

# Get a Coach for Life Changes

**Sometimes a little help can make a big difference**

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Life is changing. Suddenly, we wake up and have become "serious adults."

You may ask, what is a serious adult? Good question. A serious adult is one who has taken on responsibilities ranging from car loans, rent or mortgage payments and medical expenses.

"Wait! Stop! I want to go back to being carefree!" Oh, how I remember those days—when I was invincible and there were no worries or obstacles in my path—and it was just smooth sailing. Was this a pipe dream? Am I fantasizing about the past? Over time we identify with our self characterization and public reputation. We fill the narratives of our lives based on what is expected from us. Just think how liberating life can be if we could create a new narrative. After all, life is changing.

So my definition of a serious adult is changing to an adaptive adult. An adaptive adult understands how to roll with the changes in their world. They understand how to change their habits and reactions, how to reweave new narratives as they adjust and get comfortable in their new space. This is what coaching is all about.

Most individuals do not get into a new mindset unless something breaks and they are thrown into the need for a change. Being laid off is one such example. It typically propels us into reactive mode. Watching the news, seeing other friends, colleagues and possibly neighbors lose their job adds to this reactive mode, impacting our moods.

How we deal with these changes, our outlook and the view of the future will greatly impact the success we encounter. Being laid off may be the first time you feel lost and confused. Your routine is off. You think, "Hey, what happened to me? What do I tell people?"

Time to get focused. Life is a journey. This is just a bump in the road. Leveraging the good times with the rough patches or bumps along the way is critical for changing your thinking.

Determine what you are open to and envision your success. Success is defined by each and every one of us differently. To some, success is engaging our kids at the end of a day and having a family dinner. To others, it is being able to have a cup of joe with a friend. Still to others, it may be getting to the gym or taking a run. Define your small successes and then begin to envision your future.

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