

By Joanna Habdank

## Values help to inform life choices

For Monica Magnetti, becoming a life coach was a natural step. The West Vancouverite says everything in her life has led her to it.

"It's one of those things that I have done all my life and then two years ago, in 2005, I got the certification and I formally became a life coach," she explains, adding that she has taken courses and classes in self-development and self-awareness and various psychology classes for the past 30 years.

Her philosophy is rooted in the belief that making the clearest choices rests on learning how to live in the present and knowing your values. Being aware of those things leads to more confidence and a more fulfilling, harmonious life, she suggests.

"If you know your values (are) about spending time with your kids or (are) about working to make money to spend on their education, once you establish those values, then the actions in your life and the choices that you make are so much easier," says Magnetti.

To help people crystallize their beliefs and goals, she came up with the workbook *Being in the Present: How to Create the Blueprint of Your Life*.

It is designed to guide the reader through the process of reassessing their aims in an honest and authentic way, and to offer tools that will bring about the desired change.

In essence, says Magnetti, it's about forming a unique formula that speaks to each person's specific needs.

"Sure it would be nice if every seven steps would work for everybody, but in reality we are all different because we all function coming from our own individual values," explains Magnetti.

The book is divided into 12 chapters, each providing the reader with an area to directly answer detailed questions, such as what needs to happen for you to shift from your "limiting beliefs" to a new perspective that would offer more possibilities?

The idea is that the more information you have about yourself, the better awareness you can achieve.

While putting this book together, Magnetti also wrote a second one that helped her ease the strain she was experiencing.

It's called *Outsmart Stress: Understanding the Dynamics Behind Stress*, and centres on how you can reclaim your peace of mind by exploring the forces that cause stress.

"What I find people really and truly believe about this book is that it creates awareness, and with awareness you put yourself in a place of choice," says Magnetti. "It's about choosing and being conscious of a pattern that doesn't serve you and then consciously choosing something else."

She explains that stress often forms because we fail to step

away briefly from the situation. While in it, you don't have clarity and the drama you're surrounded by runs you rather than you making choices for yourself, she says.

Magnetti finds that both books have a common concept in that you can make yourself more functional, successful and happy by "really figuring out what works for you."

She also stresses that finding that can happen in both an individual coaching session, as well as group sessions. Both experiences have specific benefits.

"Obviously when you work with a coach one on one, you address your issues and you really zero in on your goals, your results. And yet, things also move really fast when you are working in a group situation because it's magic how groups get formed and how everybody's work becomes your work."

Magnetti's focus is both on general wellness, including life and health coaching, and on success in a career or business setting for professionals. Starting in March, she will be holding group workshops called 30 Days to a New You.

"It's about you and what works for you. The way that questions are structured in the workshop is part of both books, is that everyone will go deeper into what is important to them, and by putting clarity on what is important to them... they will be able to make choice(s) based on that."

Monica Magnetti's books are available to order on her website [www.lunacoaching.com](http://www.lunacoaching.com). For more information on her books or coaching sessions contact her at [monica@lunacoaching.com](mailto:monica@lunacoaching.com) or call 604-922-5862.

*Left: Lifestyle coach Monica Magnetti has just published two books that aim to help the reader gain more control of their life.*

