Challenge Your Clients to Live their Lives Out of a Declaration of Who they Choose to Be

Each of your clients’ lives is the result of the ongoing process of them creating who they are every single day. All too often, people live their lives out of the mistaken notion of discovery. This is the belief that they must find out who they are as a result of the many trials, experiences and lessons they experience on a day to day basis. This notion assumes that they must passively accept and be at the affect of whatever life has in store for them. It makes them a victim and gives them a justification for not doing, not risking, not designing and redesigning who they are and who they choose to be.

This is not to say that life is not without its lessons. Everyone will certainly experience growth and acquire knowledge from the process of daily living. The point is, all too often, many go through life tentatively, waiting for the next trial or problem to be dealt with - like it or not.

Contrast this with the opposite approach…challenge each of your clients to live life out of their declaration of who they choose to be, continually reinventing themselves as they go along. When they live with the intention of designing their lives on purpose, their actions will be in alignment with their declared image of how they envision themselves and how they see their lives unfolding deliberately. As they create, in the moment, who each of your clients has decided to be, each can then act in accordance with this picture. The more each person grows and becomes, the more he or she can yet become.

There is no arriving…only the constant process of being and becoming. That is, the process of creating who your client will become out of their new, empowering and constantly evolving declaration.

The experience of each client living from their declaration of who they are is simply a matter of concept evolving into experience. Have your clients consider any value they hold in high regard- such as the quality of being loving or compassionate. Until such qualities are experienced, they exist only as concepts- kind of like a nice idea. When each person decides to actually experience these qualities as an acted upon value, they take on a whole new meaning. Until your clients do something that demonstrates love or compassion toward another, they will have only the concept of love - not the experience of it. And certainly, they will not yet have it as a distinction. They will not yet become the value they seek to experience.

Just as knowledge of a value can evolve into experiencing it, so can experiencing evolve into “being”. Being is the ultimate result of “getting it” - experiencing a quality until your client actually becomes it. This is what mastery is all about…taking a concept beyond experience into total embodiment of the value.

Just as your clients cannot experience that which they do not know, so too they can not be that which they do not experience.
In the human school we call Earth, we all have the ability to attract all experiences to us—often for reasons unknown to us.

Here is a story I like to share with my coaching clients to illustrate this point…

There was once a wise farmer who knew that life’s experiences are often not what they appear. He owned a beautiful mare that was the finest in the entire village.

One day, someone left the corral gate open and the mare ran off.

The villagers said to the farmer, “what terrible luck.”

The wise farmer replied, “Good luck, bad luck, who can tell.”

Several days later the mare returned with a beautiful herd of wild stallions accompanying her.

The villagers marveled at what good luck the farmer had.

Again, the wise old man observed, “Good luck, bad luck, who can tell”.

One day, the farmer’s only son was out in the yard breaking in the wild stallions. When he was thrown from his horse and broke his shoulder, the villagers remarked, “What terrible luck.”

Once again, as he was known to do, the farmer said, “Good luck, bad luck, who can tell”. A week later, war was declared by the government, calling into service all able bodied men from the village.

All went to war with the exception of the farmer’s son who was still healing from his injury.

When all the young soldiers from the village were caught in an ambush and killed, the villagers again remarked to the farmer, “What good luck that your son broke his shoulder and was spared.”

And so, on goes the story.

Good and bad, right and wrong are merely interpretations that we attach to experiences. As with all opposites, we can not have one without the other.

Likewise, health and illness are opposite states called into being at our request on some level. We can not experience one without experiencing the other. This duality is true of all opposites. We can not experience up without down, left without right, good without bad, happy without sad, etc.
All of life’s experiences present themselves as tools for our own creation. It is entirely up to us to decide how we will experience any aspect of life as it presents us with an opportunity to decide who we choose to be - given the circumstances.

Instead of being a victim of whatever it is that life presents us with, we can choose to be the source, the creator of how we will respond and be affected by the challenge. Our response is our opportunity to define who we choose to be.

Challenge your clients to analyze the following areas to determine which ones currently support who they have decided to be and which ones detract from it.

Theirs integrity level
Their ability to make and keep commitments
Their willingness to tell the truth no matter what the circumstances
Their commitment to being punctual and reliable
Having Respect and an appreciation for others
Showing gratitude
Taking initiative
Living passionately
Trust their intuition

Living responsibly means that each of your clients is the source of everything that shows up around them in life. On some level, they have attracted whatever it is for a reason. And, likewise, they have the ability to attract something different if they decide that what they have attracted does not serve them. Every person has the power to manifest everything in their own life.

Suggest that your clients consider that if they decide that what they are attracting to their lives - scarcity, illness, anger, loneliness, whatever- does not serve who they are or choose to be, have them decide to do otherwise. It’s up to each person to decide to manifest those things that support who they choose to be consistent with their invented declaration.

Here are some exercises to champion your clients to live from their declarations

1) Ask each client to consider… In what areas of their lives- health, wealth, relationships, personal development, vocation and recreation - are they attracting things that do not support who they have chosen to be?
2) Challenge each to create an invented declaration – deciding who they choose to be in each area. This is a place from which they will live their lives.
3) Have each client develop a detailed vision of what their ideal life could be like.
4) Challenge each to decide now to experience their ideal days on purpose living out of their declaration. Have them phrase such as declaration in the first person, present tense…For example, I am a compassionate loving contributor who inspires others to realize their greatness.
Suggest that your clients keep a daily journal to record their observations regarding how closely they have lived each day from the declaration of the person they have decided to be.