



## Life goals and health goals

***"Every change is painful. But nothing is as painful as being stuck somewhere you don't belong" (Hendrik Hannes)***

All kinds of coaching - including holistic health coaching - starts with the clients/patients first formulating and writing down their life goals.

Why is this important? First, they are the "signpost" that guides all subsequent measures. Secondly, life goals are closely linked to health goals. Thirdly, this serves to check whether a formerly important goal is still current, whether the path to it can be corrected or made easier if necessary, and whether a goal is definitely what your soul desires and not somebody else's goal.

Sometimes it turns out that desirable health goals, e.g., drinking less alcohol or getting rid of pain of all kinds, have not been achieved so far despite numerous attempts and measures because certain life goals are not one's own but are dictated by others. For example, one stays in a certain profession because it provides social recognition or financial security. However, instead of personal fulfillment, the job only brings permanent stress, which can manifest itself in symptoms ranging from insomnia to depression. Or a partnership is maintained only because of a formerly given "marriage vow" or because of children. If in a partnership, instead of sharing thoughts, only the results of thoughts are communicated to the other, both may at some point suddenly and painfully realize that the goals in life no longer fit each other at all. If someone nevertheless remains in such a partnership, this can show itself in back pain or symptoms in the "paired" organs such as kidneys or lungs.

In order to be able to pursue externally determined goals that contradict one's own self at all, people behave in ways that are detrimental to their health. They bury their souls, numb themselves with drugs and become workaholics in order to distract themselves or provide all kinds of occupations around the clock, just to avoid the painful clarity about their own toxic situation. In order to protect themselves, "obligations" or "circumstances" are apologetically cited as reasons for not being able to change their self-chosen victim role. In order to nevertheless look good in their own eyes, it is understandable if those affected convince themselves that they are just "going with the flow".

If you are honest with yourself and find yourself in one of the situations described above, this realization can be very unpleasant and painful. But continuing to "go with the flow" will not get you anywhere: Are you like a sailor who is able to handle a boat, but lets drift himself somewhere with the prevailing wind and waves, only because he knows himself too little and disrespects the destination of his soul? Or are you a captain who doesn't let wind and waves distract him from his destination and who adjusts his route to go there accordingly?

Symptoms of all kinds, such as headaches or insomnia, may indicate that you are in the process of "stiff-necked" pursuing a goal that is outdated, where the route is not (anymore) correct, or which is not your own. The latter creates the most tension. Between what you

want to achieve and what someone else wants to achieve. In your body this manifests as tension. Maybe the way you have chosen to reach a real goal needs to be checked. In terms of energy expenditure/result and the right time. Maybe your project will succeed in a different way much easier and more effortless later. As soon as you are clear about whether you are really pursuing your own goal or whether the way to get there can be a different one, you can make necessary corrections. With this, the health symptoms often disappear by themselves.

Patience and perseverance are necessary for the achievement of any goal, the English language knows the expression "staying tuned". This expression describes nicely the "healthy" way of pursuing one's own goals. "Staying tuned" means "being in tune", or "vibrating in one's own frequency". You can recognize your own goal, the desire of your soul, when you always feel comfortable on the way to it, even if it is not achievable overnight and there are obstacles on the way.

Some people stubbornly stick to goals and decisions once they have been set. They stick to one thing "out of principle," instinctively knowing that they are harming themselves or even sabotaging their happiness in life. These people are often desperate and ask themselves why they keep falling into such a toxic behavior pattern. From my coaching experience, the reason for this lies in childhood. Possibly one parent left the other because she/he followed the need of his/her soul. As a child you only witnessed the suffering of the other and were not yet able to understand the parent who left. You may have said to yourself at the time "I will never reverse a decision or give up a goal (e.g., to keep the family) because that is immoral, a sign of weakness, lack of stamina, or personal insecurity, and will only bring suffering." Then you have internalized this belief.

But as an adult now, realize that it takes courage and strength to leave dead ends, to get off "dead horses" and to free yourself from those who want to harness you to their goals. Don't be triggered by your childhood wounds anymore. You are not selfish if you do not do what is expected of you, but it is the people who demand from you self-denial and energy that they do not want to spend on their own goals.

You are a human being. A living being that continues to develop, makes experiences and, if it makes an effort, gets to know itself better and better. Be patient with yourself, it is a process to check your own goals again and again. Share your thoughts and feelings regularly with the people you love. This way goals can be discussed and aligned, if possible and necessary. Holistic health coaching can help you start and maintain a dialogue with yourself and find and pave paths to your goals. You will be rewarded with health in body and soul.

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