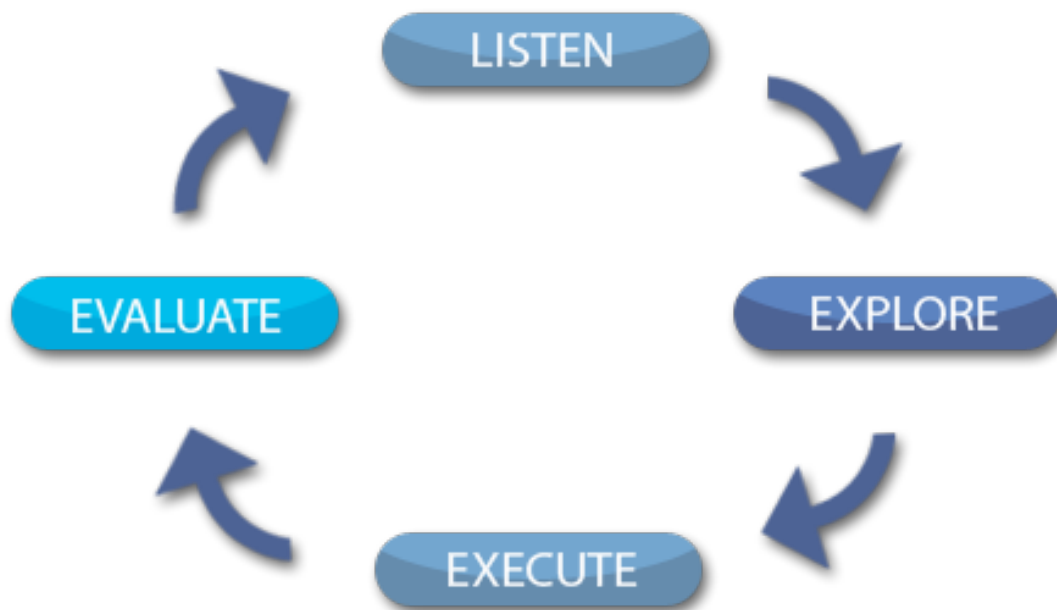


Live The Call

What to expect during the sessions?

While no session is alike, there are certain principles I try to maintain in each session. The diagram below shows a very generic pattern for my sessions:



Generally, some or all of the things below tend to happen during the sessions:

Listen to your desires- *As simple as it sounds, these desires are often buried deep within. Often, the so call demands of life suppress the true desires and leave us unfulfilled. Recognizing the true desire of our hearts is such an important part of being who we are.*

Verbalizing your goals - *When our desires are clear to us, we can work towards a goal (or a few goals). When we know where we want to go, we can chart our direction.*

Exploring realistic plans - *It helps when someone listens to us, gives us feedback about our ideas and encourages us to take the next step to move forward.*

Removing blockages - *Some of our negative experiences from the past might hold us back from doing the best that we can, dreaming a bigger dream than ever before, feeling exciting about ourselves and the likes. If we can name these negative experiences and understand how they are acting in our lives, we might be able to overcome them.*

Using your strengths as you move into actions (executing) - *What you have often done well and enjoying doing them are called "your strengths". It is the thing that will carry you, not your weaknesses. We must know our weaknesses but we cannot depend on them to take us further. It is our strength that will give us the power we need to change, move and reach our higher potential. ("higher" because as long as we are still alive, change is always a fact).*

Evaluate your achievement - *Evaluating your journey will give you more insights of all that has happened. How was it for you? What did you actually do? How well do you think you did whatever you set out to do? At this point, it is also crucial to have some feedback from someone who have journeyed with you. This feedback should also include a closer look at our inner journey. As we face the self, our strengths and our limitations, our joys and sadness, our reactions; we will be able to make better choices in the future.*

Celebrating your wins - *Taking time to celebrate achievements in our lives is so important. It marks our accomplishments and honors our effort. This will only give us more reasons to do even better.*

Live the call, the life and who you are - *Through these steps, we will come to appreciate who we are, the unique person that God has created us to be. You are the only one who have these unique strengths and the only one who is able to bring these blessings to the world around me. And when we do that, we begin to live a life that is more fulfilled.*