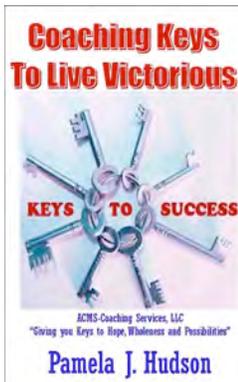


Coaching Keys To Live Victorious



ACMS-Coaching Services, LLC
"Giving you Keys to Hope, Wholeness and Possibilities"

Pamela J. Hudson



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Coaching Keys to Live Victorious

by Pamela J. Hudson

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Coaching Keys to Live Victorious

Fill your Life with Hope, Wholeness and Possibilities

By

Pamela J. Hudson, M.A.
The Hope, Wholeness & Possibility Coach
ACMS-Coaching Services, LLC
Co-Founder, Aspire Higher Leadership Think Tank Inc.

Learn Coaching Keys to:

Define or Re-define your life goals and purpose

Acquire keys to a more victorious existence

Strategize how to live your dreams fully

Live out loud God's Plan for your life

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Pamela J. Hudson
2012
First Edition

each song a day for twelve days. Watch your attitude and aptitude aspire higher.

Assignment #11 -Select your 12 keys to living a more victorious life. Write them in your journal and look to share with your friends.

Assignment #12 Write me at the end of the 12th day of the 12th month-share your story, testimony or challenges in your journey toward “Hope, Wholeness and Possibilities.”

Email me info@advancewithpam.org and share your stories with me.

Chapter 7 – 12 Coaching Keys to Wholeness

- 1. Embrace Change.** See this new season of change as an opportunity for you to acquire new skills and learn new behavior that can help you as a mentor, teacher, leader, friend and Christian. Refine your attitude with yourself and people around you, study the word of God, and pray about your relationships and occupation. Be spiritually sensitive when it is time to shift in the spirit and the natural. Stay ready for the call of God to move you closer to your destiny.
- 2. Establish new habits** to avoid being complacent or stagnant. Keep your mind and heart open to new techniques or method that will influence, impact and enrich you and those around you. Grow in knowledge of your gifts and skills; stay adaptable and flexible to God’s way of doing things. Listen for new direction in your new season. Be ready to move with the Holy Spirit for the next great season of your life journey.

3. Empower Yourself through Education. Your personal growth rests in the value you ascribe to education and learning. As long as you have breathe, there is something for you to learn. Through education you can identify more practical tips to help you develop your vision and focus personally, professionally, spiritually and emotionally. You should never stop learning or stop training your mind. To stop learning or training is to stop growing. As long as you are in the vine, there is much work and more work to accomplish. Never become one without a vision or direction.

4. Elevate Those Around You. As a mentor with others have the heart or spirit of a king. Become one who offers to help others to their next level of success. Become one who seeks after and helps to call forth greatness in others. Be a cheerleader for yourself and your mentees. Out of selfless love prepare and train someone like Jonathan prepared David for the position of royalty and greatness.

5. Escape Mediocrity. Don't let your family dynamics, social status, education or past life decisions become the excuse to stay mediocre. Change your perspective. Make a conscious decision to want to attain more in your life. Don't settle for less than God's best.

*"Let the wise listen and add to their learning, and let the discerning get guidance."
Proverbs 1:5 NIV*

Step out of the shadows of others, be your own person, the one equipped by God to overcome; to stand up against adversity. Walk in your greatness; don't dim your light-let it shine. Regardless of your background or past, in God you are capable of attaining greatness. When you know who you are in Him and are willing to step up to the plate to hit your homerun, then you are willing to walk toward greatness and leave defeat and all the negatives behind. They no longer define who you are.

Lessons to ponder

Grow in grace of the Lord Jesus Christ

Embrace wisdom, seek purpose and hear good instruction

6. Engage in the Extraordinary. As the astute and intelligent individual who has a drive to be taught and mentored, prepare for opportunity beyond what you can image. Reach higher, look for a future with high expectations of yourself and others around you. Surround yourself with people who also have a desire for the extra ordinary.

People who dream dreams and have visions. People with a strategy and plan to reach their goals. People who like you want to be great in this life and leave a legacy.

7. Exercise Obedience. Do not pay attention to the distracters or those who tell you it cannot be done or those who would discourage you from pursuing your destiny-because no one has ever done that before.

Have a made up mind to follow your heart as you follow and listen to the Lord. Be committed to be obedient to the masterful plan of God for your life. Be true to who you are and who God made you to be and do. Know yourself and believe in yourself and follow the voice of the Spirit of God, you will win every time.

8. Encounter Jesus. Your life direction, focus and purpose are forever changed once you met Jesus. The importance of your goals and purpose take on a new meaning. You want to use all you possess for the advancement of the kingdom of God. Your agenda is to lift the name of Jesus and help distribute the life and joy of the Lord to others. Consider the Apostle Paul who was initially arrogant, conceited and proud. That's what education and selfishness will do to you without God. Once he encountered Jesus, he learned to help others come to the light and encounter the power and revelation of Jesus as Lord and Master. Your victory is in Jesus. Why not get to know him and see how you will never be the same again.

9. Endure Discipline. Make a conscious decision to daily counter-act the negative of this natural world which is surrounded in ungodliness by putting forth a concerted effort to read the word, pray, meditate fellowship, praise, and worship and spend quality time with God. Help avert your mind and body from the decay of the world and learn how abiding in him is the best way to live victoriously. Eliminate excuses of blaming others and take control of your purpose in life. Manage your personal space of influence. Set high standards, respect yourself. Be purposeful and honest in shaping your efforts of discipline to all your responsibilities and choices.

Be accountable and model discipline as a character of a true leader.

10. Expect God to Help You. Psalm 62 gives great insight to the fact that your confidence and trust comes from God alone. Look not to man or governmental systems for your help or to solve your problems. God alone offers deliverance, preservation, wholeness, soundness, and health to those who seek him. Don't place your hope in the riches or extortion; place your belief in what God has done from Genesis to Revelation. This is where your victory in this life will come shining through. Trust God to always come through for you.

Lessons to Ponder:

Learn to not be anxious about life

Pray instead, seek God and expect Him to answer

Learn to rest your all into the hand of God-Watch God work for you

11. Excel in Adversity. The best example is Daniel and his three friends, Shadrach, Meshach and Abednego (Babylonian names). They were selected on purpose to excel in the worst of the country's economy or worst time for their people. In the midst of their captivity they did not give up, quit or forsake their principles or morals. Even as slaves their extraordinary gifts were revealed. Their skill sets were recognized as outstanding even in captivity. Take a stand, choose to not defile yourself or allow life challenges to derail your journey to wholeness on any level.

"Every good and every perfect gift is from above, comes down from the father of lights, with whom is no variableness, neither shadow of turning.

James 1:17

12. Exhibit Character. Be an example of integrity. Be known as one strong in the principles of discipline, confidence, responsibility, motivation and uprightness. Don't give in to the peer pressure or professional trends that would persuade you to lower your standards. Be a noble role model to what is of a pure heart. Purpose in your heart to aspire for what pleases God, understanding this will give you peace and place you in a position to receive the bountifulness of God's blessings and benefits in your life. Decide to walk in your integrity, be mature and allow the power of God to freely flow through your life. Fellowship with God and learn to walk higher toward victorious wholeness.

*Challenge Yourself to **Live** the Abundant Life*

*Expand your boundaries and **Grow***

Remove Mediocrity from your Vocabulary and Relationships

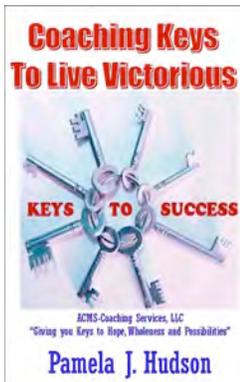
Foster Hope in Others for a Victorious Life

Operate as Joshua to be more **Strategic and Focused** on Your Goals

Stop **Saying** What You Cannot Do or **Listening** to the Negative

Believe that Our God is **Greater** than our Problems

Stop Defeating Yourself-Grab Hold to the **Word of God** which is Life!



Get ready to aspire higher and to become your best.

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