

**Now What?**  
**5 Ways To Get To Your Greatness**  
**Faster**



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## Now What?

Maybe you've come to a curve or even a fork on your life path. Perhaps it's life altering, or maybe something less dramatic.



The choice you make at that moment may determine the direction of your life for the next few weeks, months, or even years.

How prepared are you?

Here are five things you can do to help get through those "now what" moments:

### 1. Take a deep breath.

Before you "do" anything, the best thing you can do is stop and be still. When something throws you out of sync, the first thing most people do is react. Unless there's a life-threatening concern requiring immediate action, pause, be still and breathe deeply to center yourself. Resist the impulse to act.

Sometimes, not doing anything is the best action you can take.

### 2. Turn off the voices in your head.

While being overwhelmed by feelings and anxious thoughts in such moments is not uncommon, it's important not to be consumed or paralyzed by them.

There's no good answer to the oft-asked question, "Why is this happening to me?"

Knowing why won't change the situation. Neither will blame, justification, vindication, worry or similar thoughts consuming you.

Turn off the voices in your head.

### **3. Make a choice.**

When life throws you a curve, we often feel as if we don't have a choice in the matter. Sometimes, we don't.

The result: a feeling of helplessness, being at the mercy of others, of external forces, of lacking control.

It's in such moments that it's important to realize that you can make a choice about something in your life.

Empower yourself by making a choice. Any choice. Keep it simple. Something you can do right then. It can be as simple as going for a walk.

No matter what you choose, realize that you are choosing. Research shows that when you have a choice you have taken back the feeling of being in control of your life. That's empowering.

### **4. Define what 'moving forward' means.**

When you walk on the beach, your footprints in the sand show where you came from, but they don't define you nor determine where you are going. You get to do that through the conscious, thoughtful choices you make.

Who you have been and who you are is not who you have to be.

"Now what?" moments, as unsettling and anxiety provoking as they may be, have a positive side: they present us with opportunities to redefine ourselves and take a new direction-to move forward.

### **5. Make the negative a positive.**

Change happens; none of us is immune to it nor can we escape it.

The flip side of what is unsettling is that it presents us with new possibilities, with opportunities to grow and learn.

Embrace change, recognizing that what is negative challenges us, tests us and has the potential to move us in a positive direction.

## **Now What?**

Some people choose to navigate the curves they experience by themselves; others seek assistance of family and friends.

Still others seek out life coaches with professional training and expertise to offer techniques and guidance that can assist you as you navigate your way.

Let's find out if we're a fit. Please contact me for more information at:

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