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Me-Time: Life-coach yourself to success talks you through the expected life-coach territory such as guidance on setting goals, how to keep your career moving upwards and positive advice for building better relationships. It also encourages you, however, to look at and review other areas in your life, such as

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Part 1

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first started being a life coach, I really wanted a purpose in life that was bigger than myself. I have always wanted my life to be an example of what is possible

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The key is to try to set aside a time every day for your life coaching sessions when you are not likely to be distracted. Early morning is usually the best time because it is the quietest. An early morning session also sets the tone for the rest of the day, making it easier for you to stay focused on your goals and overcome challenges as they arise.

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## **How to Coach Yourself in 4 Easy Steps - YOUR HIGHER-SELF ...**

Most people might identify 'coach' with sports. A sports coach's job is to get you to be better at the sport, and usually with the aim of progressing competitively.. A life coach's job is to aid you in getting what you want out of

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life – a version of your life that you would personally describe as ‘better’.. For me, it has always made sense that ‘life’ includes career.

## **How Can A Life Coach Help Me | Why Life Coaching Is Important**

A results life coach is someone who helps you identify your goals and

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develop an actionable plan to achieve them. Coaching may sound like a foreign concept to some, but to compete as a world-class athlete, you need the experience, enthusiastic support, objective perspective and insight of a coach.

**What is a Life Coach? Learn What**

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For further reading, we share the top 20 Life Coaching Books, as well as the Ultimate Life Coaching Tools Library.

About the Work of Tony Stoltzfus.

Christian life coach and trainer Tony Stoltzfus is the author of several popular books on the topic, including Coaching Questions: A Coach's Guide to Powerful

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Asking Skills. As a master coach ...

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give yourself incremental deadlines, you're more likely to get things done quickly. Take rest seriously.

### **How to Make More Time for Yourself, in 3 Simple Steps ...**

The overarching goal of a life coach is to help their client find their purpose in life. According to Tony Robbins , a master life

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coach and one of Harvard Business Press's "Top 200 Business Gurus," we must take massive action to produce massive results — and that starts with self-love.

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