

# Show Up, Keep Your Word

**W**hat does it take to shift from impossible to “I’m possible”?

The first step often mentioned for success is to show up. But show up where and how do we get there? Really there are some steps that must come before this accepted first step, and this is where coaching magic begins. Before anyone can show up anywhere, they must first have the words to describe where they want to go. Words expressed and then put into action.

As entrepreneur, author and motivational speaker Jim Rohn said, “Words do two major things: They provide food for the mind and create light for understanding and awareness.”

So, for coaches, showing up and keeping your word is two-fold because we are showing up for ourselves making success in our life, and we are supporting other people in knowing how to show up and create their own success. We are keeping our word and we are bringing life to the words of our clients. There is nothing more magical than words and what they make possible. The words are the instrument of creation.

*“It has not been for nothing that the word has remained man’s principal toy and tool; without the meanings and values it sustains, all man’s other tools would be worthless.” ~ Lewis Mumford*

Our clients are looking to us for more than just support. To have more we must become more, and as coaches we represent what more is possible. We are examples, roll models, mentors, coaches. We come before, go before and show up before so that our clients gather the evidence to keep coming, going and showing up.

It is often our stories that will provide a great deal of motivation for our clients. They come to hear our words as we listen to their words and inspire them to go beyond what they have previously achieved.

*“Example isn’t another way to teach; it is the only way to teach.” ~ Albert Einstein*

As coaches we are teaching by showing up as those willing to see, show and lead the way. The words of your life’s success will and do make a profound difference.

My five steps to success have been developed from the stories of my life:

1. Know what you want
2. Ask for it
3. Show up
4. Keep your word
5. Have a natural attitude of gratitude along the way

What do I mean by keeping your word? Keeping your word comes in many phrases and expressions coaches are known



for using with clients such as setting intentions, creating focus, stating affirmations, expressing a vision, and one of the strongest ones: making a declaration. These are some powerful tools for our clients and also great tools for us to achieve what it is we require to build a strong business. Once we have set the intentions, focus, affirmations, visions and stated the declarations, it is time to show up.

What does it really mean to show up? To show up is to present visually, create a representation, to cause or allow to be seen. It is in a sense to be present, to be seen, to act as the representative

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and to allow more of life to happen. The “up” in “show up” denotes rising above, being lifted to a higher and elevated place. So, showing up can be seen as being present in a high, lifted and elevated way, representing your true motivation.

In your business and life, declare what your intentions are, affirm what is possible, and focus on your vision. Take your and your clients’ words to another level. Share your stories and experience that natural attitude of gratitude as your business grows. Show up fully and keep your word, and see your success and satisfaction soar. ●