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Have you ever wondered why some people more successful than others? Have you ever wondered why everyone isn't successful in every area of life?

As children, we had teachers and guidance counselors to help direct our way. With new jobs, we often have someone to “show us the ropes.”

Yet as adults, we often get so involved in the day-to-day details of life that we often neglect the goals and dreams we had upon entering adulthood. So, what can we do?

**We can begin with a simple self-analysis.**

Please answer the following questions as they pertain to you. If one does not apply to you, please just leave it blank or cross it out.

On a scale of 1 – 10 (1 being horrible and 10 being absolutely awesome), how would you rate your...

- current attitude toward life? \_\_\_\_\_
- current attitude toward work? \_\_\_\_\_
- current attitude toward your relationship? \_\_\_\_\_
- relationship status? \_\_\_\_\_
- activity level? \_\_\_\_\_
- height-weight proportion? \_\_\_\_\_

On a scale of 1 – 10 (1 being horrible and 10 being absolutely awesome), how would you rate yourself as ...

- a parent? \_\_\_\_\_
- a family member? \_\_\_\_\_
- a colleague? \_\_\_\_\_
- a boss or leader? \_\_\_\_\_
- a community member? \_\_\_\_\_

If you responded with a 10 in each area, please pat yourself on the back, put this away, and have an awesome life.

However, if you're like most people, you probably have several different numbers between 1 and 10.

**Please take a few moments to respond to each of the following questions.**

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1. What did you learn from that self-analysis? Please take a few moments to write your thoughts about your self-analysis.

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2. Choose the one area that you would most like to improve and write it in the blank below.

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3. How does it hurt you that this area is not rated higher on a scale of 1 – 10?

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4. Who else does it hurt?

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5. How will your life and the lives of others improve when you increase the rating of that one area?

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### **Take care of yourself.**

It's important to remember that if we don't take care of ourselves, we can't take care of others. Doctors always tell family members of patients to go home, to get some sleep, and to take care of themselves because doctors know that if people do not take care of themselves, then they won't have the energy to care for another. Additionally, if we do not take care of ourselves, we run the risk of becoming stagnant. Stagnation leads to depression and to the death of the inner peace and inner spirit.

To avoid stagnation and the demise of inner peace and inner spirit, we need spend on ourselves each day. To connect more to life, we must be willing to spend some time on ourselves, to sacrifice an hour each day for our own wellbeing and for the wellbeing of those around us.

Of course, if you are greatly disconnected, then BABY STEPS are of key importance. If you feel that an hour a day is too much for you, then start with 10 minutes. If you are just beginning to take care of yourself, of your own spirit, then I suggest that you choose one item from the list below to do every day for the next 10 days. Please also make a few notes each night about your day. It is amazing how a single change can make a huge difference in one's life.

- Drink water (Start with a glass of water before one meal a day and add to this daily.)
- Eat fruits and veggies (Start by swapping one “junk food snack” for a piece of fruit and add more fruit or veggies each day.)
- Find some quiet time during the day. If you can begin your day with 10 minutes of quiet time, that's even better.
- Turn off the radio in your car or the tv at home or avoid the computer for an hour or so.
- Meditation or prayer
- Read
- Bubble Bath
- Individual activity (running, jogging, dancing, yoga) that allows you to time away from the normal household or work activities.



- List 3 things from your day that you are grateful for every night.
- Say “thank you” several times a day.

6. What else can you do today to improve how you feel about the area you chose in number 2?

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So many people believe that it is completely normal for their energy, their activity, and their interests to decrease as they age. Oftentimes people say, “My brain still thinks I’m ‘X’ years old, but my body tells me differently,” or “I want to believe I’m still ‘X’ years old, but it takes me a whole lot longer to do anything than it used to,” or “I’m just tired because I’m getting older.”

Perhaps those people are simply stagnating or becoming frustrated, stuck, or even lost. Maybe they are just not nourishing their emotional, mental, or spiritual lives. Maybe they’re no longer able to balance the various areas of their lives.

So, if you didn’t score straight 10’s in your self-analysis, or if you’re feeling a bit frustrated, stuck, or lost, then you should get a coach.

Professional athletes, business executives, celebrity actors, and politicians all know what to do for their positions and careers, yet they have coaches. In many cases, they have multiple coaches. Why not you? You’re worth it. You definitely deserve it. And, I definitely can help you.

If you’re going through some sort of change or transition in life or you need someone to help you find your purpose or some direction, I absolutely, positively can help you.

### **Five Services I Definitely Can Provide As Your Life Coach:**

**1. I can definitely strengthen your belief in yourself.** I will help you see your own awesomeness and how important you are to this world. When you see your own potential, life begins to take on a new meaning.

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**2. I can absolutely help you take control of your life.** Most people run their lives on auto-pilot or live their lives for other people. They are limited by the beliefs they learned as children and the expectations that others have of them. Each of us must take control of our own lives in order for to blossom, grow, and contribute.

**3. I will help you understand your life purpose.** Every person has a life purpose and special talents to share. Sadly, many people never discover theirs. Assessing your strengths, learning about your talents, and living your life purpose is a wonderful gift for yourself and those around you.

**4. I can guide you to realize your purpose at this stage of your life.** I will help you create a vision for your future, set goals and take actions to attain that vision, as well as see how your vision will contribute to others. By helping others, your life purpose will extend beyond yourself and will make this a better world.

**5. I will encourage you and uplift you to live life to your highest potential.** Everyone needs encouragement and pats on the back. Without encouragement, we run the risk of falling far below our own potential. With guidance and encouragement, we move toward a brighter future.

Together, you and I certainly will improve your life as well as build your confidence and your momentum so you can reach your dreams.

If you're ready to step up and create enough value of yourself so that you can take care of yourself and everyone else in your portion of the world, then contact me today for your free coaching session. Email me at [drwixy@me.com](mailto:drwixy@me.com) right now. I look forward to helping you move your life forward so you can reach your highest potential and improve your little corner of the world.