

Millie  
Calesky's

# Coaching Vision

*Helping you to move forward*

Issue 2

## How to Face and Work Through a Challenge

**“While moving towards your goals, working on your dreams, or creating the life you want most – you will inevitably encounter challenges. You can get through them – if you’re willing to be flexible, teachable and persevering.”**



Whenever you decide to do things differently or take actions that lead to change, you can count on there being boulders in the road. You may encounter outer challenges such as lack of finances, information, or connections. You may also be blocked by inner challenges, especially fear, lack of self-confidence, or the tendency to repeat old habits. These obstacles can slow your progress or even bring you to a complete halt.

To work through any challenge, you’ve got to start out by becoming aware that you’re facing a hurdle, clarify what’s getting in your way and decide which steps must be taken to move you forward.

### **Trust and believe in yourself**

What’s most important is that you trust in yourself and believe that there is a solution, even when you aren’t sure what it is. Rather than trying to sort it all out on your own, it’s a good idea to reach out and discuss your situation with a friend, colleague, or spiritual advisor. You might also consider consulting a coach – an impartial guide who will help you see the big picture. Your coach will provide you with a confidential, supportive structure where

you can take an honest look at what you want and what’s getting in the way. When the time is right, your coach can help you develop an action plan and support you in moving forward, step by step.

### **From standstill to productive**

I recently started working with a man who wants to develop his own business. He tried to launch this business previously, but had little success. Since we started working together, he’s gone from being at a standstill to highly productive. He’s thrilled with his progress. Within the structure of coaching, he’s achieved in a few months what he hadn’t done in years on his own.

What made this improvement possible? Because he’s working with a coach, he’s more motivated and productive. He’s talking to more people about his services and, as a result, he’s finally getting the returns that he’s been hoping for. Self-reliance may work well for some, but for this person (and for many), it often isn’t enough.

### **Write or journal**

One of the best ways to access your deepest wisdom about any issue is through writing. When you write,



For more information  
contact Millie at  
413-655-2555 or  
MilliCOACH@aol.com

you're able to get beyond your intellect (left brain) and access your feelings and intuition (right brain.) To write, you need to stop, get quiet, and focus. That process, in and of itself, can get you in touch with your best ideas. Often, when my clients are facing a dilemma, or are uncertain about how to proceed, I suggest that they journal about their concerns and/or write a pro & con list. During or after writing, their deepest wisdom about next steps will inevitably emerge.

### **Talk your concern through with someone you trust**

When you speak your mind and discuss your challenges with someone you trust, something shifts. You're able to see possibilities that weren't obvious before. There is also a great relief that comes from sharing your concerns versus feeling that you have to grapple with them by yourself. This is why talking to a coach, counselor, minister and/or friend can be such a powerful (and helpful) experience.

### **Acknowledge what you cannot change**

It's valuable to know what you cannot change. It frees you to focus your efforts on areas where you can have an impact. Trying to change the unchangeable (like other people), can be frustrating, painful, and drain your energy.

### **Take action where you can**

Figure out what you can change, and – get started! The journey of 1,000 miles begins with the first step. The first step will lead to the second, and the second to the third, and so forth. If you're willing to take baby

steps on a consistent basis, you will make huge changes and achieve on a level that you never thought possible.

### **Start now**

“The best time to plant a tree was 20 years ago. The next best time is now.” This Chinese proverb is so wise. Procrastination only makes things worse. If possible, take a step forward today. Don't wait for tomorrow. There really is no time like the present.

### **Have you found it hard to work through a specific challenge on your own?**

Call Millie for a free coaching session to address this and other issues that are holding you back. In this session, Millie will help you design a 90 day plan for working through your challenge.

“When I started working with Millie, I was facing a challenge. I was looking for a change in direction for my consulting business. Since we started working together, my business has improved tremendously. I've developed several new clients and my business has taken off in a new and exciting direction.”

**Louise Abrams**  
Healthcare consultant

