

The Year of You

5 ways to access your inner health coach

Your personal life coach, inner goddess, maven, spirit, voice, your conscience - whatever you call her, she's been with you from day one. She's that mildly sick feeling you get when you do something you know you shouldn't. And she's also that tingly, excited 'YES!' that you feel even when it doesn't make sense.

She's way smarter than your brain (it's been proven time and time again.) You know that whole, 'listen to your gut thing?'. Yep, that's her too!

She's also kind of easy to lose and although she'll never totally disappear, she gets buried under stress, fear, clutter and even all the junk we ingest every day. The good news is she's never totally gone and accessing her knowledge - your internal wisdom - will shift the compass of your life.

Here are 5 ways to find her again:

1. Talk to her. I know, I know - you will look crazy, seem crazy and maybe even *be* crazy. But I do this all the time and it's really no big deal after a while. Maybe you have a big decision to make, or maybe you're worried about something going on in your life - just open yourself up and ask yourself, '*What should I do?*'. The answer is there within you, deep down and if you're quiet enough and let it come, it will.

2. Give her a little breathing room. I went from a little girl whose teacher had to call my parents to help me clean out my desk that would no longer close to a college girl whose entire wardrobe (and sometimes the remains of my last meal) was on the floor of my tiny bedroom. Gross. I didn't realize it at the time, but all this stuff was really weighing me down. Now, I can't think when I'm surrounded by clutter.

This same weighed down feeling also happens when you clutter your body with processed junk. So, as much as I loved my bacon-egg-and-cheese sandwich and french vanilla coffee on weekend mornings, I gave it up because it always just made me feel heavy, tired and angry.

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3. Let her play. There's nothing like that feeling of giddy, childlike joy. I recently found a gymnastics center that holds an open gym for \$5. Lately, I've been bringing my kids there during the cold, winter days to burn off energy and let them run around. But it turns out, I'm doing this as much for myself as I am for them. I can't let my 18 month old run around by herself in a big gym filled with trampolines and foam pits, so I happily get to participate too. And, oh does it light up my inner 10 year old! When I leave, I feel light, happy and free and I'm almost positive that I have more fun than my kids.

4. Recharge her batteries. I'm just a few short months into getting more sleep than I have in the last three and a half years. Last year, with a two year old and a baby under one, I was sick a lot. My body literally couldn't kick anything and I was on an endless sick loop. Looking back from a much healthier year (knock on wood please), it's no wonder. I barely slept! Sleep, for me, is still my number one priority because in a sense, I'm still catching up. But maybe for you, just getting away for an hour or two to have time for yourself or a little exercise to move around the stagnant energy would do it. Whatever it is for you, do it. You'll feel refreshed and come back recharged and ready to go again.

5. Turn down the noise: Sometimes I fear I know more about my Facebook friends (ahem, some mere acquaintances) than I know about my own life. Lately I've found that when I have a free moment, I've gotten into the habit of picking up my phone to check in. What's that about? I've started consciously putting down the technology and letting moments of quiet be just that. Filling up every moment is just another form of clutter, distraction and noise and takes away from the only moment that really counts - right now.



Kathryn is a coach, mom and creator of [The Year of You](#) - a free program that will guide you to use your heart and inner wisdom to clear the clutter, return to center and find authentic joy and happiness in 2013. Join the growing group of women who are on the journey to access their own inner health coach by [signing up here](#).