, who you really are and how you can express this in the way you live.

By working through this process, you can gain:

Clarity	... a comprehensive picture of your life now
Focus	... the life that fits with who you really are
Orientation	... you see changes you need to make
Direction	... your next steps to <i>Positive Life Change</i>
Awareness	... of 'what is' - your best companion in life

mylifeQs Self-Coaching is for ...

Anybody! Everybody!

Anybody who wants to improve something in their lives but is not sure how to go about it.

Your social, cultural or professional background is not in the least relevant here. People are people and our core needs tend to be a question of individual preference. This is the focus here – your core needs.

However, during this process you will find that your social, cultural and/or professional background do indeed play a significant role in forming your world view. There is no reason whatsoever that your world view tomorrow should remain the same as it is today. It may; it need not. People who have been through transformations will probably tell you that they have changed their perspective on numerous occasions. On a personal note, the broad range of experiences I have been fortunate to encounter throughout my life have encouraged me to place my world view under continuous review and today, I am grateful for the learning, richer, happier and more fulfilled.



Reasons for Seeking Life Improvement

People decide to be proactive in seeking to make a significant change in their life for a variety of reasons.

Some of the more common ones include: ...

- general dissatisfaction with life
- problems in professional life
- relationship issues
- death of someone close
- lack/loss of purpose personally or in working life
- end of an era (e.g. children leaving home, retirement)
- separation
- stress
- loneliness
- boredom
- health and physical issues
- simply the wish or feeling that the time is ripe for something new
- ...

You know your reason! If not clearly, it will very soon become apparent!
This and only this is important for you personally.

Important Disclaimer:

While any process (including this one) that encourages a person to look at life and create space for the new, is therapeutic by nature, neither "mylifeQs: 30-Days Self-Coaching" nor any other coaching offered by mylifeQs is therapy in the medical sense. It cannot replace professional support for people who have been diagnosed with a mental illness or as requiring professional support from a psychologist or psychotherapist.

The vast majority of people facing one or more of life's normal challenges such as those listed above do not need any kind of therapy.

They are neither ill nor crazy!

What they do generally need is a guide to support their re-orientation process and a catalyst to provide impulses as well as encouragement.

This is what you will find here.

And, ... it is therapeutic!

Non-Negotiable Working Principles for mylifeQs Coaching

Whatever the reason for your wish to take a closer look at your life and whatever the catalyst for deciding to do so now, I work on the premise that you know best what is good for you. Therefore, the following non-negotiable principles hold throughout my work:

- *It is your life and your process.*
You are completely responsible for how you live and everything you do in this life.
- *I have a lot of questions. You have your answers.*
YES. You have read this correctly. While you may not currently be aware of the fact, all the answers to your challenges are within you. In fact, they cannot be anywhere else!
- *I give no guarantees of success whatsoever, simply because, regardless of what anybody else tells you, there are no guarantees for anything in life. Fact!*
(Birth and death are, of course, the exceptions.)



My task as coach is to provide you with orientation and focus. This comes in the form of meaningful questions about your life, background, values, perspectives, experiences and issues. The information arising from these questions (some will be clear, some rather subtle) will enable you to move on to a new, more positive phase of life. You and only you are responsible for interpreting this information and implementing any changes as a consequence.

The degree of success depends on you!

So here's your challenge: Use this opportunity and the insights you gain to create the life you desire.

Fundamentals

Firstly, and this is very important...you are my clients. You are not patients (I am not a doctor). You are not ill and there is nothing wrong with you. You are fundamentally OK.

Perhaps there is something wrong with your life, but that's different. It doesn't mean there is anything wrong with you.

It's your perspective on and your relationship to your life that (you have decided) you need to change now.

I assume you are not seeking instant gratification. Good: life rarely provides it!

I assume you are willing to work.

I assume you really want change, ... and are willing to take total responsibility for your actions.

Please also rest assured that you are not alone: a very large proportion of people go through this phase at least once in their lives, many do so more often. It's not only normal, it's perfectly natural.

Furthermore, ...

- Life is a process, a path. It is neither good nor bad. It just is.
- Each of us is personally responsible for our own lives.
- This work is one phase in your life process.
- Each individual will decide for themselves how fast or slow they go through the process.
- Only you can find your answers. *Fundamental change can only come from within!*
I support you with questions.
- I have no relation or affiliation whatsoever to any form of religion or belief system. Neither does any part of the content of *mylifeQs* work or "*mylifeQs: 30-Days Self-Coaching*". (The reason I consider this statement necessary: the internet is littered with so-called "life-changing" initiatives which are, in fact, pure simple religious propaganda.)
- *Everything matters.*
- *It's your life...do what you have to do...and live it!*