

Just for Today: Ponder This

Hello everyone,

With a hearty Irish hello I welcome you one and all. Thank you for taking the time to browse around my website. I trust you will find something of value in all the content that is here for your viewing pleasure. I'm sure some of it will warm the cockles of your heart while other material may indeed help you to get more out of your life and if none of that is true for you then check out the Top 11 list with Sheamus the leprechaun, that's bound to bring a smile to your lovely face.

Now for something completely different. As a professional life coach, I am constantly asking powerful questions to help my clients see something that was not visible to them before they came to our session. The right questions can open up a landscape (Irish) of possibilities. I have taken seven of the finest coaching questions from my practice and I offer them to you to ponder. My invitation is this. Grab a cup of tea or coffee and give yourself 10 minutes of uninterrupted time **just for you** and **just for today** to ponder the questions presented.

Now my dear reader this is not an exercise in obsessive thinking, (we all know how to do that) this is an exercise in pondering. Well how do I ponder Dermot? I'm glad you asked. Sit quietly with your chosen beverage and ask yourself the question for today. Then allow some space after the question has been asked (in your mind) for a new insight or thought to come into your noggin (Irish for head) all the while in a relaxed state. Miraculous thoughts, ideas and solutions come to us when we are not trying to force an answer. I train people in coaching and in workshops on how to ponder a question, since most of us are too busy to take 10 minutes to ponder anything. If you only have 5 minutes, that's perfect too. You can use this method to ponder any question that you might have about anything big or small in your life. My client's report new and creative ways to solve problems in their lives just by taking 5-10 minutes to ponder, instead of 2 weeks of obsessive thinking which leads down the road of nowhere next to somewhere. Happy pondering and that my dear ladies and gentlemen is No Blarney!

Cheers for now,

Dermot – The Celtic Coach 

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What If Just for Today You Could?

Monday

What if just for today you could do that thing you have always wanted to do?

We all have dreams but we have a story or a belief that says its not possible for us to have that, be that, do that, but what if just for today you could and it was?

What might be a small step that you could take to move you in that direction of your what if?

Enjoy 🍀



What's one thing you would love to do if the results didn't matter?

Tuesday

I love this question because it shares the secret to creating what you want. We all (including myself) have something we would like to create in the world but because we attach a result to it, we don't do it or we give up shortly after we begin. Just for today take a project or idea and allow yourself to let go of the results you have attached to it and see how that changes your feelings or inspiration around it.

Enjoy 🍀



How much fun is it being you?

Wednesday

This is an odd question I often ask clients? And usually they ask me to repeat it because they say they don't get it or they think I'm being funny. Of course I am funny but more on that later. You may have to ask yourself this once or twice and then ponder (not obsess) the answer.

Here is another way to ask the same question: On a scale from 1-10, 10 being its barrels of fun being me and 1 being it's not much fun being me, on an average day how much fun is it being me? If you say 4 then ask yourself what's one thing I can do or be to move it up one point? My advice on this one, keep it simple and enjoy ♣

PS: This question is designed to move you towards more fun being you and absolutely categorically not designed to use as a way to beat yourself up.



What if your problems were nothing more than a question waiting to be answered?

Thursday

I like to think of problems as questions that have not been answered yet. In reality there are no big problems or small problems only questions that need an answer. We tend to scale our problems as big or small. In reality that problem no longer becomes a problem once we get an answer, have you noticed that?

The pondering exercise will solve most problems once you give a little space to them.

Enjoy 🍀



What 3 pieces of life advice would you give a newborn baby?

Friday

This is a very interesting question. I tend to ask clients this question to support them in connecting to some of their core values. Allow this question to swirl in the ocean of your mind for at least 2 minutes and see what comes to the surface. If an old shoe surfaces allow it to sink back down and again leave some space and soon a whale of beautiful/wisdom filled advice will surface
PS: This advice is actually for you.

Enjoy 🍀



Do you know where your experience of life really comes from?

Saturday

My client's usually ask me, what the blarney am I talking about? Here's the short answer I give them. We live in the feeling of our thinking. We have a thought which becomes a feeling, which becomes an experience, which we call reality. When we can realize that all our experiences begin with thought it gives a little space between our experience of life and how we are reacting to it. It softens our experience without belittling it. Feeling always follows thought. I did a whole hour about this on my radio show. If you go to Youtube and type in "The Celtic Coach Making the Unknown the Funknown" you will find it there. Its certainly a question worth pondering.

Enjoy 🍀



How might I be even more kind to myself today?

Sunday

I have a lot of client's that in my humble view are really tough on themselves. If they don't do things perfectly (I'm included here) the first time around, they take out the judgement hammer and start hitting themselves over the head with it. I'm sure you can relate. BTW, that's a human thing not a client thing. We all do it. So the question I ask, how might you be a little kinder to yourself just for today?

Enjoy 🍀

