



February 2009 - Who's Talk Are You Walking?

We've all heard the expression "Walk the Talk". It means that you do what you said you were going to do. It's a kind of call to live in integrity with what you say or project to the outside world, someone true to their word. The big question to me is whose talk are you walking?

Are you walking someone else's talk, someone else's expectations? Are you walking the talk of your parents, teachers, childhood, or society? Are you just going through life with no idea of the talk you are walking at all? Or are you walking your talk, the authentic talk within you? Are you walking the talk of your personal, inner voice?

Take some time and think about the talk you want to walk. What do you want your talk to be? What's your inner voice saying about who you want to be and what you want to do? Who do you want to be as a human being, that when you live that way, you live in integrity with yourself? Think about the qualities and characteristics of who you want to be as a person.

Write a list. Make a collage of words or pictures. Write a poem. Select a song. Pick whichever method is inspiring to you and create that description of who you want to be, your talk. Now boldly step out and Walk Your Talk, knowing that you are living the person you want to be. Some days you'll walk your talk, some days you won't, refer back to your description to remind yourself so the next day you can walk your talk.

Have fun defining your Talk, Enjoy your Walk!

Live your potential!

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