



Be Your Own Coach

Part one

A Practical Guide to Rediscovering
Yourself and Creating Real Change.

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Welcome & Thank you

Do you dream of a bigger, more fulfilling life but feel stuck turning those dreams into reality? You're not alone. Many people struggle to turn their dreams into reality, often feeling frustrated and stuck.

This guide will support you uncover what's holding you back and equip you with practical tools to show up for yourself and create real change.

Life coaching can help you bridge the gap between where you are and where you want to be by identifying your goals, creating a clear plan, and offering guidance and support as you build the life you truly desire.

As someone who has walked this path of transformation, I'm here to guide you with practical tools and authentic insights. This is not just a guide—it's a resource built from real experiences to help you rewrite your story.



With
Love
Gemma.x.

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Uncovering your rules of reality.

The foundation of meaningful change starts with self-compassion and curiosity. By investigating your Rules of Reality, you can uncover patterns that no longer serve you and rewrite them to reflect the person you aspire to become.

Self-Discovery.

Self-discovery is the journey of gaining a deeper understanding of who you are—your thoughts, emotions, beliefs, values, and motivations. It's about uncovering what drives you, what holds you back, and what truly matters in your life. Through this process, you'll uncover new passions, develop a sense of purpose, and find fulfilment in ways you may not have imagined.

First, Be Your Own Best Friend.

Creating meaningful change starts with becoming your own biggest supporter. One of the most powerful ways to do this is by investigating your Rules of Reality—the beliefs and assumptions you hold about yourself and the world.

These rules shape how you think, feel, and act. By recognising and challenging the ones that no longer serve you, you can create space for growth and transformation.

Worksheet & Final Thoughts

Investigating your own Rules of Reality.

If you want to create meaningful change in your life, one of the most impactful steps you can take is to examine your Rules of Reality.

These are the deeply ingrained beliefs and assumptions you hold about yourself, others, and the world. They shape how you think, feel, and act, often operating beneath your awareness. Some beliefs empower you, but others may limit your potential without you even realising it.

By becoming aware of these rules and critically examining them, you can start to challenge the ones that no longer serve you and replace them with new beliefs that align with your goals and values.

Here's how to begin this transformative process:

Step 1: Identify Your Rules of Reality

The first step is to uncover the beliefs that guide your life. These might include ideas about what you're capable of, what success or failure means, or what is possible or impossible in your life. To identify your Rules of Reality, ask yourself questions like:

- What do I believe about myself? (e.g., "I'm not good enough" or "I can handle anything.")
- What do I believe about others? (e.g., "People can't be trusted" or "Support is always available.")
- What do I believe about success and failure? (e.g., "Success requires sacrifice" or "Failure is proof I'm not capable.")

Write these beliefs down as they come to you. You might notice that some of them feel empowering while others feel restrictive or heavy. This is a sign of which beliefs may need deeper exploration.

Step 2: Examine Your Rules of Reality

Once you've identified your beliefs, it's time to dig deeper. The goal is to question their origins and evaluate whether they truly serve you. For each belief, ask yourself:

- **What was the first time you remember experiencing this belief?**
- **How does it influence your choices today?**
- Where did this belief come from? (Did it come from a parent, teacher, or society? Is it based on personal experience?)
- Is this belief based on evidence, or is it shaped by fear or bias?
- How does this belief influence my decisions and actions?
- Does this belief align with my goals, values, and the person I want to become?
- Is this belief limiting me or holding me back in any way?

This process may uncover surprising insights. For instance, you might realise that a belief like "I need to work hard to deserve success" is rooted in societal expectations rather than your own values. Or that "I'm not creative" stems from an offhand comment someone made years ago but doesn't reflect your current reality.

Step 3: Challenge Limiting Beliefs

Once you've identified beliefs that no longer serve you, it's time to challenge them. Ask yourself:

- What evidence exists to support this belief?
- Is there evidence that contradicts it?
- What would happen if I stopped believing this?
- What alternative belief could better serve me and align with my goals?

For example, if you've identified a belief like "I'm not capable of success," challenge it by recalling times when you've achieved goals, overcome challenges, or adapted to new situations. Replace it with an empowering belief like "I am capable of learning, growing, and achieving success in my own way."

Step 4: Adopt New Rules of Reality

To create meaningful change, you need to replace limiting beliefs with empowering ones that align with your goals and values. For example:

- Replace “Failure means I’m not good enough” with “Failure is an opportunity to learn and grow.”
- Replace “I can’t trust others” with “I can build trust through clear communication and healthy boundaries.”

Write these new beliefs down and revisit them often. Visualise yourself living in alignment with them and notice how they shape your thoughts and actions over time.

Step 5: Practice Self-Awareness

Finally, stay mindful of your thoughts and behaviours as you work to shift your beliefs. Pay attention to moments when old patterns resurface, and gently remind yourself of your new, empowering Rules of Reality. Celebrate your progress, even if it’s small. Change is a journey, and every step forward matters.

Self - Discovery

Self-discovery is the transformative process of understanding who you truly are, your thoughts, emotions, beliefs, values, and motivations. It is more than just introspection; it's a deliberate journey of self-exploration that involves reflecting on your past experiences, understanding how they have shaped you, and using that knowledge to create positive and meaningful changes in your life.

This process is not about fixing yourself; it's about uncovering the layers of conditioning, fears, and assumptions that may have masked your true self. It's a continuous evolution that demands honesty, courage, and curiosity. Along the way, you might encounter parts of yourself that you've avoided or ignored, but these moments of discomfort often hold the key to growth.

Why Self-Discovery Matters

When you take the time to explore who you are, you can:

- Identify your strengths and learn to harness them to achieve your goals.
- Understand your weaknesses and approach them with compassion, turning them into opportunities for growth.
- Clarify your core values, ensuring your decisions align with what truly matters to you.
- Cultivate self-awareness, which empowers you to respond to life's challenges instead of reacting out of habit.

Through self-discovery, you'll also develop a sense of purpose and fulfilment, as you begin to live a life that feels authentic and aligned with your inner truth.

Practical Ways to Begin Your Journey

Self-discovery isn't about grand gestures or impossible commitments, it's about tuning into yourself in a way that feels sustainable and meaningful for your life. It's not something that happens overnight, nor is it a "one-size-fits-all" process. It's about making space in your daily life to reconnect with who you are and what truly matters.

Pause and Reflect:

Instead of forcing yourself to journal every day, try asking yourself one powerful question when you feel stuck:

What am I feeling right now, and why?

This small moment of awareness can reveal surprising insights.

If journaling feels overwhelming, try recording a daily voice note where you talk freely about your day, emotions, and thoughts. Listening back can provide unexpected insights.

Redefine Self-Care:

Self-care isn't always bubble baths and spa days. It's about doing what truly nourishes you. For some, that might mean taking a short walk in nature; for others, it might mean setting boundaries and saying no to things that drain your energy.

Notice Your Reactions:

Pay attention to moments that stir up strong emotions, whether frustration, joy, or fear. These reactions can be clues about your values, desires, or unresolved struggles.

Ask yourself: **What is this emotion trying to tell me?**

Do Something New:

You don't need a life-altering adventure to discover something new about yourself. Start small—try a new recipe, explore a new book genre, or take a class online. These micro-changes can shift your perspective in unexpected ways.

Create Small Rituals:

Build moments of intention into your day. For example, start your morning by setting a simple focus:

What's one thing I want to feel today?

These small, daily practices can help you stay connected to your inner self.

Challenge Your Internal Voice:

Pay attention to how you talk to yourself during tough moments. If your inner dialogue feels critical, pause and ask yourself:

Would I speak to a friend this way?

Replace harsh words with curiosity and compassion.

Find Inspiration in the Mundane:

Self-discovery doesn't have to happen in therapy or on a retreat. It can happen while washing the dishes, talking with your children, or listening to music. Be present in these moments, and let them teach you something about yourself.

The Rewards of Self-Discovery

The path to self-discovery isn't always easy—it may bring up fears, insecurities, and resistance. But it is a path worth taking.

By gaining a deeper understanding of yourself, you can:

- Strengthen your self-confidence and trust in your abilities.
- Develop resilience to face life's uncertainties with grace.
- Foster more meaningful relationships as you connect with others from a place of authenticity.
- Make decisions that honour your values and lead to a life of purpose and alignment.

First Be Your Own Best Friend

Imagine feeling stuck in your career and unfulfilled in your personal life. You start to question your values, your priorities, and even your self-worth. It feels overwhelming, but instead of looking outward for solutions, you decide to turn inward. You make the conscious decision to become your own biggest supporter—a choice that marks the beginning of meaningful change.

Being your own best friend isn't about avoiding challenges or sugar-coating your struggles. It's about offering yourself the same compassion, understanding, and encouragement you would give to someone you love. You recognise that it's okay to feel lost and that those moments of uncertainty are opportunities for growth.

When I first started practicing self-compassion, I realised how harsh I was to myself when things didn't go as planned. By shifting my inner dialogue—telling myself, 'You did your best, and that's enough'—I noticed my confidence grow.

You start by cultivating a kind and patient inner dialogue. Instead of criticising yourself for past mistakes, you reflect on what you've learned from them. When doubts creep in, you remind yourself that progress is more important than perfection. You begin to celebrate even the smallest steps forward because you realise that showing up for yourself every day is an act of courage.

To strengthen this relationship with yourself, you prioritise self-care in all its forms—physical, emotional, and mental. You journal your thoughts and emotions, letting your inner voice flow freely without judgment. You practise mindfulness, taking moments to pause and simply be present with yourself. You try new hobbies and activities, not to prove anything to anyone else, but to rediscover what makes you happy.

As you continue this journey, you start to recognise your worth, not because of external achievements, but because of who you are at your core. You remind yourself that it's okay to have boundaries and to say no when something doesn't align with your values. You begin to trust yourself, knowing that you are capable of navigating whatever life throws your way.

Saying no isn't rejection—it's self-respect.

Through this process, you become your own advocate, cheerleader, and safe space. You realise that the most important relationship you'll ever have is the one you have with yourself.

When you choose to treat yourself with kindness and respect, you pave the way for deeper connections with others and a life that feels authentically yours.

Being your own best friend isn't a one-time event—it's a practice. It's a commitment to showing up for yourself, even when it's hard, and to believing in your ability to create the life you truly want.

Start today by asking yourself: **How can I support myself right now? The answer may surprise you.**

Worksheet Investigating Your Beliefs

Use this worksheet to explore the beliefs and assumptions that influence your life. Reflect honestly, and take your time with each step.

Step 1: Identify Your Beliefs

Write down 3–5 beliefs you hold about yourself, others, or the world. These beliefs might be limiting or empowering.

Examples:

- “I’m not good enough.”
- “Success requires constant struggle.”
- “People will judge me if I make a mistake.”

Belief

- 1.
- 2.
- 3.

Step 2: Examine Your Beliefs

For each belief, reflect on its origin and how it impacts your life. Use the table below to guide your exploration.

Belief	Origin	Evidence (True/False)	Impact on My Life

- Where did this belief come from?
- Is it based on evidence or assumptions?
- How does this belief influence my thoughts and actions?

Worksheet Investigating Your Beliefs

Step 3: Challenge Your Limiting Beliefs

For each limiting belief, ask:

- How is this belief serving me?
- Is there an alternative perspective?
- What empowering belief could replace this one?

Limiting Belief	Challenge/Evidence Against It	New Empowering Belief

- What emotions come up when you think about letting go of this belief?
- How will replacing it help you feel aligned with your goals?"

Step 4: Affirm Your New Beliefs

Write down your new empowering beliefs and read them daily to reinforce them.

Examples:

- "I am worthy of success and happiness."
- "I learn and grow from every challenge I face."

My New Beliefs:

- 1.
- 2.
- 3.

Final Thoughts

Congratulations on taking the time to invest in yourself and your growth. It takes courage to look within, reflect, and start making meaningful changes in your life. The fact that you've completed this guide is a powerful reminder that you are capable of so much more than you may realise.

Remember, transformation doesn't happen all at once—it happens one step, one choice, and one moment of self-compassion at a time. Some days will feel easy, and others will challenge you to your core. On those days, remind yourself of this truth: you are enough, exactly as you are, and every small step forward is a victory worth celebrating.

If this guide has inspired you to dive deeper into your journey, I'd love to support you further. Together, we can uncover your strengths, clarify your goals, and help you live the life you've always envisioned.

Here's how you can take the next step:

- Explore coaching packages and resources:
Visit www.lyl-lifecoaching.co.uk.
- Join our community: Connect with like-minded individuals who are also on their path to growth.
- Reach out: Book a free discovery call to see how we can work together:



You have the power to rewrite your story and create a life filled with purpose, joy, and fulfilment. This is just the beginning of an extraordinary journey—one that only you can lead.

With love and belief in you.
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Thank you