





Harley M Storey
The Life Coach Toolman

Dear Subscriber

Here is the **Heart Language Tool®** from **101 Tools Life Coaches Use.®**

I hope you will find it useful to use yourself or with your clients!

[Click here](#) to watch the video that goes along with this tool!



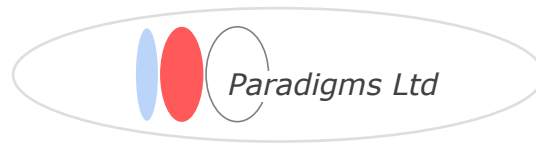
After you've taken a look, I'd love to hear your feedback, comments or suggestions.

Enjoy!

Kind regards

Harley M Storey
The Life Coach Toolman
A.C.E (NZSC), M.I.C.F
Paradigms Life Coaching Ltd

P.S. You can get a free copy of 20 Tools Life Coaches Use® by [clicking here](#).



The Heart Language Tool

It always surprises me that almost every client relates to this tool in some way!

- Do you feel **stressed** and **harassed** during the day, like you're always doing things to **please others** rather than **yourself**?
- Do you have **problems** making **decisions** about **insignificant** matters?
- Are you **unsure** about what it is you really want?
- Do you find yourself doing things you really **don't want to do** and continually acting out of **obligation**?



Part of being an adult is learning to put the needs of others, such as our children or employer, ahead of ourselves. But we can become so used to doing what we feel we **should** do, or living by the expectations of others that we lose touch with **ourselves**.

If we stop listening to our hearts **voice**, eventually we won't **recognize** it. Then we wonder why our life is so dry and un-spontaneous!

We need to **re-open** the conversation with our **heart** - to remember how to listen to our heart and not just our head.

Here's **how to** recognize your hearts voice:

When you're feeling stressed or that you feel you have **lost your center**, ask yourself two questions,

1. "What am I feeling **now**?"
2. "I would **like** ... ?"

Try to listen to the **first thought** – which will be from your **heart** — not your head which comes in with chatter and rationalizing afterwards.

If the message from your heart is possible and practical – then **do it**- take a break, call a friend, pop out for a coffee, jump up from your desk and shout "Yes!".

If this impulse is not **realistic**- like quitting your job - just note your hearts message until its convenient to follow through, but be careful – this habit is life changing!

Why not try following your heart and doing one spontaneous thing every day?

And ... if you really want to be immature and have fun in a boring, "grown up" situation, ask yourself:

"What would I do if I was 5?"



If you received this from a friend,
[click here](#) to get
20 Tools Life Coaches Use®!