

## The Whole Person Paradigm

The Whole Person Paradigm The heart of COG Coaching revolves around the 4 dimensions of life which gives clients a complete paradigm shift regarding a balanced lifestyle. The 4 dimensions that are necessary to revolutionize your life by living a balanced lifestyle are as follows: 1. Body

Your body is the vehicle and host for your mind, heart and Spirit. A vehicle that is not well looked after might cause you a lot of expenses in the end. How do you look after your body? Focus areas: ! Nutrition ! Exercise

A well looked after vehicle with no navigation system can also cause a lot of frustration. A mind that is out of balance will steer you in the wrong direction in life. A mind in balance is one with clarity, emotional stability and absolute vision. Focus areas: ! Vision ! Mental Health ! Emotional stability/growth 3. Heart

If you were supposed to go through life alone, you would have been deserted on an island. But you're not! You are on Earth with 6.5 Billion other people! How is your relationship with other people? Yourself? And God? These relationships will determine how you experience life. Focus areas: Relationships with: ! Partner ! Spouse Yourself ! God 4. Spirit

What keeps you going? What adds fuel to your tank? Something needs to drive you. We all have a higher purpose here on Earth and it is exactly this that drives us. Focus areas: ! Purpose ! God ! Principles