

**4 C's – Communication** (including with **Children**), **Curiosity** (& Creativity), and **Confidence** (including being Comfortable with yourself and others & Calm in the world, plus making Choices Consciously).

*This is in extended script of my  
Top Tips Video about the 4's.*

*The tips are about life,  
and about us – in life.*



Good COMMUNICATION pretty much underpins everything else in our lives, yet it's an area us humans are still not that great at, otherwise there wouldn't be arguments and wars. Apart from trying to take on board the different views of so many different people, there's the added frustration that we are so often just not clear enough in our communications. My download "Does familiarity really breed contempt or do we just get lazy with our communication?" gives some tips on how to avoid misunderstandings.

In one of my books I show how a relationship break up situation could easily be avoided, and in fact turned right around into something very positive, by pausing to communicate better instead of rushing off in an emotionally reactive way, (which the other person would never have understood as they didn't know about this situation from the past that triggered the reaction).

Showing up for ourselves is hugely important – in other words, don't just be silent and let people push you around. You need to communicate effectively to manage situations as you go along. Don't allow things to build up until you suddenly snap. It's your responsibility to let others know how you feel. They can't be expected to guess, and they won't respect you if you don't show up for yourself, within reason of course! So work out what you need to say, being clear and concise, then ask them to make time to listen.

In my download on Communication with TEENAGERS, I say that sometimes it can be good to point out to our young people that parents "don't always know that much about being parents, no one gets training, it's just something you try to learn as you go along. This can often defuse blame and anger in both directions, as they suddenly realise that you can't actually be expected to know everything, and by the way, neither can they. So hopefully we end up with both parties now being willing to try again, because after all you do still care about each other or you wouldn't be having the conversation."

I also suggest that we bring our CHILDREN more into family discussions – so that they learn to understand from an early age how decisions are made about running a home and who does what and why. Of course we must be very careful not to overload them with too much information, but if we make it all seem like a natural part of life then they will be comfortable with it and feel happily included. It will help them manage later when

they need to run their own homes. It would also hopefully avoid misunderstandings that could potentially distance them from you – such as thinking Dad made Mum go back to work, because it was not explained that Mum wanted the stimulation; or thinking Dad lost a job when actually he chose to leave, to pursue his own interests as a self employed entrepreneur. Children should be given the chance to experience the excitement of positive choices such as these.

My download “Effective Coping Strategies that also help you move forward with life” includes tips for young mums looking for more ideas to help stimulate their developing CHILDREN, and also for those wanting to return to work. [I wrote this in response to a caller, so thanks for that inspiration!]

CURIOSITY is one of man’s greatest instincts. Many other instincts underpin our survival, but curiosity spurs Creativity, and Evolution. Without it we become stagnant, like a blocked stream. But with it, we are able to keep moving, have the energy to consider change, be alive to our choices.

If we can hold onto a child-like sense of wonder in life, and not let it be dulled by work and other pressures, then it stimulates both mental and spiritual curiosity. The more we are aware of the beauty and variety around us, the amazing way things work, and of our true deep selves – then the easier it is to express ourselves, and live fulfilled lives.

Look also at the amazing skills and unique attributes we have, or can develop. Life is chock-full of opportunities to use them, to explore, to learn, and to become more and more of who we can be.

I think that the process of becoming more fully aware, and thus more fully in control of your life and who you are being, is partly a sensual experience. Your senses become enhanced and your sense of excitement about life grows as you engage fully with it.

To practice being more aware - observe and appreciate beauty in everything within us and around us - and make it a habit to do so, using as many of your senses as possible. Do sketches or take notes where possible, so that you can reflect back on it all whenever you wish. It’s great to do this with your children!

We can look around us at the amazing complexity and diversity of things; how the many eco-systems of the earth work, the intricate details, and also how the solar system incredibly allows life to exist here. I hope that you can enjoy a sense of wonder at it all, and share it with your children too.

CREATIVITY springs naturally from all of this. We respond to our world and we express our feelings and our inner selves. There are so many ways in which we create – and it’s not just about ‘the arts’ – we build homes, families, we decorate and adorn, we have conversations, interact, make lives.

The creative impulse puts us in touch with a deep and vital thread running through our consciousness and all of life, which somehow makes us feel a sense of satisfaction & belonging. Meditation also helps access this, giving us strength & stability – even in the midst of apparent chaos. I have a Meditation Guide available for download on Greatvine which I hope you will enjoy.



CONFIDENCE is not just about practicing things until you can do them well, it is also about Self Esteem, This is not an egotistical thing – it's about being COMFORTABLE with yourself and others, being CALM and graceful in the world. We can learn to use our minds as tools to Empower ourselves, and again Meditation is very balancing.

There are many other ways we can use our minds as tools:

- Use Affirmations to help boost your self esteem. I have a download of these, and they are also included in my larger download - "Confirming your Joy".
- Collect quotations and pictures that inspire and uplift you – I have an Inspiration page on my website [www.radiance-solutions.co.uk](http://www.radiance-solutions.co.uk)
- Witness yourself and your interaction with the world around you in an honest way.
- Learn about things that work for you - then do them more, instead of things that don't work so well. Even difficult experiences are learning experiences.
- Focus on the positives - along with forgiveness and gratitude - rather than letting negative issues get a grip on you, stealing your power.
- Be prepared to laugh at yourself too! Lightness and laughter are great helpers.
- Plan for the future so that you don't worry disproportionately about it. Even making lists instead of trying to remember everything frees up your mind to do more useful things. As a Life Coach, I can help you define, and plan to achieve your goals. I have instructions and forms available for download if you'd like to do this for yourself, but I can help motivate and support you.

Understand that you are the master of your own destiny - make your own CHOICES in the light of your new Awareness. This also comes into many of my articles, and CONSCIOUSNESS is at the root of my forthcoming book.

As a Counsellor and Stress Consultant, I can help you deal with any of the issues discussed, and more. As a Writer, I seem to keep finding more tips to share, partly because you guys keep giving me ideas!

**Julia Woodman – Life Coach, Counsellor, Stress Consultant, and Writer**



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