



## WHERE IS YOUR 'SATISFACTION INTERRUPTED'?

By Christina L. Merkley  
"The SHIFT-IT Graphic Coach"

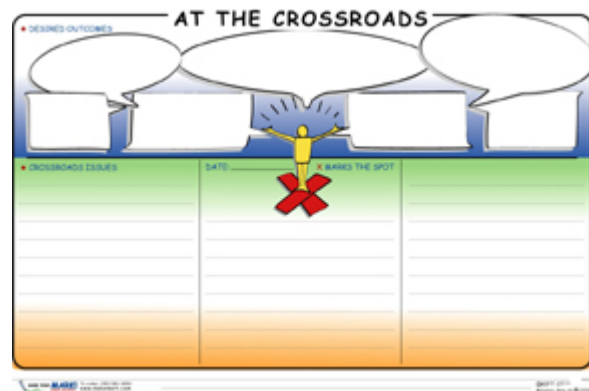
If you are browsing my site and reading this article, the chances are pretty high that you are in some sort of state of 'satisfaction interrupted'. This is the time that most of us enter coaching or some other experience that will help us figure out what is missing or 'off' in our lives and what to do about it. "Satisfaction Interrupted" can show itself as a vague sense that things have shifted in our lives, in a less than satisfying way. It can sneak up on us or come on like gangbusters. It's that feeling of things not being as satisfying as they might have once been.

Perhaps we have accomplished one set of goals and are unclear about what is next. Maybe we haven't been producing or accomplishing to the level that we know we are capable of. Or, a life milestone (selling a business, having a significant birthday, change in a primary relationship, graduation, retirement, etc) has changed our path in ways we could never have predicted. These shifts can be 'negative' but 'positive' shifts can also leave us with a different sense of our lives and how we stand in them.

### Standing at the Crossroads:

Imagine yourself standing on a giant 'X' ... as in 'X marks the spot'.

- What dissatisfactions are you grappling with at this current time in your life?
- What crossroads are you currently standing at?
- What things are working well for you right now?
- What is not as satisfying as you'd like it to be?
- Is this where you imagined you'd be by this time in your life?



- What's keeping you where you are? What do you REALLY, REALLY want?

### **Consider The Eight Main Areas Of Your Life:**

Think about the main areas in your life: health, relationship, family/friends, finances, career/business, personal development/spirituality, fun and recreation and physical environment. Now rate yourself, on a scale of one to ten (with one being very low satisfaction and 10 being very high satisfaction). What, currently, is your state of satisfaction in each of these areas? Some of these areas you will probably be pretty high and others may be low. For example, you may be really satisfied with your health but feel low on your physical environment. Or, like a lot of my entrepreneurial clients, you may be really satisfied with the state of career/business and finances, but are realizing that health and personal relationships aren't what you'd like them to be.

### **Dissatisfaction Can Be a Good Thing:**

Noticing where you are satisfied and where you are not leads to greater self-inquiry and awareness. Awareness of your dissatisfaction, confusion or frustration can be a really good thing. It can be the rocket fuel for helping you identify what you really DO want and getting on with the things you need to be doing (and being) to create what you really, really desire. Use your dissatisfaction as the guidance that it is ... its telling you things aren't quite right in your world and is giving you hints about what shifts need to be made.

### **Use It To Help Define What You Do Want:**

Now that you know where you currently stand, what do you want from here? How do you want your satisfaction to be? How do you want your life to be? What is your dissatisfaction communicating to you? What do you need to do? Be? What indicators are you receiving about what's next for you? What your next moves are? What you really, really want for yourself?

Listen to those urgings ... your inner guidance is communicating with you. Pay heed! The next chapter of your life wants to unfold. Will you listen to it and respond to its call?

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For a handy downloadable tool to assist you in considering your own crossroads, see [SHIFT-IT Self-Coach Tools / Mini Manuals](#); the AT THE CROSSROADS downloadable map and instruction booklet is one of the free ones!

WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE? You can, as long as you include this blurb: Christina Merkley, "The SHIFT-IT Coach" is creator of the SHIFT-IT Graphic

Coaching Process. To learn more about SHIFT-IT, Graphic Coaching and Personal Visioning and Planning, visit <http://www.shift-it-coach.com>