

To be nobody-but-yourself — in a world which is doing its best, night and day, to make you everybody else — means to fight the hardest battle which any human being can fight; and never stop fighting. E.E. Cummings

Listen to your inner self!

During our busy year of meeting deadlines and juggling the demands and expectations of others and self, we can be left with little time for meaningful reflection of our lives.

After all, most of our energy is caught up in just keeping things going.

The advantage of the holiday period is that we get to have more relaxed time on our hands and this in turn connects us more to our inner selves.

An inner self that is always there guiding us by our thoughts and especially our feelings but one that we may have ignored, especially if it goes against what we think we need or want.

“Our feelings are our most genuine paths to knowledge.” - Audre Lorde

If you can relate to this, then what is something in your life that your inner voice through your feelings is calling your attention to?

What are you being nudged about?

Are there some dreams you have sidelined or people, health, situation or system you are currently in which is costing you more than any perceived benefits you may be getting?

Coaching questions:

- 1) Is there an intuitive nudge (or even a message from those who you love and trust and who have repeatedly drawn your attention to) which you have minimised, ignored or chosen not to follow?
- 2) What is something you 'know' or feel in your heart which you have not given expression to yet?
- 3) If you were to pay heed to this inner call what step - however big or small - might you take next and who might you share this with?

The New Year brings us a fresh chance to really connect with our inner voice and hear its call.

Only you know what this call is for you.

My earlier mentor in all her great wisdom used to repeatedly tell us, " Pay attention now, pay less; pay attention later, pay more!" And she was on the money!

Minimising or going against what is deeply right for you at a core values level, despite any short-term gains, ultimately is not sustainable.

Make 2018 the year to lead your most authentic and meaningful life yet!

P.S. If you liked this article, please feel free to share with others who may also value the message!

P.P.S. If you are going through a career/life transition, you may like - [7 Actions to Get Your Mojo Back Guide here](#)