
A GIFT FROM THE SAN ANTONIO PROFESSIONAL COACHES



This month's technique

Remember your ABC's

Offered by:

Jayne L. Garrett, Professional Certified Coach

Email: jayne@jaynegarrett.com

www.jaynegarrett.com

210-490-6106

Early in life we learn our A-B-C's to communicate with written and spoken words. As adults our A-B-C's serve as reminders to live a full and present life.

A = Attitude

An attitude is defined as a state of mind, a feeling or disposition. The attitude you convey and the attitude of people who surround you will create either a positive or negative energy field. When you are positive and see life full of hope and possibility, an intrinsic energy source carries you forward. It feels like a continuous, invisible current that is both inspiring and energizing. This positivity is reflected in all that you say and do.

Those who do not live with a positive attitude are in direct contrast. Closed off to hope and possibility, they tend to dwell in the negativity of limited thinking and a narrow scope of possibility. Once you have experienced a positive attitude you will notice immediately the energy drain when someone around you is negative and closed minded.

B = Behavior

Behavior is described as the action or reaction of a person in response to external or internal stimuli. The saying that "actions speak louder than words" has merit. Saying one thing and doing the opposite creates incongruence and puts your values in question. Who you are at the core and what you believe to be true, will come shining through in your actions and behaviors. When you are modeling a behavior personally or professionally people will quickly and clearly see if how you behave matches your verbal

expression. Children are astute at telling you when your words and behaviors do not match! Professionally, one can lose their credibility and respect if alignment of words and behavior are not consistent in a professional setting.

C = Choice

Choice is known as the act of choosing, or a selection. In life we have many options. Some are big, some are small, some have major impact, and some are minor in nature. When you live your life by design, your choices allow you to step into your light and live fully. Choice allows risks to be taken that will help you grow through your experiences, your learnings and your disappointments. The saying that "nothing ventured, nothing gained" has relevance when we make choices. Feeling you are not at choice to change or improve your life creates a victim state-of-mind that someone else is making choices for you. Be aware so you don't give your power away to someone else. Choice provides a freedom to live with curiosity and intention, allowing opportunities to find us in life.

Remember Your A-B-C's:

Attitude, behavior and choice are three of many components that allow you to live a full and expansive life. By being aware of your state-of-mind (attitude), your actions (behavior) and the options you pick (choice) will serve as a reminder of how you want to be perceived and received in all areas of your life.



San Antonio Professional Coaches Association