

# LIFECOACH

PEOPLE DEVELOPMENT JEANINE SLOAN TRADING AS LIFECOACH  
BA (PSY) HONS (PSY) COACH (ICFSA) HIV/AIDS COUNSELLOR (UNIQUE NURSING)

PO BOX 2720, NOORDHEUWEL, 1756  
LIFECOACH@LIFECOACH.ZA.NET

(011)954-0498

082 346 46 76

## *When novelty wears off*

1. Often when you start a relationship and a new job you are highly motivated and excited. But this soon fades.

Most people have been to various seminars/courses where they walk out feeling on top of the world, however a few weeks later or even a few days the novelty or motivational high has worn off. This does not mean that the course did not work; it means that the person never practiced what was conveyed. Simply put one has to **Walk the Talk!**

Take a Stand (a commitment) and then providence lines up with your Word. According to WH Murray climber of Mount Everest has this to say - "That the moment one commits oneself, then providence moves too .A whole stream of events issues from the decision, raising ones favour all manner of assistance, which no man could have dreamt would have come his way."

2.How can a person keep the motivation and excitement in their jobs, relationship or new project?

Taking a stand and committing to what they want, and then contextifying it according to time and space!..... Let me give some background:

The Matrix? If you have seen the movie you will be aware of the interesting aspect of understanding what is Real and what is not? Simply put the Matrix can be seen as the collective consciousness, of humankind, that involves millions of years of Conditioning. This implies that you learn your behaviour from your parents , guardians etc who learn from those before them. Essentially the conditioning is a means to Learn and Survive and to teach one to Learn to Live in the Big World.: -We learn what to do when we want to get something and we learn what to do when we want to get out of something. As useful as these Behavioural patterns are, they can also limit us later on. The very patterns of behaviour, which help us, can also be holding us back? The key is to become aware of your behaviours, and see if the Matrix is using you or are you using it?

Bearing in mind that the Matrix has a inner voice within us all which monitors our behaviour, and which often can be negative" You not good enough, You dreaming, you can't do it, etc Maintaining your Motivation and Excitement in either Work/Career or Relationships involves your awareness of what you are allowing this inner voice to do to you.

**Some pointers:**

**1. If you unhappy in an area of your life - there usually is something about that issue where you are BEING RIGHT. - Consider the possibility that by Needing to be Right this could be a Conditioning! He should be... I Must, I Have to or else?**

**E.g. Relationship - I know I am right and he is wrong, He takes no responsibility etc.**

**2. Be aware of what you are Creating. Your word is very Powerful, and many use it negatively without realising they are producing the patterns that continue their unhappiness (Self-sabotage).**

**3. Awareness of your Greatness! "Its our light that we fear not our darkness" - Nelson Mandela.**

**You have the Power to do what you want to - If you are not Achieving what you want take responsibility and move out of Victim Consciousness (Frustrated, Complaining)**

**4.Be your Word. Understand the impact of your word, and look at your Integrity with What you Say your are going to do.**

**5. If you not sure what you want, look at what you don't. Is the Matrix controlling you?**

**6. Never give your Power away to anyone - including the Matrix!**

**7. Imprinting a new pattern can be uncomfortable but once it's done a new you or the Real you emerges**

**Jeanine Sloan**

**Trading as LIFE**COACH** (BA(Psych) Hons (Psych) CCI (Coach) Metaskills (Coach) ICF)**

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**Website: [www.lifecoach.za.net](http://www.lifecoach.za.net)**

**Email: [lifecoach@lifecoach.za.net](mailto:lifecoach@lifecoach.za.net)**