

Millie
Calesky's

Coaching Vision

Helping you move forward

Issue 3

Overcoming Challenges & Creating Success

“There will always be some boulder blocking your path. Here are some ideas for finding your way around or over it.”

You may think that it's impossible to move forward right now. There may just seem to be too many obstacles blocking your path. You may decide that you're just going to have to wait until the road clears a little. It's true that, at times, there are so many challenges that it is wisest to not push the envelope until some are resolved. On the other hand – it's inevitable that there will always be some boulder blocking your path. If you plan to wait until your life is problem-free, you may end up waiting a long time or even indefinitely.

What you believe is important

Henry Ford said: “Whether you believe you can do a thing or not, you're right.” Your beliefs are very potent. If you think there's something you can't do, then you can't. If, on the other hand, you're willing to believe that there may be a way to get it done (even if you don't know how right now), then progress is possible

One way to prevail during stressful times is by working with a professional coach. As

your business and life coach, I can help you move forward, even during challenging times. We'll focus on the half of the glass that's full, on your strengths, achievements, and dreams.

Plan, execute, and celebrate

Together we'll develop a plan that will help you achieve your goals. During weekly coaching sessions, we'll review your progress, celebrate successes, and identify actions to be taken. You'll come away from each talk feeling energized and filled with confidence and enthusiasm. As you see yourself making measurable progress on an ongoing basis, your confidence and commitment will grow, as will your success.

Success despite obstacles

I've been coaching a woman who is developing a new business. She's also a single parent, has responsibility for two aging parents, and a full-time job. It would be easy for her to just give up and say “I can't start this business right now – there's just too much on my plate.” Instead, she's choosing to believe that she can succeed despite the obstacles. She's hired a coach to ensure that she stays on track. She's making progress, her client base is growing, and she's hopeful about the future.





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.

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

Be open to trying different approaches

If at first you don't succeed...don't give up! Don't get attached to any one solution. Just keep on going and keep on doing your best. Compare your progress to no one's but your own.

Explore your options

Before you make any decisions, study all possible ways of handling your challenge. Check out all available resources. That way, when the time comes to make your next move, you'll make an informed and intelligent choice.

Find support groups

It's easier to effect change and face challenges when you have support. It's also helpful to know that there are other people who have gone through the same challenges that you have and to hear about their coping strategies. Many groups are free. They provide support for causes such as mothers with new babies, people grappling with addictions, adult children caring for their parents, and many more. Meetings are listed in local newspapers under community groups and/or activities.

Read inspirational stories

For inspiration — read about people who have faced similar challenges and triumphed. One of my favorites is *Miracles Happen* by Mary Kay Ashe – the founder of Mary Kay Cosmetics. Mary Kay endured many hardships and, despite them all, she founded and developed one of the largest cosmetics companies in the world.

After reading this book, and other inspiring autobiographies like it, you'll say to yourself: "If they could succeed in the face of such huge obstacles, I can too!!!"

Practice patience

If a solution doesn't appear in the way or in the amount of time you'd hoped for, it's best to not force it. Instead, put your challenge on the shelf for a little while and focus your attention elsewhere. A solution will emerge when the time is right, and it can't be rushed.

Ask/Pray for Guidance

It never hurts to ask for guidance from your highest self or higher power. Turn your challenge over and listen for an answer. It may take a while to hear back, so cultivate the patience suggested in the previous tip.

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Henry Ford

