

**Be Your Own Life Coach:
How to Life Coach Yourself into What You Want
by
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Chapter 1

What Does Life Mean To You?

In order to take any steps toward life coaching yourself, you have to know what life means. That means understanding what your own meaning of life is; it starts with defining the word *life*. To think of it in a different way, try to finish this sentence (Life means _____ to me, or When I do this I get _____ out of life). If you are not able to fill in the blanks to either of these statements then this chapter is for you. The first step in learning to put the right words in the blanks above begins with understanding the generic definition of the word life as it is currently defined and then defining life as it relates to you. For example, life is currently defined as “the general or universal condition of human existence” (Merriam-Webster, 2012). To understand what life means to you, one must know their existence, and more specifically why they exist.

If you can determine why you are here on this earth and what your calling is, then you can come to some conclusion as to what life means to you.

When you know what life means to you, it can bring clarity to your world and to others around you. If you don't know what life means to you, then others around you will not know what it means for you either. Just think of those people you may have come across who seem like they have life all figured out. From the way they dress, to their mannerisms, to their ways of speaking, they always appear to know what they want in life and how to go after it.

After this observation, you begin to wonder whether your own ducks are in order and if you are giving off the same appearance to them. Self-consciously you hope to have the same effect on others but you are not sure since you do not know what life means to you. From that moment, those thoughts begin to eat up at your inside until you know for sure. So, in a situation like this what do you do? You start calling everyone you know, asking them if your appearance speaks of confidence, boldness, and assurance, just as you witnessed with that person earlier. Irritated with not getting the answers you feel you deserve, you eventually flat out ask them if you come across to them as if you have life all figured out. When their response is “Yes,” you begin to feel comfortable again with who you are, the decisions you have made in your life and the lessons you think you have learned about life. But when that friend's response is “No,” you lose it! You continue to second guess all the decisions you have made that put you in the situation you are in at that moment. To add insult to injury, the confidence you once boasted or that knowledge you once kicked to a family member or friend about having life all figured out, seems very far from the feelings you are experiencing now. So, now you are disappointed with yourself and your life.

The problem you have here is that you have to know what life means to you. Once you know what life means to you, you can begin to breathe life into your purpose. On the other hand, waiting 20 years is only going to verify what you did not know, because you never took the time to learn what life meant to you.

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Just think, if you would have had life figured out by now, you would know, and those around you would know it too. In fact they would be the first to testify to that. Friends and family members, who associate themselves with someone who is successful and appears to have it all together in their life will tell the world. However, if you are one of those people who appears on the surface to have life all figured out and most of the time seem lost at life's pace, then those around you would testify to that, too, but in a negative way. At this point, what are they thinking? Exactly, that you are a failure, you are confused, not sure where to go and what direction to walk in. They would just make fun of you instead of lifting you up; they would be damaging your spirits and what little bit of courage you had before, when you thought you had life figured out.

So, my suggestion to you is that you define life and define yourself in the process. Break down what you don't understand into manageable chunks until you have it figured out. Take baby steps, research words you don't know and study things you do want to know. My final task for you is to come up with at least one sentence that defines what life means to you and make that sentence applicable to your life.

Lastly, see if you can fill in the blank here:

- 1) Life means _____ to me! I know this is true because when I apply _____ to my life, it makes me feel _____.

No one else can define what your life means to you more than you can. Applying that definition to your world on a day-to-day basis will only boost your confidence in knowing what life means to you.