Supporting Your Clients to Make the Most of Their Situation

The first step to supporting your clients in accessing their personal power is to have them determine the facts about their current situation. When they achieve clarity on exactly what the particulars are in their lives, they can then decide what their course of action will be to design their future on purpose. Each of your client’s personal power lies in developing a plan of action starting with where they are and leading to where they want to be. Support them to understand that they no longer will be just idly wishing for what could be.

Accepting the reality of any situation allows your clients to be fully aware of their options, ready to move on to what is next. In contrast, living their lives from the perspective of what should be keeps them stuck in their opinions, judgments and evaluations of why life is not working, robbing them of their power to act decisively. Acting from choice supports life, vitality and health. Acting from obligation causes them to react to life. When your clients act from obligation, they are really not taking responsibility for making a conscious choice. As a result, they are not proactive, designing their futures to meet their goals and expectations. They are instead reluctantly and often resentfully acting in accordance with someone else’s wishes and expectations. When they fail to take responsibility for communicating what works for them and designing their future with intention and purpose, they become a victim, subject to the demands, expectations and desires of others.

Being complete with their past and planning their course of action based upon a positive expectation for the future supports your clients’ productivity and power. Assist them to properly analyze the facts of their situation and decide on a specific plan of action that addresses their challenges. Do not allow them to waste their energies worrying and complaining about what the challenges have been in their lives so far. Suggest that they take the interpretation that the past is behind them and got them to this point in their lives where they can now control their destiny in an entirely new way. Remind them that their future need not bear any resemblance to the past if this does not support their excellence and happiness. Support them to now possess all the tools they’ll need to plan a course that will result in a life that is intentionally designed and manifested. If they do something, invite them to do it willingly or choose not to do it, knowing that every decision they make brings consequences. Rather than complain about doing something they may find unpleasant and think should be different, invite them to choose to either do it, not do it and accept the consequences or do something proactively to change it. Challenge them to stop complaining and move on to what’s next for them in an empowered fashion.
Here are some exercises to support your clients in their right to choose:

1) Ask your clients to examine where they are stuck because of their opinion about how things should be.
2) Invite them to accept wherever they are in life, specifically identify what is next for them and act boldly and with a positive expectation and plan for their future.
3) Request that they record their plan in their journal.