

Life Matters in Spring

What Matters is changing from a monthly edition to a seasonal edition. I am currently combining counselling and coaching with adventure based learning in the outdoors which means I'm not in my office as much as usual!

I am still conducting face to face and telephone consults, however space is limited. Contact me to make an appointment.

What is Life Matters?



For those in contact with us for the first time, Life Matters offers professional Life Coaching and Counselling to individuals and families; we also offer counselling for children. Life Matters has rooms in Greymouth, New Zealand. We also offer telephone consultations for international enquiries.

Risk – it's all about perspective

Have you ever had a goal...a dream...a desire that you thought 'If I go for it and it doesn't work out – I'll lose everything and be worse off?'

In my time as a coach I have seen over and over how fearful people are of losing what they currently have. What you give power to grows stronger and so the more people focus on the risk, the greater the risk appears.

Changing jobs can seem like a huge risk, moving house, ending or beginning a relationship – all have risks involved. All have benefits.

When working with a client named Richard (story used with permission) he informed me he *wanted* to be the type of guy that a little bit wild and risky yet he was the type of person who always played it safe because he was worried about what he would lose.

I asked him what type of wild thing he most wanted to do. His answer was that he wanted to go overseas for a year with no job lined up, no plans and to just be free and see where it took him.

Together we wrote out a list of the things he perceived he would lose. It looked like this:

- Money
- Planning for future ie job/deposit on a house





- Relationships with family and friends
- All the small things ie car, house he is currently renting etc
- Job opportunities

I then asked Richard what is the potential gain of his 'risky' plan. A big smile came over his face and his response was:

- 'Anything could happen – I could get a job anywhere, I could meet someone...it would probably be the experience of a lifetime...it's what I want really...but...'

Here his face fell and he went back to the risk:

- 'What if it all falls over and I end up with no money, no job...nothing to come back to? What if everything I've worked for goes down the tube...what then?'

This is where Richard came to understand something extremely important about himself. I asked him, 'Everything you've worked for, have you done that yourself?' His response was 'Yes.' I checked again, 'So you've had to find a job, find a house to live in, save money, buy a car, make new friends...all that stuff you have actually had to do that before?' He started to see where I was going and smiled a sheepish 'yes' again.

This is where Richard learnt an often overlooked truth – *the successes you currently have are a result of the successful strategies you have used in your life. The 'unsuccesses' you currently have are a result of the unsuccessful strategies you have used in your life.*

The things he was worried about losing were all things he had successfully created in his life. If he had done it once – he could easily do it again. Suddenly, the risk wasn't looking so bad.

Michael Jordan missed more shots at the basket than he actually got. Yet he is one of the greatest basketball players of all time. Millionaires often lose tens or even hundreds of thousands of dollars – yet they get *back* to millionaire status very quickly – because they have done it before.

Are you really able to truly lose something when that 'something' is a thing you can create again? Whatever that risky thing is you have been contemplating doing...use the guidelines below to help balance your perspective. Enjoy!

- Be practical – do your homework
- If you find yourself asking 'what is the risk' – balance it out with the question 'what is the gain?' Make sure you pay attention to *both* sides of the spectrum.
- If you find yourself worrying about what you might 'lose' remind yourself that relationships, money, jobs, houses...are all things you have successfully brought into your life. You can do it again.
- Have fun! Risk is all about perspective – if you don't perceive it to be scary your only other option is to enjoy it.



June Words of Wisdom

TO RISK

To laugh is to risk appearing the fool.

To weep is to risk appearing sentimental or weak.

To reach out to another is to risk involvement.

To express feeling is to risk exposing one's true self.

To share ideas and dreams before a crowd is to risk their loss.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

The greatest hazard in life is to risk nothing.

They who risk nothing, have nothing, and nothing.

They may avoid suffering and sorrow,

But fail to grow, to be as much of themselves as they can be, and

To have as much of time

And life as there is

Only a person who risks is free.

Janet Rand

Humour for your Health

Things you don't see every day...



I trust you enjoyed the Spring edition of Life Matters *What Matters*.

For appointments and enquiries please contact me on the details below.

Warm Regards,

Kristie