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Life Coach Yourself in 2012 by [Tim Brownson](#)

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There is a lot of scientific proof to demonstrate that working with a competent Life Coach is way more likely to help you achieve your hopes and dreams in life than just working on your own. Not that you cannot be incredibly successful without hiring a Life Coach, of course you can, but working with a Coach speeds up the process.

However, it would be disingenuous not to recognize that not everybody can afford to put food on the table never mind spend several hundred dollars on Life Coaching. Therefore, rather than just plodding through life reacting to situations and hoping for the best, some self life coaching would be in order.

I have worked with a lot of clients that have tried to life coach themselves prior to hiring me and there is almost always one common denominator. Yes they have attended the workshops and seminars, yes they have read dozens, and in some cases hundreds of books and yes they have watched inspirational talks on websites like Ted.com.

But the one thing they almost never do is the work. It's almost as though they want to grow as a person and be more successful by a process of osmosis. That if they can just expose themselves to enough information, that in time it will start to seep in and take effect.

Unfortunately, it doesn't work like that, and that approach is no more likely to succeed than joining a gym, reading about fitness and watching sport on TV is likely to get you fit. You have to do the work!

I wrote a book called *Aligning With Your Core Values* that is based on what is the most important work I do with Life Coaching clients. However, the sales page has a warning that it's useless if the purchaser doesn't do the main exercise and they are wasting their money buying it.

The same can be said of a lot of self development books. Most of the good ones contain exercises and largely speaking those exercises are designed to move the knowledge from your conscious mind into your unconscious.

Reading a book uses one part of your brain, but when you start to put pen to paper (or fingers to keyboard) you use another part and that starts to integrate the information and make it far more likely that you will not only remember it, but utilize it.

If you want to make sure that 2012 is your best year yet then put aside some time to do the work necessary. Even 2 hours per week to work on yourself will yield huge results, and if you can make that an hour a day you will look back at the end of the year amazed at what you have achieved.

But you have to act and you have to commit. Reading this article is meaningless and also largely pointless, unless that is, it spurs you on to action. So what are you going to do, something or nothing?

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