



THE LIFE COACH

Jessica Rogers, 34, became a life coach in 2007 after deciding to quit her ten-year career in marketing and fulfill her dreams through jessicavrogers.com

'WHEN PEOPLE ASK ME WHAT I DO, I SIMPLY say, "I switch the lights on". I help people become conscious and decide what they want from the future. By identifying your values and goals, you can focus on what it takes to achieve them.

'When I met Anna, it was clear that being made redundant had bruised her self-esteem and made her doubt her abilities. She often used phrases like "I can't" when describing jobs she wanted. So we created a list of Anna's skills and I showed an example of how she should repackage them for each particular job. The aim was to prove that she could do anything if she thought about it in the right way.

'Anna says she feels most confident with her boyfriend, so I told her to "see" the type of person she is with him and become that person during moments of self-doubt. Alternatively, imagine his face or a particularly happy memory as her "anchor". The more she thinks about it, the more powerful it will become.'

ANNA SAYS: 'Jessica really helped me to sit back and look at my life. She taught me to believe that I can achieve anything if I want it enough. I've stopped dwelling on the past and am now channelling my energy into the future. I regularly take a few steps back and make time to assess a situation before calmly working out what I can do to improve it.'



How to avoid FPS

Life coach Jessica Rogers' top tips

- 1 Celebrate your achievements.** Shout about what you've done and reward yourself. The more you celebrate, the more you'll recognise how much you're achieving.
- 2 Don't dwell on what you haven't done.** That is the past and you cannot change it. Move on!
- 3 Change your perspective.** So you're not the perfect size 8, but what are you – a sexy voluptuous size 14.
- 4 Set clear goals.** You'll only know when

you've arrived when you're clear about where you're heading. Set measurable targets and refer to tip 1.

5 Know when you're procrastinating. Take some time out, change focus and don't get stuck.

6 Remember, you can have your own version of 'having it all'. Your success is defined by you, your goals and your values. Be true to yourself and you will be successful.

7 Avoid 'stalking' on social networking sites. It serves no positive



purpose. Use them only to connect and keep in touch.

8 Concentrate on yourself. Don't waste time imagining how well others are doing – use that energy creating the life you want for yourself.

9 Spend time with people who make you feel good. Laughing and having fun with like-minded people can make the world feel a better place.