



## YOUR YEAR 1 - INTRODUCTION

### EP #67

“Do I need a life coach?” You’re listening to Episode 67, with Rhiannon Bush

Welcome to the Do I need a life coach? Podcast. We’re here to discuss the ins- and outs- of the life coaching industry and give you tools to use, to see for yourself. I’m your host, Rhiannon Bush. Mother, management consultant and a passionate, certified life coach.

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Hello my friends. Welcome to the first episode in the Your Year series. Today I’m going to be taking you through the outline for the Your Year Series, the journey the series will take you through, and why it’s designed the way it is. I’ll also be sharing a surprise I have in store for you at the end of this episode.

If you’re someone who wants more... More from your life, your love, your career, more from yourself? If you want to aspire, dream, plan and do? Then you’re in the right place.

Do you want to feel better? Feel better about how you spend your time? How you do what you do and how you structure your life?

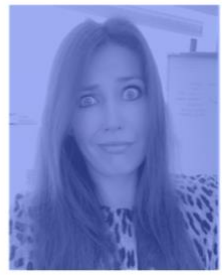
Do you want take more action? Get out of the circumstances you’re currently in? Make changes? Then this is for you.

We’re going to be goal setting but a bit differently. We’re going to peel back some layers and help you identify and understand yourself a little better which will help you achieve what you want to achieve next year and beyond.

While this series is called the ‘Your YEAR’ series, you may choose to think much bigger and beyond one year. I highly recommend this. I was watching something recently and they were saying how the most successful entrepreneurs make plans for well into the future. They have 20 year 30 year goals that they consistently work towards achieving. So if that is something you have in mind and choose to do throughout this series, go you. That’s excellent. I’ll be honest, i’ve never personally been able to get past 20 year goals. But the benefit of having a 20 year goal as an example, is that it’s so big, there is so much more room to move and pivot and adapt as you go along. A 20 year goal is a wonderful vision for the life you want to have down the track. We can only see tomorrow through today’s eyes, and we only know what we know now to inform that goal. But having a longer vision will help you achieve a lot more throughout that time than not having anything at all.

The contrast to the successful entrepreneur was addicts. And that addicts can only see the next four hours ahead and they live 4 hours at a time until their next fix. They can’t see beyond that. And for any of you who’ve listened to my podcast or worked with me personally I talk a lot about our reticular activating system and what we choose to focus on. So if you have a four hour





focus opposed to a 20 year focus it's going to have a huge impact on the decisions you make in this moment.

Marshall Goldsmith said “what got you here won't get you there”, as in we will all need to do something differently to how we're currently doing it in order to achieve more. The more I read and learn and study under amazing people the more I realize that success is a formula. And while some people have luck along the way, and others earn their place through sheer hard work, the point is that you can achieve anything you want to achieve provided you follow a formula. And that's what the Your Year series is. It's a formula for you to follow to achieve what you want to achieve. Sustainably, consistently, and in a way that feels great for you.

Let's start with what you'll need throughout this series:

1. A notebook and pen. It doesn't have to be anything fancy, it can be on the back of a receipt or a napkin or whatever you find. I do recommend a book if you can get one or have one to be able to reflect on your way back through once we're done. Then you can repeat this process for yourself again in the future, or adapt it to how you might like to do it better. I also don't recommend doing it on a computer. By all means, if that's the easiest way you'd find to do it – then that's better than not doing it all. But there's a hand-eye-brain connection that happens when you put pen to paper that cannot be replicated on a computer.
2. Throughout the series you're going to be tasked with exercises. These exercises are where you will reap the benefits of this program. Listening to it will give you some ideas and plant some seeds, but nothing and I mean nothing will replace the benefits that you will receive by actually doing this work. This is not a spectator sport, this is a gift you are giving to yourself by sitting down and actually doing the work.
3. You will need some quiet space and some reflection time. When you have this time, do your best to make sure you are somewhere where you will not be interrupted. Not by a person, not by a thing like your phone or TV or music or anything that might distract you. Be present and really give yourself the time and space required to do the work.
4. Lastly and most importantly, honesty. This is a no judgment zone. The work that we will undertake over the your year series is about being brutally honest with yourself about where you're at. You can't work with lies or half truths. Nobody is going to see this other than you and therefore it is vital for you to maximise the benefits that you'll get from this program to be completely honest. And when you have an honest answer, refrain from judging it. There's no use in judging it it won't help, it won't serve. There is no reason to judge. We are going to do this program and through the course of that understand ourselves better and appreciate ourselves more than we ever have. And we do that by being honest and uncovering how we truly feel about things and instead of judging it, questioning it and seeing what we can do differently to shift it.

At the end of each year, I like to get away and reflect on my year, and my life. Where I've been, where I am now and where I'm going and I like to consider three things:

1. How content I am with my life and how it is now
2. What I'm excited about in the future
3. What lessons I can take from





So here's the first exercise for you. And we're going to start really slowly and we'll build over the coming weeks. If you were to rate your current level of fulfillment with your life, day-to-day, week to week, month to month, out of a score of 10/1 being terribly unfulfilled, and a 10 being couldn't be more fulfilled, what score out of 10 would you give yourself?

Don't overthink this. A number will come to you take a second to validate whether you think that number is accurate, but really go down into your gut and your heart as well as your head and be super honest about the number that you choose. Even if you're unsure about whether that number is or isn't correct, write it down and make a decision. If you decide later today or tomorrow that that number needs to change, then you can. This is your program, nobody else's and so you get to shift and adapt as you need to to get the most out of it for you. But I will say that when I've tasked you with something and you've sat down and had an opportunity to do it, and that may not be in the moment you may need to come back to it when you can and that's OK, but when you sit down and do it you make a decision you do it we move on. Otherwise we could keep going forever. And there are certain things that don't need to be perfect, we just need to get it done and we need to move on. So I hope you have your number.

This series is designed to clean up the past, remain in the present, and plan for the future strategically. It's designed to go in order. The sequence of events and tasks that we undertake is on purpose. So set yourself up for success by listening to these in order and doing the tasks in order.

I want to see you succeed, so if you have questions throughout the program, please feel free to reach out to me via my website [rhiannonbush.com/contact](http://rhiannonbush.com/contact) or via my Facebook page Rhiannon Bush. Please no I do not use that Facebook page very often, but I will get your message requests if they come through. So please use me in this i want to help you if you have questions reach out and let me know. Chances are if you've got the question a lot of other people do too so you will be benefiting not only yourself but everybody else doing the program as well.

The last thing I want to mention is that at the end of this series I'm going to put up a link to a survey. It will be a short survey to go into the draw to win 10 hours of coaching for free with me. This survey will be asking you questions like your fulfilment number and your progress, and how you have experienced this program, the problem that brought you here. Just some basic stuff for research purposes only. More information on that will be shared at the end of January.

For now, make sure you have your number, and I'll see you soon for the next step in the Your Year Series. I hope you're as excited as I am!

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Hey! Before you go, I always find reviews really helpful when looking for new information or insights...

If you've found this podcast valuable, please take a minute to write a quick review about what you've found most beneficial for you, so other people can benefit from your insights, and listen in too. I would LOVE that!



**DO I NEED A LIFE COACH?**  
**WITH RHIANNON BUSH**



Also, if there are any topics you'd like me to cover specifically about life coaching or the life coaching industry, visit [rhiannonbush.com](http://rhiannonbush.com) to contact me. Thanks for joining and I'll see you in the next episode of Do I Need A Life Coach?!

Please note, this transcription may not be exact.

