

WHAT ARE YOU DOING WITH YOUR LIFE?

By Piercarla Garusi, Life Coach & NLP Practitioner

*You are unique: there will never be another you.
You are a wonder: your life is a gift and is sacred.
And you have a mission with your life.
Are you aware of it?*

Just some thoughts...

Are you being you?

If you are not you, you betray yourself. And knowing this will help you to overcome shyness, social anxiety, fear of rejection, criticism, fear of judgement, peer pressure and society pressure more easily: this is your chance to be the extraordinary person you truly are, to let go of the past and of all that is not you: take your chance!

Where do you want your life to go? Are you living your life without regrets?

It is so important to live a life without regrets, but how do you do it? By making conscious choices at every moment, not choosing everything and anything, but only the things that are right for you: choices about who you are, the way you behave, the way you treat people, the way you live, what you do and what you don't do, what you are missing out on...

Are you aware that this is your chance to live your purpose?

We want and deserve to be happy and we look for happiness in many places. But what we really want is fulfilment, not temporary happiness. And what brings us fulfilment? Authentic relationships, connection with people, feeling loved, giving love and giving a contribution to something bigger than us, to the world, to humanity.

I am sure you would agree that when you give you feel happier and more enriched. But your unique contribution, your purpose, is something more. You are bestowed with talents, abilities, qualities and extraordinary gifts that are only yours; and you are here on this planet to be you and create something wonderful with your unique gifts, and this will give you true and lasting fulfilment.

Don't waste time; life is too short to waste time. Start now by being you and by listening inside you to discover your purpose and start doing something: take action.

And I am sure that you would agree that when you love unconditionally you feel more fulfilled inside. So, are there any people in your life you haven't given the love you would like to give them? Maybe you have some unfinished business with them, maybe you need to give them more love, maybe you have avoided them, maybe you need to say sorry, maybe you need to spend more time with them, maybe there are more people in the big human family.... Don't waste time, do something now!

What Masterpiece Are You Going To Create With Your Life?

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Piercarla Garusi is a Life Coach and NLP Practitioner, Director of PG Coaching Ltd. She is passionate about helping people unleash their power, overcome depression, anxiety, social anxiety, fear, anger, traumas, emotional abuse and just be well and feel good. She is also passionate about helping people connect with their souls and be the extraordinary person they truly are, develop their spirituality and create a life that makes them truly happy. For more information please visit: www.pgcoaching.co.uk, info@pgcoaching.co.uk.