

10 PARADIGMS FOR LIFE COACHING

Interested in learning more about our
6-month Life Coach certificate program?
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1
Release the
pressure to
create change
and focus on
increasing choice.

2
Nothing changes
in the world, or in
anyone else, until
you change.

3
Every moment,
feeling, and
experience
is perfectly
orchestrated for
your evolution.
Nothing happens
to you; everything
happens for you.

4
There is never
a downside
to taking
responsibility
for your own
experience.

5
Desire is not selfish, it's wise.
It's a compass pointing you
in the direction of your
life's purpose.

6
The most efficient states
for change are curiosity and
amazement, not judgement.

7
Transformation is a
continual process
of letting go.

8
Healing is an
inside job.

9
Life's wisdom
comes through
the ups and
the downs.

10
Everything that
happens in a
session is right.