

SPECIAL REPORT: 10 Guideposts to Self-Empowerment...

Creating Inner Peace in Your Life!



From the Desk of The Possibility Coaches™ - Jon Satin and Chris Pattay

The Positive Change Experts and Strategists –Life, Relationship and Business Coaches



After many years of assisting hundreds of individuals as Life Coaches and Relationship Coaches, we have been able to identify what we feel are the ten essential guideposts or pillars to successfully achieving self-empowerment.

At Possibility Coaches, we define self-empowerment as the recognition that within each of us is the capacity and ability to live from our natural state of being. The main characteristic of this state is peace. Simply put, ‘your power is in your peace.’

These guideposts are not steps to self-empowerment. They are more like a checklist of requirements that you want to fulfill and complete to become empowered. There is no specific order for which to apply them. In fact, they can be processes you use together, simultaneously or separately, one at a time.

We call these ten aspects or attributes of self-empowerment ‘guideposts’ because empowerment is a process. Each guidepost allows you to know if you are living from a position of empowerment. Another words, whether or not you are at peace.

They are in no specific order. Apply each of them as tools and applications to create a greater sense of empowerment in your life. By mastering these guideposts, through your willingness to change, we guarantee that you will witness both subtle and extreme positive shifts in your life situations and conditions, as well as in your internal state of consciousness.

➤ **Guidepost #1: Recognition**

Recognition is about seeing ‘to who, what, when and where you give your power away to.’ You may give it to other people, to situations and experiences or all of the above. It means you are giving external factors permission to control your emotional well-being. Once you recognize your participation in this disempowering process you can begin to break the cycle.

Recognition is also about seeing the talents and gifts you possess. If you are waiting for the world to recognize you, you may be waiting a very long time. You possess within YOU unique qualities and attributes that can guide you to feel empowered. Recognize them now!

➤ **Guidepost #2: Awareness**

Awareness is similar to recognition, yet it goes a little deeper. Awareness is the acknowledgment that you disengage and disconnect from the power within you. It is also about defining why you disempower yourself in the first place.

Most important, the guidepost of awareness is about knowing it is quite possible to take your 'power back' at any time you decide to do so.

➤ **Guidepost #3: Responsibility**

To become empowered, it is imperative that you know exactly who and what you are responsible for in your life. When you do not know this parameter you are likely to live life as a guilt-ridden victim of circumstances. First and foremost, take responsibility for your own life and begin to feel more empowered. Let others take responsibility for THEIR own life.

➤ **Guidepost #4: Release the Past**

Self-empowerment, which is inner peace, can only happen in the present moment or 'now'. When you hold grudges, criticize, judge and have a long list of regrets laced with guilt, you can never be at peace. Depression is the number one symptom of someone living in the past. Be open to letting go and forgiving. If you are challenged doing this on your own, team up with a professional who has been through the process and can assist you.

➤ **Guidepost #5: Release Worrying About the Future**

Where the future and self-empowerment meet is a fine line in the sand. As Life Coaches and Spiritual Teachers, here is how we see the future: you can plan for it; however, you must be open to giving up attempting to control it. Life, and what tomorrow brings you, is and always will be a mystery. Accept this truth; otherwise, you will continue to be stressed, anxious and fearful of tomorrow. Surrender to what is 'now' and what is yet to be. Life requires risk-taking. Be open to flying with the eagles and not walking with the turkeys.

➤ **Guidepost #6: Trust**

Trust is a guidepost that moves you into the role of being a decision-maker for you and your life. Be willing to make choices and stand by them. If you do not like the results, make different choices. Trust is about having faith in the process. The process of Life is always about creativity, expansion and who you are becoming. When you trust, you become more of who you authentically are. With trust you become grounded and empowered.

➤ **Guidepost #7: Cultivate a New Mindset**

Cultivating a new mindset is about your willingness to grow and expand as a human being. Observe your current, dominant thoughts, beliefs and habits. Do they serve you in a positive manner or do they keep you stuck? Cultivating a new mindset is also about acknowledging that you can control your mind and that it does not have to be the other way around. In our seminars and coaching sessions, we share a variety of mindset changing techniques that can move anyone toward a state of well-being and self-empowerment.

➤ **Guidepost #8: Share Your Greatness**

We have concluded that the process of Life goes beyond giving and receiving. It is all about sharing. If you are withholding your gifts and talents from the world and yourself, then you are preventing yourself from experiencing inner peace. Greatness is an active state that requires expression. Share your greatness! See greatness in others! Allow them to share with you.

➤ **Guidepost #9: Live in Alignment with Truth**

Most people live their life aligned to the myth that 'putting me first is selfish and self-centered.' As Life Coaches, we say, as long as you don't put YOU first you will never live in alignment with your truth and subsequently never be self-empowered. If you treat yourself like a second class citizen, how could you ever expect anyone else to treat you differently! Putting yourself first does not include doing so at the expense or harm of another person. It is about leading by example and doing what makes your heart sing.

➤ **Guidepost #10: Forgiveness**

All the guideposts we have listed are essential measuring sticks for inner peace and self-empowerment. If one guidepost was to stand out above and beyond all the others in

significance, it would have to be forgiveness. Without real forgiveness, real peace remains elusive.

Real forgiveness is about forgiving others. More so, it is about forgiving yourself. Each of the first nine guideposts must contain a component of real forgiveness within them to activate the state of self-empowerment. That is why we call them guideposts and that is why we say they can be practiced simultaneously or in any order you choose.

The purpose of these guideposts is to assist you to live an empowered life. Remember, self-empowerment is about knowing you never lost or could lose your power. You may have simply convinced yourself that you are powerless and that your happiness and peace resides elsewhere in some future universe or dimension.

In our practice, we have witnessed positive, radical shifts in individuals when they have followed the 'Ten Guideposts to Self-Empowerment.' We challenge you to print this report and commit to following at least one guidepost today.



Jon Satin, MBA is a Life, Relationship and Business Coach. His passion to assist people with reaching their goals and dreams led him into the field of Life Coaching. As an entrepreneur, who has built 3 businesses over the last 20 years, Jon has mentored hundreds of people and gained wisdom about the "human experience." His direct approach to coaching emphasizes ethics, integrity, compassion and healing which creates powerful results for his clients.

Chris Pattay, BBA is a Life, Relationship and Business Coach. His insights and intuition coupled with a genuine sense of compassion have provided life-changing experiences for hundreds of people from all backgrounds. Chris has the unique ability to easily assess challenges, either personally or professionally, and move individuals quickly to a productive, beneficial outcome.

Together, Jon and Chris are The Possibility Coaches™. Their mission is to guide people back on to the path they are intended to walk upon in this lifetime and live the life they so richly deserve! Like you, Jon and Chris have personally experienced pain, heartache, addictions and turmoil. Using proven methods during years of training and mentoring, they transformed themselves and they can do the same for you! Their unique approach to Coaching can assist anyone who is experiencing emotional pain and addictions.

Since founding Possibility Coaches™ in 2002, they provide an environment that creates solutions for anyone seriously seeking to improve their life and ALL their relationships!

They conduct private coaching sessions for individuals and groups, and facilitate seminars and workshops that empower individuals and business owners worldwide to live a life of meaning, passion and purpose. They are the authors of the book: *“Living an Inspired, Empowered and Joy-filled Life! 365 Daily Tips to Get You There!”*

Jon and Chris offer an introductory phone session for new clients. Regular sessions are held by phone, Skype or in person.

Contact them today for your complimentary session at 215-794-0135.

Visit them online at www.PossibilityCoaches.com and www.365DailyTips.com



Copyright ©2016 Possibility Coaches, LLC