



Designer Life Coaching Ltd



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Neelam Challoner is one of UK's leading Life coaches, specialising in Re-designing women's lives and is the founder and owner of Designer life Coaching and the Author of 'Successful but Incomplete'. Neelam has coached hundreds of people nationally and internationally since 2004. With over 15 years experience in leadership, she has a flair for getting the best out of people.

Her clients range from professionals, high net worth individuals, and solo business owners, to unemployed, single parents and women who have suffered domestic abuse. She has empowered and coached both privately and in the public sector pan London and in the Hillingdon Borough and is relentless on her mission to inspire and motivate people to release their potential and live a 'Designer life'.

APRIL - CONGRUENT GOALS

MOST PEOPLE SET GOALS and then find it hard to keep up the commitment, discipline and motivation required to achieve them. *Have you experienced this, this year?* One of the reasons for this could be that you have set goals that are unrealistic or the goal is someone else's desires (you think it's yours) but it's more of an obligation. Or, you have set goals that don't match with what is really important to you.

So here is a short strategy to check that the goals you have set this year are in harmony with you. We call them 'congruent' goals; goals that sit very nicely with your values, values are those things that are ultimately important to you.

You will need paper, pen and your (written) goals. Write at the top of a blank sheet; **My Values.**

Make a list of the **top 5 most important things to you.** *What are your values? What really matters? What do you really want in life?* You may write 10 or more values but then choose the 5 most important from your list.

You can write your own but here are some suggestions;

- Happiness
- Peace
- Adventure
- Family/Spouse
- Health
- Career
- Business Financial independence
- Faith/God
- Freedom
- Travel
- Connection
- Altruism

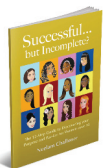
Taking the list of your goals for this year as a reference, take another sheet of paper, split the page into two columns. On the left side, write at the top **My goals** and start listing your goals. On the right side, write at the top **My gain.** As you go down the list of your goals, ask yourself, *"By achieving this, what will I gain?"* *"What will this goal give me if I accomplished it?"* When you have an answer, ask again, *"What will that give me?"* Write down the value you will get from achieving that goal.

Example: Goal; earn more money
 Value level 1; pay debt and lifestyle choices
 Value deeper level 2; happier and at peace

Looking back, do all the goals you have set mean a great deal to you? Will those goals if achieved help you live and experience the values you have listed? Congruent goals help you design a life that is specific to your most personal values, which helps you become a more congruent and balanced person.

Neelam

Got any questions? Email me Neelam@designerlife.co.uk



Ladies for a free copy of "Successful but Incomplete" your 12 step guide to discovering your purpose and passion, log onto www.successfulbutincomplete.com

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