



ENOUGH ALREADY!

HOW TO RID YOURSELF OF BAGGAGE AND DO WHAT YOU
WANT WITH YOUR LIFE.

THIS E-BOOK WILL ENABLE YOU TO LIVE A BETTER LIFE.

IT PROVIDES A TASTER OF THE GOLD ON OFFER BY ENGAGING THE SERVICES OF...

DAVID CLARK,
FOUNDER AND CEO, THE LIME GREEN SOLUTIONS



the **LIME GREEN** solutions

WEBSITE: WWW.CALMERCORCOACHING.COM

CONTENTS

FEELINGS	3
THOUGHTS	5
ACTIONS	7
PURPOSE	8
VALUE	9
LEGACY	10

FEELINGS

WHAT ARE FEELINGS?

A feeling is a physiological sensation we experience, primarily through our nervous system which runs from the tip of our head to the tips of our toes. It is a means of communication that requires attention and often action.

Connecting to our feelings, the messages and the information being provided enables us to make better decisions and achieve better results. Through better integration of our feelings with our thoughts and our gut instinct, we effect a wiser existence through adopting a more integrated approach to determining whether or not a decision needs to be made or action is required.

WHY DO WE HAVE FEELINGS?

Feelings are designed to enable us to survive. They alert us to potential or actual challenges, enable us to respond and to live another day. In primal terms, the phrase “fight or flight” applies.

The flow of feelings and thoughts between our brain and our body is constant. The challenge is for us to maintain a calm flow of energy between the two to optimise our capacity and capability throughout each day. We achieve this through measured breathing.

HOW CAN WE OPTIMISE THEIR USEFULNESS?

The key is to maintain perspective, that is, to focus on optimising our experience and the value we add to the lives of ourselves and those around us.

We learn as we grow up numerous strategies to respond to various situations. These are learnt subconsciously and are retained as we pass through childhood to adulthood. However, without knowledge of our strategies, we may be at risk of learning strategies that are of no value or that may impact adversely on our ability to achieve our goals. For example, we may have feelings about certain situations or individuals that may relate to past memories but that do not accurately reflect what is before us. Understanding how our feelings from the past affect our feelings in the present can empower us to better employ our feelings to good effect.

WHERE DO THEY COME FROM?

Feelings are generated from how we feel, literally from our nervous system. They are processed in our heart. For example, if we place our hand near something warm like a radiator, our hand generated a warm feeling. These sensations or feelings are created through our nervous system. So feelings can arise from our nerves. If our nerves are overly sensitive, we can over-stimulate our nervous system and this has resulted in imbalance between the messages we are receiving from our environment and the way in which we process those messages. We become over-sensitised.

Feelings often emerge most strongly within our main torso, either resulting in a tightness in the chest, a clenching of our teeth, a lump in our throat, tension around our shoulders/ neck or a tingling sensation in our stomach.

They can also be generated from our heart. We can feel a connection towards someone or we can feel wary of someone. These sensations arise from our body's ability to sense energies that are invisible to the eye but that enable us to protect ourselves.

WHO HAS THEM?

We all have them. Some people may be more in touch with their feelings than others. Some may have developed strategies in which they filter signals arising from their nervous systems which results in them having different reactions to others from the same situation. Other people may have strategies that result in an over-reaction. These strategies are the result of memories of past experiences that the individual has established to use in similar present or future situations.

WHEN DO THEY OCCUR?

Feelings are constantly present though they can vary in intensity depending on the nature of the environment in which the individual is in and the degree to which the individual's strategies are being activated in response to a specific situation.

Through awareness of our feelings, the strategies that arise and the specific situations in which they arise – we can empower ourselves to enhance our emotional intelligence by engaging calmly and constructively to any issue we may face.

THOUGHTS

WHAT ARE THOUGHTS?

Thoughts primarily arise in the brain. They arise as a result of information received from a combination of our senses receiving information, such as what we see, hear and feel along with our memories of past experiences which are frequently combined in either a logical, or more often, an illogical result that the brain offers as truth.

WHY DO WE HAVE THOUGHTS?

To enable us to survive, to make decisions and to make sense of information received from our environment to enable us to make good decisions based on an assessment of:

- the decision to be made;
- all potential/ actual information available;
- all potential/ actual options available;
- memories of past experiences and strategies learnt as a result;
- an analysis of the most appropriate choice to make based on all the above

HOW CAN WE OPTIMISE THEIR USEFULNESS?

By gaining a clarity about why we think what we think, we can empower ourselves to live a richer life through enhancing our ability to fulfil our capacity and capability.

We live in a world awash with information and choice. The challenge is to be clear what is of value and what is not of value.

If we have clarity about what we want to achieve in life then we have clarity about the scope of our focus and we have clarity regarding how best to focus our energies and invest our time.

From thereon in, life is a win win.

WHERE DO THEY COME FROM?

All thoughts arise from the brain.

WHO HAS THEM?

We all have them. Some people may be more thoughtful and take longer to make decisions than others. Some people may be quicker at making decisions as a result of, for example, their having less need for complete information, fewer strategies on which to draw in assessing options or limited experience from which to draw.

WHEN DO THEY OCCUR?

Our brains are constantly on. Even when asleep, our brains are processing all the information we have received during the previous day and storing all the data received as it sees fit to enable us to draw on in future should the need arise.

The challenge here is to maintain focus. One of the biggest challenges in life is living in our heads, to over-think and to exhaust our brains beyond the point which is healthy. This is one of the biggest risks to our health. Maintaining a state of calm flow with adequate rest can ensure we optimise our wellbeing.

ACTIONS

WHAT ARE ACTIONS?

Actions are the doing in life. Usually actions are associated with a goal/aim.

WHY DO WE ACT?

The challenge is to ensure that all actions are aligned to a goal, an aim, an outcome. If they are not then it may be questionable why they are present.

If an action is of no value then the purpose of that action may be considered questionable.

HOW CAN WE OPTIMISE THEIR USEFULNESS?

Through clarity about goals/ aims/ desired outcomes to be achieved, we can optimise our capacity and capability to achieve what we want to achieve each day, each week and each month or our life.

WHERE DO THEY COME FROM?

They comes from our desire to achieve, our motivation to attain some form of aim/ goal/ desired outcome.

They most frequently arise from our brain but may come from the heart or from the gut as an instinct to achieve something.

WHO PRODUCES THEM?

We all act. The key here is the degree to which we act on purpose, act with value and act appropriately to achieve what we need and want to achieve in life.

WHEN DO THEY OCCUR?

Similar to thoughts, we are constantly acting. Our behaviour is how we act. The essence of effective behaviour, of high emotional intelligence, is to act with purpose and with value and to maximise the impact of energy expended – both mental and physical. Often taking action in the right way at the right time can be more effective in a moment than in a week, a month or a year.

PURPOSE

WHAT ARE ACTIONS?

The reason why something is done. For example, you go shopping for food to sustain yourself. You cook to eat. You travel to get from A to B. You live for a purpose.

WHY DO WE HAVE PURPOSE?

It provides a sense of achievement, motivation and direction in life. We are all the same and we are all different. We have different interests, motivations, hobbies and upbringings. This provides us with choice.

To empower ourselves to fulfil our potential, by exploring what we like, how we motivate ourselves and what matters most to us in life, we can determine our purpose – our reason for being alive. This enables us to live a life of value and fulfilment.

HOW CAN WE OPTIMISE THEIR USEFULNESS?

The greatest opportunity we can provide is through self-education. Much has been written in the field of self-empowerment and the evidence demonstrates that through embarking on a journey of self-discovery optimises an individual's ability to live a fulfilling life.

WHERE DOES OUR PURPOSE COME FROM?

It comes from a combination of our DNA, our upbringing, our personality and our motivation. The more we understand what makes us tick and the scope of human potential, the greater our ability to achieve it.

WHO HAS PURPOSE?

Anyone who is willing to seek insight will be able to identify their purpose.

WHEN DOES PURPOSE OCCUR?

Some people may find what makes them tick at a very early stage in life, others may require a little more investment of time and energy.

VALUE

WHAT IS A VALUE?

A value is a preference that we have that influences how we feel and how we think. Our values influence how we live, who we prefer around us, where we work and where we live. Our values determine our “right” from “wrong”, they underpin our attitudes and our behaviour.

WHY DO WE HAVE VALUE(S)?

Our values enable us to make decisions in life. They enable us to make choices which we feel comfortable with and choices which we conclude are most likely to add value to our lives.

We feel most connected when we are living a life congruent to our values. We feel uncomfortable when we sense a conflict between the values we hold and those presenting around us.

HOW CAN WE OPTIMISE THE USEFULNESS OF OUR VALUES?

Through being aware of what we value most and what values we consider are more important than others, we are able to optimise the way we make decisions and live our lives as authentically as we possibly are able.

WHERE DO THEY COME FROM?

It could be argued that our values are part of our DNA. It could also be argued that our values are part of our identity. They are us and are constantly present.

WHO HAS THEM?

Everyone has a set of values, based on their own personality and their life experiences.

WHEN DO THEY OCCUR?

Our values are constantly present though they may change both in terms of priority and in terms of presence during our lifetime. For example, we hold certain values during our teenage years that may no longer serve any purpose as we enter retirement, though that may not always be the case.

LEGACY

WHAT IS A LEGACY?

A legacy could be defined as something someone leaves behind, something passed on to others or how someone might be remembered or something they achieved in their lifetime for which they will be remembered.

WHY DO WE HAVE A LEGACY?

It provides a focus, a lens through which we may wish to be remembered. For example, some may like to be remembered for being very caring and compassionate, or as being a high achiever or entrepreneurial or maybe an adventurer or an artist or explorer.

HOW CAN WE OPTIMISE THE USEFULNESS OF OUR LEGACY?

By focusing on our legacy, we can create our own story ahead of time. We can plan ahead by determining what we want to have achieved during our lifetime, based on our values, our vision of the world in which we wanted to live and our mission in life.

WHERE DOES IT COME FROM?

There is no straightforward answer to this question. It could be argued it comes from the heart. It is something that makes our heart race, our blood pump, motivate us and gets us going to achieve.

WHO HAS A LEGACY?

Everyone has a legacy. There are all different. The more clarity we gain early on in life regarding what we would like our legacy to be, the greater the chance we have of being able to achieve it.

WHEN DOES IT OCCUR?

A legacy is something passed on, so usually an achievement or a memory after the milestone has occurred.