



Knock It Out Of The Park

Synergy Coaching

- Progressive & forward thinking businesses...
- Passionate & healthy individuals...
- ...who are ready to Think, Act, and Play Big or BIGGER!

Linking Passion & Purpose

To...

*Do What You Love,
Love What You Do!*

www.Trulogy.com

By Angel True

Synergy Coach, Reiki Master Teacher, Facilitator, Writer

If there was a lesson to be drawn from the '00 decade it might be something like: "Don't build your castle on a foundation of sand."

The mass media over the last month has been running multiple stories, as they usually do at this time of year, looking back at what's happened. They've assessed the last year and last decade as "really lousy". We've had 2 recessions, 2 major wars, a massive increase in world turmoil including terrorism and political instability, astronomically high budget deficits, major economic transitions and some pretty fundamental social transformations. The world discovered that if you don't build life, business and the economy on a solid foundation it will eventually come crumbling down around you. This decade and one that will go down in the history books as having been tumultuous, challenging and transformative!

Now it's a new year and a new decade, though, and an opportunity to fundamentally alter your direction, actions and results. So the question is: "What are you going to do with this opportunity and how will you do it?" Here are a few suggestions as you consider that question.

First, consider what you actually want to accomplish. Is it a new job, new career, new business, expanding your professional skill set, more fun in life, better relationships, deeper personal growth, more spiritual exploration or something else? Write these accomplishments down in a list. Now consider these accomplishments and the results that you desire from these accomplishments. Results are the impact you desire such as: stable relationships, financial stability, happiness, health, satisfying career, etc. Make another list.

Using this list of clear results ask yourself "Which portion is within my control?" Keep in mind that what other people do, how they behave or what they agree to is NOT in your control. The portion in your control is that which you can directly affect, how you behave and how you perceive a given situation or activity. Make another list.

When you've identified the result you want and the portion that is fully within your control take a step back and look at that result. Ask yourself "What would get in the way of me accomplishing this result?" Make a list of all the possible factors that might get in your way. Then make a second list of all the possible

actions you could take to manage those distractions.

At this point you now have the following lists:

1. Accomplishments
2. Desired Results
3. What's In My Control
4. What Gets In The Way
5. How I Can Manage What Gets In The Way

In just a few minutes you've identified some very powerful and useful information but it's still not the part that will really drive you forward into getting what you want for the New Year and New Decade. This will give you an action plan and something to DO...but that is all.

If you're ready to create really dramatic change then you need to create a fundamental shift in the way you behave and engage the world. This isn't about what you *do* or *accomplish* but is about how you ARE. Knocking it out of the park requires you to adopt a new way of BEING.

"You establish your way of being by setting your intention."

You establish your way of being by setting your intention. Intention is the core of self that decides how you engage every moment, every action, every challenge, every obstacle, every fear, every goal and every breath of your life! To figure out what your intention needs to be take a look at the lists you've created. Ask yourself "How do I get in the way of these accomplishments, results and obstacles? How can I change my *approach* so that it supports the best outcome of every moment?"

Consider the fundamental core of your behavior that will best support this. Is it about lowering resistance, being more mindful, loving yourself fully, becoming more present, thinking positively, being less attached, being more kind, opening yourself or is it something else? Ask yourself "What is the way I want to *be* that no matter what happens I will feel I've done my absolute best?"

When you have that answer write it down and phrase it as a positive approach. This is your intention for the New Year and perhaps the New Decade. Focus on this way of being in every moment and with every fiber of your being. Focus on being this way as you do these things you've identified in your lists.

Let everything else follow from this intention and way of being and you'll knock it out of the park!

About Angel True

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As the founder of *True Living with Authentic Intention*, **Angel True** believes that it is possible for everyone to live their passions and love every moment of their life! He has over 25 years of experience and training in interpersonal communication, self-transformation, community growth & dynamics, and leadership, over 20 years experience and training in business and professional writing, 10 years of experience working for a Fortune 100 company and 5+ years of training & practice in embodiment, spiritual growth, and energy work. As a Synergy & Embodiment Coach he works with individuals, couples, non-profits and businesses to empower their passions, move into action, heal past injury and transform dreams into reality.

Angel artfully weaves together Personal & Professional Coaching, Reiki, Intuitive Insight, Directed Source Energy, direct honesty, compassionate inquiry, and intentional action to facilitate his clients self-healing, embodying their dreams and living their fullest life yet! As a coach, intuitive guide, healer and workshop facilitator Angel has worked both nationally and internationally.



Integrate, Expand, Thrive!
Do What You Love,
Love What You Do

Imagine being...

healthy and energized,
alive and living your dream,
fully nourished,
connected to your inner power,
in awe of the beauty around you,
in love with each breath,
and moving through life
as if you were deep in the flow of a powerful river.

This, to me,
is abundance embodied.

-Angel True

Synergy • Embodiment • Truology

“Not consciousness and self-understanding but a passionate inner presence makes us what and who we are.”

-Thomas Moore