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We are pleased to introduce the seventh issue of intoAction's *Exploring New Pathways*. The concept behind this newsletter is an invitation for you to explore new ways of thinking, new perspectives, and new behaviors. The themes we have selected are commonly addressed topics in coaching. We have chosen them carefully and are eager to share them with you, in the hopes you will find them both thought-provoking and valuable.

We have also created a blog where we can further discuss these topics  
<http://intoaction-coaching.blogspot.com>

Warmly,

Céline Brillet

into  action

## Exploring New Pathways

issue 7

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"From his cradle to his grave a man never does a single thing which has any first and foremost object but one: to secure peace of mind, spiritual comfort, for himself." *Mark Twain* **Have you found your peace of mind?**

### Put yourself first

Be selfish. It is that simple. Interestingly enough, the word "selfish" usually connotes something negative due to its association with individuals who are primarily or solely concerned with themselves.

The kind of "selfish" that we are referring to here, is merely a healthy selfishness: the kind that we need to implement in our lives to feel more fulfilled, and to truly excel. It is the foundation for how we replenish ourselves and avoid running on an empty tank. It enables us to be more present in our lives and feel more at peace. Only once we have fully addressed our own needs, desires, and feelings, can we truly and efficiently address those of others. Putting ourselves first is a manifestation of self-respect, self-appreciation, confidence, and regained control over our own life.

So what gets in the way of putting ourselves first? The obvious answer is an overwhelming sense of responsibility/ guilt ie. "it is not the right thing to do" which can lead to a strong desire to put others needs before our own. In addition to this, there may also be a reluctance on our part to voice and perhaps even "admit to" our needs. (FYI - We all have needs... this is what makes us human.) As a result, we end up placing the needs of teammates, club

members, bosses, spouses, friends, family, children, etc. ahead of our own needs. What ensues if we continue to put others before ourselves, are feelings of frustration, stress, unmet expectations, resentment, even physical manifestations of headaches, insomnia, digestive problems, etc.

Putting yourself first, if you are not used to this, can require significant changes in your behavior. In addition, be forewarned, that it might come as a surprise to those around you. Clear, firm, and honest communication is essential, as it will enable others to understand where you are coming from and what you are trying to achieve. Putting yourself first, usually starts with placing strong boundaries around you, to be respected by others. These boundaries will enable you to establish standards as to what is acceptable and what is unacceptable to you. You can choose to put boundaries around the definition of roles and responsibilities, the organization of your time, your priorities, who you will spend time with, your work/ life balance, etc.

My invitation is:

- Identify what aspects of your life you might have lost control over.
- Imagine what being "healthily selfish" will bring to your life.
- Think about what belief, behavior, habit, etc. you will need to change in order to become "healthily selfish".
- Become more assertive about establishing strong boundaries to begin putting yourself first and enjoy the positive energy you are generating.

**PLEASE JOIN US AT [HTTP://INTOACTION-COACHING.BLOGSPOT.COM](http://intoaction-coaching.blogspot.com) IF YOU WOULD LIKE TO FURTHER DISCUSS THIS TOPIC.**

### **Top 8 reasons to partner up with a coach**

1. You want to make yourself a priority.
2. You feel stuck.
3. You want to build on your strengths.
4. You want to reach your goals more effortlessly.
5. You need a neutral sounding board to bounce ideas off.
6. You are facing a stretch challenge.
7. You have an important decision to make.
8. You are ready to move to the next level.

**intoAction** helps Executives and Entrepreneurs achieve their desired results through individual and team coaching, as well as through workshops devoted to developing leadership skills, managing change successfully, and enhancing team effectiveness.  
<http://www.intoaction.eu/>



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