

# 10 PARADIGMS FOR LIFE COACHING

1  
Release the pressure to create change and focus on increasing choice.

2  
Nothing changes in the world, or in anyone else, until you change.

3  
Every moment, feeling, and experience is perfectly orchestrated for your evolution. Nothing happens to you; everything happens for you.

4  
There is never a downside to taking responsibility for your own experience.

5  
Desire is not selfish, it's wise. It's a compass pointing you in the direction of your life's purpose.

6  
The most efficient states for change are curiosity and amazement, not judgement.

7  
Transformation is a continual process of letting go.

8  
Healing is an inside job.

9  
Life's wisdom comes through the ups and the downs.

10  
Everything that happens in a session is right.