



LIFE 01

# ALEX

I don't know where to start

**SITUATION:** Alex came into the JMA office saying: “I want to make a difference, I want to contribute, I want to be recognized for the contributions that I make, I want to be treated with respect by others, I want to do something meaningful. I want to feel more connected.”

In a nutshell, Alex was longing to create a better life. He just didn't know where to start or how to get there. He felt lost and directionless.

**RESOLUTION:** Often when our client's first come to us they feel like there is something missing. They feel like there isn't a North Star guiding them and or a unifying perspective that is inspiring them. They feel rudderless, with nothing guiding their direction or actions. It's like they are on the 'treadmill of life,' expending energy but going nowhere. Alex was one such client.

JMA purposely meandered with Alex for a session or two. We wanted to hear his thoughts, feel where his pain was most severe and attempt to get Alex to begin to listen differently to the words he was speaking to himself and others.

Soon JMA was able to focus and shape the coaching process for the greatest impact. We had Alex begin work outside of sessions on our JMA Life RoadMap process. In session, we focused on coaching that would reflect back to him what was really important to him. We looked at where he currently was in his life, then where he dreamed about being in life, and finally what we needed to do to

close the gap between those two places. We also had Alex look at the unproductive space that he lived in, that kept him unable to make decisions and move forward in his life.

JMA helped coaxed Alex out of his comfort zone. We helped stretch his perspectives, challenge his assumptions, questions his actions and his decisions. Over time, what emerged was a more confident and focused Alex.

Within weeks, Alex was getting a clearer vision of what he wanted in life. He was defining his purpose and identifying his direction in life. He was becoming more aware of his actions and the consequences of his lack of actions. He was slowly guiding and shaping his future. He was becoming more energized and alive.

Over a period of several months, those around him began to notice the changes taking place as well. Decisions were made about career, about his living environment and about his future that were very different than those he had made in the past.

**OUTCOME:** Today, five years later Alex owns his own company, a dream he had first envisioned in our work together. He is also happily married to a wonderful woman. He feels fortunate that he made the psychological shifts that he made when he made them, believing he would have never attracted the wife he has without having done the work that he did.

In fact, most of Alex's life is a reflection of his original Life RoadMap work. He created and is living the life he longed for. And, as a side note, continuing to send JMA more referrals that we know what to do with out of his deep appreciation for the catalyst we were in his life!