



TAKE  
C.H.A.R.G.E.  
OF YOUR LIFE

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**C**hoose me first. Say “yes!” to yourself. Recharge. Rest. Revitalize. This includes not only physical things like exercise but also spiritual practice—inner work. It’s always an inside out game, even when circumstances, conditions or our situation are not what we would prefer. Love yourself and wrap yourself in compassion. To give to others well, you must fill yourself up with confidence and self-worth.

**H**ave a sanctuary. The first sanctuary is within, and since we live in a physical world, it’s important to ensure we have at least one physical space that we can call a safe place where we feel ensconced, supported and soothed. This can be a space in our home, a room in our home, or our whole home. We can have a form of a sanctuary in our office for moments of escape or feelings of calm that promote productivity and creativity.

**A**sk for and receive help graciously. This includes both free help from caring friends and family, and also the support of trained professionals and experts who offer a benefit or service we value. For entrepreneurs, this includes professionals who relieve us from work we dislike or are not “good” at, so we are free to do our craft. For people with a challenge in work or life, there are experts who can support or guide us to solve that challenge or take us to the next level.

**R**eframe the “bad,” the circumstances or conditions we would not prefer, the problems and challenges, the scary and uncertain things at work and in life, as opportunities for growth. As Shakespeare said: “For there is nothing either good or bad, but thinking makes it so.” At the human level, “everything happens for a reason” may be difficult to digest, however, purpose can be found in everything.

**G**ive gratitude and forgiveness. Gratitude is the source of abundance. Even gratitude in the midst of conditions or circumstances we would not prefer can shift our energy. This may feel counterintuitive but it can work. On the other hand, we can be thankful for our life and work while still longing for more. Forgiveness frees our mind from resentment which gets in the way of our creativity and capacity to generate the results we would love.

**E**mbrace your future now, and envision the results you would truly love in your work and in your life. You can’t get to your vision all the way over there from over here. The more you live “from your vision,” the easier it is to welcome that vision into your reality. Living “from your vision” means thinking and having the attitude as if your desired result has already been achieved.

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