

## What Do You Really, Really Want??

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*Be\Do\Have*

It's not what your parents want, what your family wants or what your boss or partners want. It's not what you wouldda, couldda, shouldda, oughtta want. True, one needs to consider these factors, but they shouldn't overshadow the main question: what do you really, really want yourself?

This is a concept that many people find tough to address. That's where a professional business or personal coach can be extremely helpful -- in supporting you to find and achieve what you really want out of life.

I spent more than ten years trying to succeed in a career that was off purpose for me - until I finally realized I didn't have to do it.

More and more people are realizing they don't have to do it either. The process of change can be pretty simple; the implementation of the change, well, that's another thing. And since all you have to lose is your joy, time, and in general, your life, it's best to go ahead and get started. Baby steps are better than no steps at all.

### **Baby Steps**

First, get really, really honest with yourself. What do you want more of? Is it more time, more money, freedom, friends, balance, the nicer things in life? What are you willing to ask for?

A client of mine was once asked to list what she really wanted in her job after surviving several layoffs. In discussing her want list, it was suggested that she might need to fire her employer. This turned out to be a powerfully inspiring and freeing thought that led to the following action -- the answer.

Second, answer the question of why you want what you want. If you want a better job because you like to travel, then perhaps your deeper want is to travel. Maybe there are better ways of getting to travel -- or having security, the perfect car, or supporting charity and mission work. Knowing the deeper reasons "why" will help identify your options and keep your transition plan moving forward.

Third, your transition plan is a big deal. Without it, your wants can be just a wish and gripe list.

What's holding you back? Is it education, courage, training, experience or knowing the right people? What are the steps to overcome whatever's holding you back?

Another coaching client was having troubles on the job. We discussed his situation and possible transitions. Sometime later, he presented me with some perceptive business projections that he could use to increase efficiencies on his jobsite. "Does the owner know you can do these projections?" I asked. "Well, no," was the reply. We did some transition planning on how to present his work, his projections and his goals to the owner, who had no idea that this person had the ability to accomplish these kinds of tasks. As a result, he got a promotion and control of his own budget.

Note that the transition plan includes transitioning out of things you don't want as well as transitioning into the things you do want. It usually includes some hard work, preparing to take some risks and building reserves in case something goes bump in the middle.

It's amazing, as in the example above, that people often already have many of the talents and abilities that will enable them to get what they really want -- but they simply don't see what great people they already are.

Fourth, what will your life be like once you get there? Will you have fame, fortune, more fun, more time, balance or what? Take some time to dream; write down what it looks like. Once you write it down, it starts to become more concrete. Build and choose carefully lest you live down to your expectations...

Finally, consider a personal coach to help you get further, faster. Just like a weight lifter can get stuck at a certain weight, or a writer feel blocked and not finish a story, we can become so focused or scattered, so uninspired or so busy with the next crisis, problem or opportunity that we need a hand to get outside the box we're in.

The coach has certain resources to work for your best interests and is dedicated to your success at getting what YOU want. This usually makes the coaching relationship much more productive and less complicated than with friends, family and associates who might tend to combine your wants with their own, or who might not maintain confidentiality for you.

One other thing. Getting what you really, really want doesn't have to be selfish. It can be the most generous thing you can do for yourself and everyone around you. Any good coach can explain why. Call one today.

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