
Your roadmap to expansion

1 message

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A biweekly newsletter to help you uncover what is holding you back, get unblocked, and expand into a greater version of yourself.

Hi Ashley!

When people ask me what life coaching is, I usually start by explaining the differences between life coaching and therapy. Typically, therapy explores the questions *Where are you now?* and *How did you get here?* Meanwhile, coaching asks *Where are you now?* *Where do you want to go?* and *How can we get you there?*

In that definition lies the assumption that coaching and therapy are different, complementary modalities with one question in common: *Where are you **now?***

This question is important, yet it can often be overshadowed by worries of the future or dwellings on the past, neither of which are typically productive on their own. When taken to extremes, they are also key symptoms of anxiety and depression. Think about it. One doesn't work without the other. In order to go anywhere, to determine your route from A to B, you have to know where you are starting from. Just ask Google Maps or your Lyft driver.



Let's look at this in a different way. Imagine you go for a hike and get completely lost in the woods. The maps on your phone aren't helping, so you decide to call a friend. If they are any help at all, they might ask you some questions like: *Where are you right now? What do you see around you? Do you know what direction you've been walking in? Can you get to a higher vantage point so you can see more clearly?*



Many people come to me for coaching because they feel lost in the woods in some area of their life. They started down a path that looked promising but somehow got lost along the way. Or they arrived at their intended destination only to realize they were following someone else's map. Maybe in one area of their lives they're walking in circles, repeating the same patterns over and over again. Or they've just been standing still, paralyzed by the fear that they might move in the wrong direction.

I've been all of these people. Have you?

Life is a process of creating and recreating your own personal roadmap. Reflecting on it, following it, getting lost, rerouting, changing course, throwing it away and starting again. As a coach, my job is to help you create and follow your own unique, authentic roadmap that reflects your purpose, values, and dreams. **And**, my job is to help you build a robust and personalized toolkit so you can confidently face any obstacles along the way. Like I always tell my clients, it's not about never getting lost; it's about having the self-awareness, resilience, and courage to get back on track (or rewrite the map) skillfully and with ease whenever you do.



In order to help my clients follow their roadmaps, my personal coaching process is threefold: **uncover, unblock, and expand**. During the **uncovering**, my client and I get clear on *where they are now*, where they want to go, and what might be holding them back from getting there. In other words, we create the map. This sets the foundation for successfully moving into the **unblocking**, when the client starts finding their way by making transformative shifts in their life, practicing new mindsets and behaviors, building their toolkit, and stretching themselves into a new way of being. Ultimately, this new way of being is the **expansion**.

So let's dip a toe into the uncovering. Let's start creating your map by recalibrating and zooming in on your current location. What if exploring yourself and your life right now—getting clear on where you're starting from—is actually the one small shift that changes everything? What if it all starts with looking around? What do you see around you? Which areas of your life are fulfilled and which are neglected? Do you know what direction you've been walking in? Can you get to a higher vantage point so you can see your life and yourself more clearly?



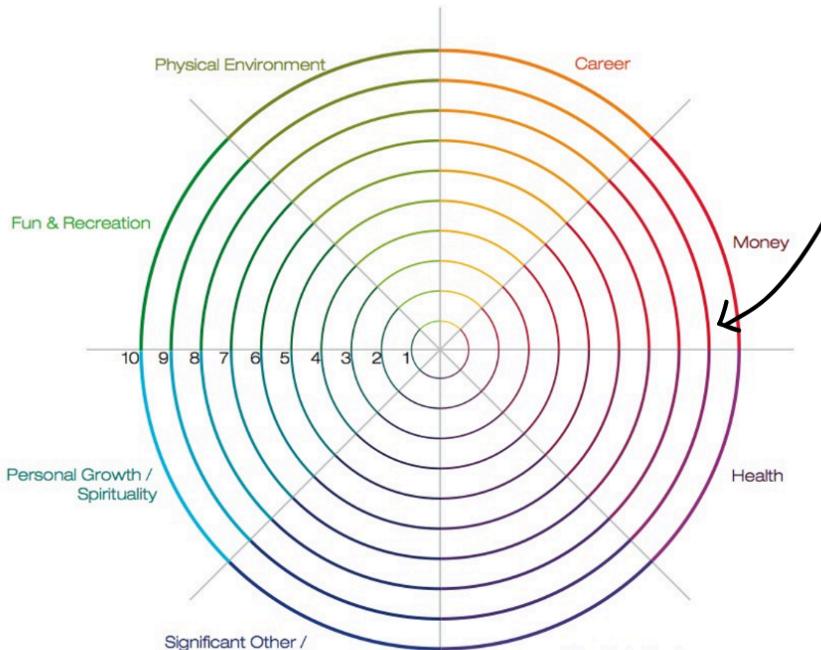
Soul Work

At the end of every coaching session there is always soul work. True transformation occurs through discovery + inspired action.

The soul work for this week is to look around at your life from a higher vantage point so you can see *where you are now* more clearly. From that place, the possibilities of where you can go are infinite. If you've ever coached with me, you've done this exercise at least once, and likely several times. I recommend saving this tool and using it on a regular basis.

There's a quote that says "wherever you go, there you are," but maybe it should be "wherever you go, look around."

THE WHEEL OF LIFE!



The Wheel of Life represents different aspects of your life. Seeing the center of the wheel as 0 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter represents the circle of your life. If this were a real wheel, how bumpy would the ride be?

[Download the Wheel of Life Tool](#)

When you've completed the exercise, ask yourself the following questions:

- *What did you learn from completing the Circle of Life?*
- *In which categories in the Circle of Life are you the least fulfilled?*
- *What would make these categories a 10/10?*
- *What obstacles are in the way of you reaching a 10/10?*
- *What are two small steps you could take right now to increase your score in these areas?*²

Take It Further

Want to take what you've learned in this email and run with it? Here are additional tools to support you in diving even deeper.

So you've dipped your toe into the uncovering and you want more... Let's talk.

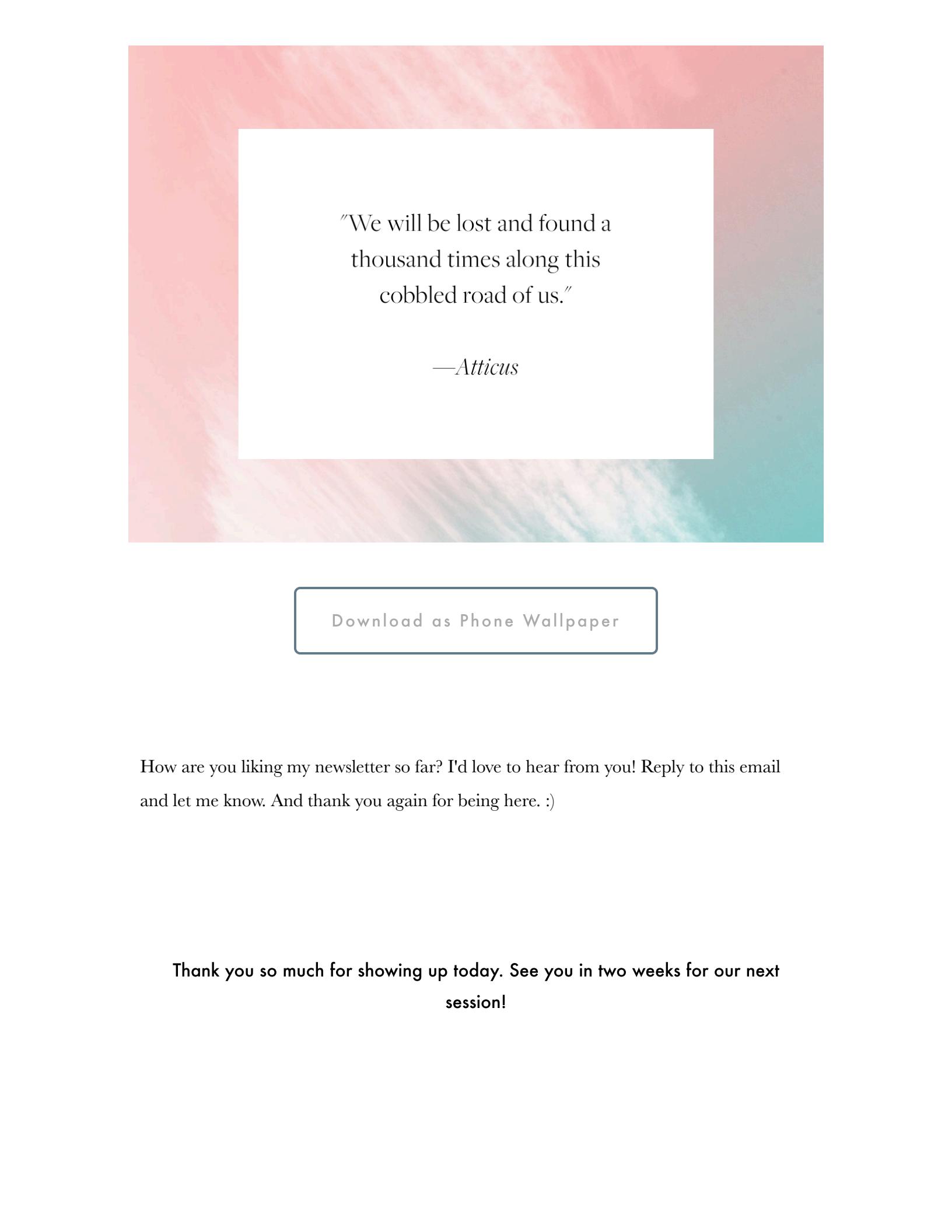
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life coaching

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Conscious Closing

Mindset shifts occur through practice and repetition. Here is a quote, mantra, or affirmation to nurture the insights from this newsletter.



“We will be lost and found a thousand times along this cobbled road of us.”

—*Atticus*

[Download as Phone Wallpaper](#)

How are you liking my newsletter so far? I'd love to hear from you! Reply to this email and let me know. And thank you again for being here. :)

Thank you so much for showing up today. See you in two weeks for our next session!

Sydney Axelrod

Don't want to wait two weeks for the next email? [Check out the Everyday Expansion archives.](#)

Are there any topics you'd like to see in future newsletters? Just reply to this email and let me know!

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