



Conviction

Conviction: While condemnation stagnates, conviction motivates.

Once you have clarity about what you are facing and where you want to go, you can then work with your coach to ensure that possible actions are congruent with your personal values and align with the Truth.

Moving into this space is what we at Way of Life Coaching call conviction. Life Coaching can help you nail down your values and articulate those things that are important to you so that you begin to operate in great congruency with who you are and who God is!

Having obtained clarity, you can now move into greater conviction, a process that may include the following:

- Assessing what to focus on, what to put on the back burner and perhaps even what to ignore or get rid of!
- Celebrating failure as a means of learning from the past and responding better in the future.
- Evaluating whether your former responses align with your present values.
- Receiving insight and observations from an objective party who values Truth.
- Gaining Biblical and Godly perspectives on your problem.
- Re-affirming your goals and values.
- Brainstorming possible solutions to determine whether there may be other options not yet uncovered.
- Reviewing worst case scenarios which often reveal that even the worst case is still not too daunting.
- Considering what will motivate you to change, and choosing those options rather than possible solutions that do not include intrinsic motivators for you.