



carol@carolrossandassociates.com | www.carolrossandassociates.com | 303.666.0580

Getting Ahead of Yourself

The message on my phone was time stamped at 6:04am. Our daily call was not scheduled until 7am. I am in a 90-day program to make changes in my life, to set concrete goals, and to commit to daily actions that would move me forward toward those goals. As part of the program, the participants have a “buddy” that they check in with each morning. This day, my buddy for the program had gotten ahead of herself and called an hour early.

My buddy had noticed that she was having trouble with completing her committed actions, that life was feeling rushed and that what she really wanted in her life was barely getting done. Sometimes we hear the deep voices within us speak the truth and we tremble. “I’m spending time in the wrong places.”

She went on to say why this was so and a vague notion of what was necessary to fix it. “I need to draw some boundaries and it will be difficult to change behaviors.” She was feeling pulled in many directions—most notably in splitting time between her place and her boyfriend’s place.

What I love about coaching is that there is no need to fix. All that’s required is space—for the client to know what they want and to begin to live in alignment with what they want. So rather than go to solution, the client sees more clearly where they are. From that place, the solution emerges naturally, without any effort.

I ask my buddy what else that deep voice wants to say. She says, “Spend more time with me.”

When we listen to this whisper of a roar, we give voice to our inner most longings, those which feed our soul. We know it by how our body feels, not just in the moment of receiving nourishment, but just the *prospect* of being fed. Because being heard is nourishment in itself.

If you come across the deep voice within you, amid all the chaos and noise of the outside world and your own fears, just listen. Don’t get ahead of yourself. Give that whisper space to be heard, to resonate. To be fully expressed. And then, like the spring coming at the end of a long winter, watch it unfold into the field of life.

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organization development consultant, and writer with over 20 years experience in the telecommunications and energy industries. Carol specializes in helping clients get unstuck and into the flow of great work. She works her magic by bringing the power of the creative, intuitive right brain into a left-brained world. While her degrees in engineering from Northwestern University have served her well, it's been her life and work experiences that have moved her to do her best work. She is certified by The Coaches Training Institute and credentialed by the International Coach Federation.