

LIFE LESSONS FROM THE BOOK,

Total Life Coaching: 50+ Life Lessons, Skills, and Techniques to Enhance Your Practice ...And Your Life!

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CREATING YOUR PERSONAL IDENTITY

- 1. *What you believe about yourself defines who you are.*** Who you truly believe yourself to be *is* who you are. “Knowledge of self is the source of our abilities.” ---Lao Tzu.
- 2. *Updating your belief system is how you learn and requires paradigm-shifting.*** Do you still believe in Santa Claus? Is the world really flat? “The first step to knowledge is to know that we are ignorant.” ---Lord David Cecil.
- 3. *Conscious awareness is the key to successful lifestyle creation.*** Have your current choices been programmed in childhood? “Life is not easy for any of us. But what of that? We must have perseverance and, above all, confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained.” ---Marie Curie.
- 4. *Your value system guides you toward success or failure.*** Are your values really yours? “Today we are afraid of simple words like *goodness* and *mercy* and *kindness*. We don’t believe in the good old words because we don’t believe in the good old values anymore. And that’s why the world is sick.” ---Lin Yutang.
- 5. *You are responsible for your standards.*** To what standards do you hold yourself accountable? “The important thing in life is to have a great aim and to possess the aptitude and the perseverance to attain it.” ---Goethe.
- 6. *You protect your “self” by setting and maintaining strong boundaries.*** “In matters of principle, stand like a rock; in matters of taste, swim with the current.” ---Thomas Jefferson. What are some of your personal boundaries?
- 7. *You are responsible for meeting your needs.*** “Man must cease attributing his problems to his environment, and learn again to exercise his will--his personal responsibility...” ---Albert Schweitzer. What do you want or need when you engage in psychological games?

8. *Appreciate who you are and your lifestyle.* Gratitude is two thirds of love. “The deepest principle of human nature is the craving to be appreciated.” ---William James.

9. *Accurately identify your personal talents.* What have you always wanted to do but, for whatever reason, never did? “There is something that is much more scarce, something rarer than ability. It is the ability to recognize ability.” ---Robert Half.

DEVELOPING SPIRITUALITY AND LIFE PURPOSE

10. *Realize and appreciate your spiritual nature.* “The most beautiful and most profound emotion one can experience is the sensation of the mystical...It is the source of all true science.” ---Albert Einstein. Are you aware of your genuine spiritual nature?

11. *Your spiritual life is more important than your mental, emotional, or physical life.* Who you are is more important than anything you do. “The man who has no inner life is the slave of his surroundings.” ---Henri Frederic Amiel. “...a spirituality that doesn’t touch every single aspect of daily, personal, and commercial life is bogus.” ---Thomas Moore.

12. *You and your clients are already on spiritual paths.* How would you describe the spiritual path you are on? “The spiritual dimension of life is evident everywhere, not just in holy places and exceptional deeds.” ---Frederic Brussat.

13. *When you discover your life’s purpose, living becomes more meaningful.* Are you living “on purpose?” “The most practical of all methods of controlling the mind is the habit of keeping it busy with a definite purpose, backed by a definite plan.” ---Napoleon Hill.

ENHANCING COMMUNICATION SKILLS

14. *When you know and use the principles of communication, you increase the effectiveness of your ability to communicate.* “I have never been able to understand why it is that just because I am unintelligible nobody understands me.” ---Milton Mayer. How well do you communicate your thoughts and feelings?

15. *The art of listening is a vital communication skill and is fundamental to all interpersonal relationships.* Do you prepare yourself to focus on what individuals are trying to say to you? “The greatest motivational act one person can do for another is listen.” ---Roy Moody.

16. *Successful communication hinges on how well others understand what you are saying.* “We shall never understand one another until we reduce the language to seven words.” ---Kahlil Gibran. Is it important to you to improve your communication skills?

17. *Feedback is a way of giving and receiving communication that assists and enhances your relationships.* What is the nature of the impact you have on others? How do you know? “Treat people as if they were what they ought to be and you help them to become what they are capable of being.” ---Goethe.

18. *Competition is primitive; cooperation is better; collaboration is best; and a synergistic relationship is superior.* How often do you ask for the responses from others that will enhance the synergistic relationship? “The danger in communication is the illusion that it has been accomplished.” ---George Bernard Shaw.

19. *Authentic communication in situations involving conflict is a critical relationship skill necessary for growth and change.* “The next dreadful thing to a battle lost is a battle won.” ---Athur Wellesley. “If we justify war [conflict] it is because all peoples always justify the traits of which they find themselves possessed.” ---Ruth Benedict.

LIVING LIFE WITH INTEGRITY

20. *Taking responsibility for all of your actions empowers you, strengthens your autonomy, and lets you consciously create your future.* “Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.” ---William Jennings Bryan. Do you have the courage to take full personal responsibility for everything you think, feel, and do, without blaming yourself?

21. *Honesty is a much greater achievement than always telling the truth. Honesty means you are authentic in everything you think, say, and do.* Under what circumstances do you lie...to others...to yourself? “Subtlety may deceive you; integrity never will.” ---Oliver Cromwell.

22. *Anger is a powerful, useful, and natural emotion. Learn how to harness and manage it, and you increase your personal power.* “The ideal man bears the accidents of life with dignity and grace, making the best of the circumstances.” ---Aristotle. How often and under what circumstances do you become angry?

23. *Being assertive is effective and constructive. Being aggressive is ineffective and destructive.* “To be nobody-but-yourself---in a world which is doing its best, night and day, to make you like everybody else---means to fight the hardest battle which any human being can fight, and never stop fighting.” ---E. E. Cummings

24. *Empathy is the most powerful and effective element in interpersonal relationships.* Are you sensitive enough to be aware of the emotional energy of others? “All great discoveries are made by men whose feelings run ahead of their thinking.” ---C. H. Parkhurst.

25. *Sharing is the best way to create effective relationships.* We rarely practice sharing, unless we use it as a method to get what we want. “You can make more friends in two

months by becoming really interested in other people, than you can in two years by trying to get other people interested in you.” ---Dale Carnegie.

26. *Stress does not exist outside of you. You are in charge of your stress level and can learn to manage it to your advantage.* Do you control your stress level? “I have had a long, long life full of troubles, but there is one curious fact about them---nine-tenths of them never happened.” ---Andrew Carnegie.

ACHIEVING POTENTIAL

27. *Success is a way of thinking, a consciousness. Achieving success is a subjective perception.* Are you content with your current state of being? “We can let circumstances rule us, or we can take charge and rule our lives from within.” ---Earl Nightingale.

28. *Without a vision of your desired future, you allow circumstances to create it for you instead of you creating it yourself.* “The essence of success is that it is never necessary to think of a new idea oneself. It is far better to wait until somebody else does it, and then to copy him in every detail, except his mistakes.” ---Aubrey Menen.

29. *Identifying a great number of personal goals and then writing them out is critical to your success in life.* What kind of activities do you enjoy most? Which ones give you the greatest satisfaction? “Are you not ashamed of heaping up the greatest amount of money and honor and reputation, and caring so little about wisdom and truth and the greatest improvement of the soul?” ---Socrates.

30. *Strategizing is a valuable skill essential to reaching your goals.* “The significant problems we face today cannot be solved at the same level of thinking we were at when we created them.” ---Albert Einstein.

31. *The attitude you adopt determines whether you are successful in creating a lifestyle you enjoy.* “A positive mental attitude is the single most important principle of the science of success!” ---Napoleon Hill. “It is our attitude toward events, not the events themselves, which we can control.” ---Epictetus.

32. *Your level of commitment is absolutely critical to your long-term success and achievement.* “Our greatest weakness lies in giving up. The most certain way to succeed is to always try just one more time.” ---Thomas Edison. “Genius is perseverance in disguise.” ---Mike Newlin.

33. *A life that is balanced both internally and externally is crucial to creating a satisfying life.* What actions do you need to take (start) in order to create a more balanced lifestyle? “We are what we repeatedly do. Excellence then, is not an act, but a habit.” ---Aristotle.

34. *Living in the present moment is important.* What aspects of your daily life are based on present experiences? “The happiness of life is made up of minute fractions--- the little, soon forgotten charities of a kiss or smile, a kind look, a heartfelt compliment, and the countless infinitesimals of pleasurable and genial feeling.” ---Samuel Taylor Coleridge.

35. *You are always a leader for someone, especially for your self. Lead your own chosen life.* “Leadership is the ability to get people to do what they don’t want to do and like it.” ---Harry S. Truman. “A leader is best when people barely know that he exists.” ---Witter Bynner. “To lead people, walk behind them.” ---Lao Tzu.

36. *To become an effective leader, you must first become a good follower and teammate.* “...there are two kinds of people; those who do the work and those who take the credit. ...try to be in the first group; there [is] much less competition there.” ---Indira Gandhi.

LEARNING COGNITIVE SKILLS

37. *Your thinking habits are the most powerful tools you have for creating anything you genuinely desire.* What is the nature of the usual content of your mind? “Every good thought you think is contributing its share to the ultimate result of your life.” ---Grenville Kleiser.

38. *Everyone has the ability to develop creative thinking skills.* “Thinking is the hardest work there is---which is probably the reason so few engage in it.” ---Henry Ford. “Remember happiness doesn’t depend upon who you are or what you have; it depends solely upon what you think.” ---Dale Carnegie.

39. *Paradoxical thinking is crucial to the full understanding of your world.* Do you know what paradoxical thinking is? “Thought makes the whole dignity of man; therefore endeavor to think well, that is the only morality.” ---Blaise Pascal.

40. *Identifying your learning style, coupled with reinforcement, facilitates all learning.* “Education is that which remains when one has forgotten everything he learned in school. ---Albert Einstein. “All the education and all the knowledge in the world can’t help the poor soul who has no common sense.” ---Benjamin Franklin.

CREATING HIGH-QUALITY RELATIONSHIPS

41. *Succeeding at any endeavor is dependent on the nature and quality of your relationships.* Are you happy with the quality of all your relationships? “In separateness lies the world’s greatest misery.” ---Gautama Buddha.

42. *Accurately assessing the nature and quality of a current relationship is crucial to changing it.* “Fate makes our relatives, choice makes our friends.” ---Jacques Delille.
“Do not use a hatchet to remove a fly from your friend’s forehead.” ---Chinese proverb.

43. *The nature and quality of all human relationships are determined by the nature and quality of the character of those involved.* All success is built on character. “I care not what others think of what I do, but I care very much about what I think of what I do: That is character!” ---Theodore Roosevelt. “Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.” ---Helen Keller

44. *Creating genuine relationships is critical to building a successful life.* “If there is righteousness in the heart, there will be beauty in character. If there is beauty in character, there will be harmony in the home. If there is harmony in the home, there will be order in the nation. If there is order in the nation, there will be peace in the world.” ---Chinese proverb.

45. *Friendships are a special kind of interpersonal relationship that you must consciously create.* “I will destroy my enemies by converting them to friends.” ---Maimonides. “Be a friend to yourself, and others will.” ---Scottish proverb. What kind of friendships do you have now? What kind do you want in your future?

46. *The highest-quality interpersonal relationships are based on love.* “To love is to admire with the heart; to admire is to love with the mind.” ---Theophile Gautier. “Perhaps love is the process of my leading you gently back to yourself.” ---Antoine De Saint-Exupery. “Respect is what we owe; love, what we give.” ---Phillip James Bailey.

47. *Romance and taking responsibility for your sexual life enriches the primary relationship of couples.* “Lord, give me chastity---but not yet.” ---Saint Augustine. “The best portion of a good man’s life is his little, nameless, unremembered acts of kindness and love.” ---William Wordsworth.

48. *Resolving conflict in relationships requires a balance of power.* “If you care, you probably fight.” ---Flora Davis. “We have the power to make this the best generation of mankind in the history of the world---or to make it the last.” ---John F. Kennedy.

49. *You can consciously create the kind of relationship you want with family members.* What kind of family do you want to create in the near future? “The reason parents no longer lead their children in the right direction is because the parents aren’t going that way themselves.” ---Frank McKinney Hubbard.

50. *Appreciating differences and valuing diversity enriches your relationships and your life, and broadens your humanity.* “Resolve to be tender with the young, compassionate with the aging, sympathetic with the striving and tolerant of the weak because sometime in your life, you will have been all of these.” ---George Washington Carver.

UNDERSTANDING THE PAST TO CREATE A DESIRED FUTURE

51. *Your personal history is a valuable resource for creating your desired future.* Is your past imprisoning you in a predetermined future? “They may forget what you said, but they will never forget how you made them feel.” ---Carl W. Buechner

52. *You can choose to leave a personal legacy that makes a positive difference.* “Wish not so much to live long as to live well.” ---Benjamin Franklin. “You must be the change you wish to see in the world.” ---Mohandas Gandhi.

“The only thing necessary for the triumph of evil is for good men to do nothing.”
---Edmund Burke.