

The bright side of life



Do you have a desire to change your life or have a goal that seems out of your reach? **The Comfort Zone** may be able to move you towards your aims, as *Joey Clark* discovered.



Often we tell ourselves that we can't do something and that may be precisely what stops us from achieving the very thing we desire. Reasons for wanting to change your life or aspire to something we think is unattainable can stem from a host of things: children leaving home, redundancy, retirement, wanting a career change, or a new hobby.

After 25 years working at managerial level in wholesale and later as director of a retail company, Peter Cornwell changed his life in his late forties. He trained as a life coach and now runs his own company The Comfort Zone, Peter supports people that come to him either on a one-to-one basis or as corporate clients, in the hope of achieving something in life that they may have thought about, but for various reasons have never quite managed to start the ball rolling.

Attending a workshop with Peter, I realised how a positive outlook can be the first vital step. Our workshop consisted of a group of eight people from all walks of life and varying ages. Their reasons for attending were all different too, including a secretary who wanted to write a book, a sales person wanting to start their own new business and someone retiring who was going to have more time on their hands.

Overcoming obstacles

Peter guided us through the stages of identifying our individual goals, addressing any reasons that may have been stopping us from achieving them. During the workshop we also made a plan to help secure the result. With the help too, of visualisation exercises, Peter steered everyone clear of the usual obstacles - often we set ourselves a challenge, without planning the path. Positive affirmations, coupled with losing your own limiting beliefs can be liberating, and can help you on the way to changing your world.

I like the Chinese proverb Peter quoted: 'The best time to plant a tree was 20 years ago, the second best time is now'. My goal was to write my own songs. I wrote my own songs back in the punk era, but I don't do punk now. I had tea at the Savoy with Johnny Rotten not so long ago and neither does he!

Life changes. I just needed to start writing again somewhere, and I feel I am progressing satisfactorily, with the help of The Comfort Zone.

The Comfort Zone coach also follows up the initial course to see how you have progressed. Visit www.thecomfortzoneuk.com