18 Ways to Champion Clients TO Live their Best Lives

Let’s now summarize 18 more tips to support your clients to live their best lives.

1. Challenge your clients to make every day their own personal day of Thanksgiving. Have them make a list of all the blessings for which they are thankful. Suggest they particularly note those things that they usually take for granted. Invite them to express their gratitude to others or do something nice for someone less fortunate than them.

2. Encourage your clients to stop complaining! Advocate that they identify any chronic complaints they have had for too long. If your clients find themselves frequently complaining about others or making them wrong, have them look to see if there is somewhere that they:

   * Gossiped
   * Lied
   * Made a mistake and covered it up or somewhere their integrity is out of harmony
   * Made some agreement they did not keep
   * Are not being responsible for something.

Often times, their humanity cannot accept such behavior from themselves. As a result, they might find themselves turning things around so that it comes out in the form of a complaint or making someone else wrong. Challenge your clients to contemplate what each can do to take responsibility for any situations that do not support their health and happiness. Ask if there may be any requests they can make that would help to resolve these unworkable areas. Remind them to always put themselves in the other person’s shoes and communicate their request in a way that leaves the other person whole.

3. Look with your clients to see if their lives would be well served by hiring any additional coaches or mentors in any specific areas of their lives where they need additional expertise beyond the services you provide them with. Challenge them to request mentoring or coaching from a person who is proficient in the area they desire to develop. For example, someone adept in the arena of personal relationships may not be very skilled in terms of financial planning or real estate acquisition. There are many professional coaches or mentors your clients can hire to support them to be powerful in any particular area of their lives. Request that they compile a list of people skilled in the areas of health, finances, relationships, fun, spirituality, self-improvement, or whatever
area is beyond your expertise. Challenge them to set a date by when they will hire such an additional mentor or coach.

4. Challenge your clients to live their lives boldly and with passion. Suggest they make a list of at least 10 activities that they would like to do but somehow never seem to make a priority. Have them set a date by when they will commit to doing each one.

5. Champion your clients to uncover any apathy or resignation in their lives. These are areas where they may be resigned to a life situation that they see as undesirable but unavoidable…that is “just the way it is.” Challenge each to consider how they mistakenly decided that they are powerless to do anything about their unwanted situations. Invite them to take full responsibility for every aspect of their lives to work optimally. Suggest that they start to notice when they are not doing so and decide what action steps they will take to change an unworkable situation to address the situation so that they need not be a victim without control.

6. Invite your clients to give up their attachments. Suggest they contemplate what situations they are either resisting or “attached to” in their lives in a dependent and unhealthy way? Dare them to decide now to release their need to have their way and give up their right to control another person or a situation that they have been resisting.

7. Assist your clients to open up the lines of communication with everyone in their families, social circles, and work arenas. Ask them to make a list of all the people they are out of communication with as well as a list of all the people with whom they were once close but have either become distant with or lost touch with over the years. Ask them by when will they reach out to each one?

8. Challenge your clients to make fun a daily part of their lives. Have them identify how often they may put off enjoying themselves and making the most of each day. Suggest they create a list of activities that bring them joy. Dare them to re-establish lost friendships, plan a party or a trip, invite a friend out to lunch or over for a cup of coffee, or to take up that hobby that they have been putting off for years. Request that they plan and commit to at least 3 fun things they will do every week.

9. Support your clients to bring out the best in others. One of the ways to best support your clients in their relationships with others is to teach them to create room for the other person’s stuff. By stuff, I mean how they view the world, themselves and other people – especially when it’s different from and in opposition to your clients’ perspective.

When your clients disagree with others and hold them as stupid, confused or just plain wrong, an impasse results and their relationships suffer. Your clients’ willingness to give up
their need to be right and dominate the other person is critical to empowering any conversation. As your clients practice listening to the other person as someone totally capable, competent and insightful, they now have the ability to get her to see something that she may not have been able to see before. Suggest that your clients try listening this way and notice how it impacts their conversations and relationships.

10. Teach your clients the secrets to eliminating chronic upsets in their lives.
   Stress to them that 99 percent of people’s upsets and reactions have nothing to do with them. 1 percent of what people are reacting to comes from the fact that that your clients’ human-ness triggers something in them. 99 percent of your clients’ reactions have nothing to do with them. 1 percent of your clients’ reactions are based in their human-ness triggering something in the other person.

11. Stress to your clients that no one else can make them upset –only they can. To determine the source of an upset:
   * Have them check to see if they have an expectation in place that is not being met. Being upset is often the result of a disappointment.
   * See if there is an important value of theirs that is not being honored causing them to become angry and non-communicative.
   * Ask if there is some undelivered communication that needs to be expressed. The act of speaking responsibly will often eliminate the pent-up emotion that results from not being heard.
   * Remind them to separate the facts from the interpretations and opinions involved.

Remind your clients that they are not someone’s opinion about them. They need not be offended by what others say or do. Their decision to take offense at what’s others say or take things personally is always an optional choice for them.

12. Impress upon your clients that there is no such thing as failure. Failure is always an interpretation. Rather than have your clients think that they have failed at something, suggest that they look at what lessons they’ve learned or what good came as a result of the experience. Your clients can always create an interpretation that links value to most any experience.

13. Teach your clients how to have conversations to explore possibilities and options. Assist your clients to develop the habit of regularly engaging in conversations to explore
possibilities around problems, ideas or goals they share with family, friends, coworkers or employees. Invite them to create the space to explore the possibilities and options without any commitment to act on any ideas that are developed.

14. Challenge your clients to always tell the truth.
   In each area of life, ask your clients to acknowledge where they have not been totally truthful with themselves or others about what is really so for them. Have them include…
   * their physical, mental and spiritual health
   * their relationships
   * their work
   * their passions and recreation
   * their finances
   * their personal development
   Ask them about what actions they will take out of their commitment to tell the truth.

15. Challenge your clients to commit random acts of kindness. Suggest that they reach out to at least one person everyday with whom they would not have ordinarily and do something nice for them. This could mean sending the person a thoughtful card, calling them to say they appreciate them, taking them to lunch, picking them a flower or simply doing something that says they care without expecting anything in return.

16. Suggest that your clients acknowledge someone today for something they did that contributed to your client in some way. Have your client point out to the person they are acknowledging how their action contributed to making your client’s life better. By doing this, your client will have empowered the other person and reinforced the kind of behavior they most desire to encourage.

17. Have your client draw up a list of “clear-the-deck” items representing those things that they have avoided dealing with that are somehow draining their energy or detracting from their happiness, freedom and power. Have them look at each area of their lives including their home, business, family, relationships, health, finances, recreation, etc. Suggest they prioritize this list and commit to handling at least two or three of these items every day until they have exhausted their list. Challenge them to repeat this exercise monthly to ensure that their lives remain focused on those things that matter most, unrestricted by those things that keep them preoccupied or distracted.
18. Challenge your client to make today a “listening day.” Invite them to seek out someone who needs a friend and listen to him or her without judgment or giving advice. Request that they listen as if the person is totally magnificent, capable and worthy. Suggest that they do not offer advice unless they are specifically asked for their opinions.