

# HARMONY WITH-IN PEACE, PASSION AND PRIORITIES



Life Coaching with Kelly Norman



**Hebrews 12:1**

**Run life's marathon race  
with passion and  
determination, for the path  
has been already marked out  
before us.**

Hebrews 12:1 "Run life's marathon race with passion and determination, for the path has been already marked out before us."

This verse in Hebrews is such an inspiring verse! A verse that you would nod your head to in church and say "Amen"

But, I must ask you ... have you ever found yourself not running the race? Have you ever been paralyzed and definitely not running with passion and determination?

Having thoughts like:

"I'm stuck"

"I've tried lots of things already that didn't work"

"I have no motivation to try again"

"I am not getting the outcome I want"

"I want more but don't know how to get it"

This is where a LIFE COACH can benefit you! to walk out Hebrews 12:1

Have I peaked your interest?? Let's take a look at....



# What is life coaching?

Life coaching is when someone decides they need help achieving personal and/or professional goals. Most of the time this decision comes from feeling stuck, frustrated or the overwhelming desire for more out of life.

A life coach can provide support, guidance, and accountability to help you overcome obstacles, create new mindsets and come up with action plans aka systems to reach your goals.

Many of us have desires, goals and even ideas.

But, we wonder why we continue to find ourselves in the same place year after year.

If this is you, then you would benefit from a life coach helping you to create an action plan to move forward.

A life coach can also help you quiet the noise and find the areas that are holding you back. Together you will strategize on how to build new thought patterns and habits. This new way of thinking and new habits will in turn produce the actions that are needed to get unstuck and create the movement you have been longing for. .

Many times life can get out of control and become chaotic leaving us with no hope for change. A good coach will help you find that hope and see yourself, situations and life in a new and fresh way.

When one sees greatness within, their eyes open to opportunity is all round, are equipped with the right tools... the magic starts to happen!





## Are you needing help with:

- Clarity and Direction
- Fresh Hope
- Goal Setting
- Systems and New Habits
- Overcoming Obstacles
- Improving Relationships
- Work-Life Balance
- Personal Development
- Leadership Skills
- Accountability
- Self Confidence
- Healthier Lifestyle
- Mindset Shift
- Motivation
- Spiritual Walk
- Living a Life of Fulfillment

If you answered yes to any of these then life coaching might be your answer.

Let's take a look at a few of my favorite tips when it comes to personal growth.

## Kelly J Norman Life coaching



Tip#1

## Quieting the Noise



Every life coach has different strengths and personalities, one common area that I have had success in helping others is quieting the mind, getting rid of racing thoughts and crippling anxiety.

I am personally passionate about holistic health! Believing our body, mind and spirit are all related and can deeply affect each other.

I have helped many of my clients gain the tools to quiet their minds and rid themselves of anxious feelings.

When this happens my clients receive a clear mind and become physical energized. This posture of peace and new physical energy create an atmosphere for our minds to open, regain hope to receive fresh new strategies.

One of my favorite exercises to quiet the mind is a brain dump.

Have you ever tried to read, comprehend, pray, think but your mind is racing and heart seems to be pounding?



Try this exercise and watch as calmness reenters your mind, your heart rate slows down and clarity starts to open up.

1. Dedicate a journal for your brain dump
2. Find a quiet place
3. Set aside time with no interruptions
4. Start writing down every thought you are thinking (note: there is not need for punctuation or for your words to form sentences)
5. Continue to write until the words no longer come
6. Take several deep breathes exhaling slower than you inhaled
7. Pick up your bible, book, start your prayer, begin making notes, whatever task you were needing to do
8. Repeat when racing thoughts and heart starts to race again

When your brain is dumped you have a blank canvas to get started, and redesign your imagination and mind. Clarity, peace-ful feelings, along with deeper thoughts and sound reasoning start to emerge.



## Tip#2

# Discovering Your Passions

I once heard it said, "God will help you be all you can be, but he will not help you be someone else."

I always say it like this:

I make an amazing me, but a horrible you!

In our world of social media at our fingertips, we can watch each other's lives, which can be a blessing, but it can also be one of our biggest curses.

I believe in the past years comparison has snuck in, like never before ....

Watching everyone else's highlight reel can cause us to lose sight on what we are called to do.

You and I can easily take on someone else's dreams passions and identity and not even realize it.

John Maxwell describes this as living life in a supporting cast role vs leading role.

When we don't recognize our own identity:

We can find ourselves taking the back ground to others lives

**Or**

Grasp at someone else's shiny dream as our own. This will leave us feeling dull on the inside ... and feel like an impostor. All due to not being true to our unique self that God uniquely created.



You will find yourself spiraling down if it's not your true authentic passion.

When we grab a hold of someone else's dream, we don't have what it takes to fulfill it... it's not our journey. Therefore, we will feel incapable and lacking because we don't have what it takes to walk it out.

Soon we will quit and have feelings of failure

When we put on someone else's passions, there will always be a temptation to try to make it fit

This causes us to be uncomfortable, and gives us that temptation to force it and conform

We will not operate in our authentic self.

This is why it's so very important to be secure in your own identity and aware of who you uniquely are. Many of you have been to self development classes. Maybe you were raised by parents that had these discussions with you,

but if I was a betting woman ...

I would bet you never had these discussions.



So many times life has a way of just dumping us out and we have to find our footing where we land.

So whether you've spent a lifetime self developing or it's not been in your vocabulary

I'm here to say that life is hard at times for everyone and it's so easy to get off track.

There are so many shiny distractions in our world today, we have to be intentional.

I want to say that word again, intentional.



As we take a look at ourselves, our passions, our dreams (what sets our soul on fire) this is not only for our own benefit.

Fulfilling our purpose and walking out our passion is not only to bless us, but those around us, to add value to others.

We are a piece of the puzzle and if we don't show up with our piece then the world is lacking.

I want to share a few questions that I think will start the process of bringing clarity to your identity and passions.



# QUESTIONS

## 1. **Ask God to silence your thoughts**

\*Go back to Tip #1 Quieting the Noise and do a Brain Dump.

## 2. **Ask God what He calls you**

In this moment I want you to write down the first thing that comes to your mind, don't overthink it, and really, you don't have to understand it. Write it down. We will come back to this later, this is the foundation of knowing your personal identity.

## 3. **Ask yourself “what do I WANT to do”**

Try not to overthink, once again, don't complicate these questions. Take a deep breath and ask yourself what is it I want to do? What is it that sets my soul on fire? Remove all of the limitations and restrictions we put on ourselves like time and money ...







## **4. What are you sensing? What are you feeling? What breaks your heart?**

We are designed to have feelings that move us towards our unique calling. Pay attention to where you have empathy and compassion.

## **5. What are positive things that others say about me?**

You can even go to some trusted family and friends to ask them. "What do you think are some positive traits that I possess and what are some things that I am good at" This has been very beneficial to me on my journey and has helped open my eyes to my giftings.

## **6. What are my God given talents? What do I do that energizes me?**

John Maxwell describes a God given talent of something that you can easily do at a moments notice and feel energized. A man made talent is hard and takes lots of time and energy.

These are some questions that you can spend some time with. They will help you bring clarity to your unique make up, identity, passions and dreams.

## Tip#3

# Life Assessment

The Life Assessment is a simple but powerful exercise that helps you visualize all the important areas of your life at once. It is often used by coaches to give their clients a "bird's eye" view of their lives. By looking at a visual representation of all the areas of your life at once, the assessment helps you to better understand which of your life areas are flourishing and which ones need your attention.



### Family and Friends

1 2 3 4 5 6 7

### Spirituality

1 2 3 4 5 6 7

### Health and Fitness

1 2 3 4 5 6 7

### Finances

1 2 3 4 5 6 7

### Career and Business

1 2 3 4 5 6 7

### Hobbies / Fun

1 2 3 4 5 6 7

### Emotional Mental Health

1 2 3 4 5 6 7

### Romance/ Love

1 2 3 4 5 6 7

After brain dumping, reflecting on your passions and answering this life assessment you are now ready to begin your unique personal journey to growth. I would love to help you on your journey as your personal life coach.



# Who is Kelly?

If you made it this far congrats on investing in yourself!!

I would love to take just a few more minutes of your time and introduce myself.

My name is Kelly Norman, I live in southern Oklahoma, I am a wife, boy mom, author, personal life coach, and John Maxwell leadership speaker and trainer.

Faced with insecurities and destructive thought patterns early in life, I knew there had to be something more—a more positive and confident way to live.

In 1998, I began my journey towards what I call FREEDOM. My success in overcoming my own life challenges sparked my desire to help others overcome theirs too. As a business professional in the network marketing world, I had a unique platform to reach out to people everywhere, and authored and self-published, "Living to Leave a Legacy".

\*You can find my book  
on Amazon ....

CLICK HERE TO ORDER MY BOOK



## My goal is to coach and mentor others to

- \*Overcome your fear, anxiety and obstacles
- \*Create positive thought patterns and rid themselves of limiting beliefs
- \*Rewrite the narrative of your future
- \*Reach/create your goals (personal and professional)
- \*Learn how to create harmony in the home and relationships
- \*Live a fulfilling and happy daily life full of hope
- \*Hear Gods voice
- \*Have a productive prayer life
- \*Create boundaries
- \*Get unstuck
- \*Build a daily morning routine
- \*And so much more!



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