

Coach KerrIzms: Book II

*Inspirational Quotes.
Powerful Thoughts.
Powerful Images.*



Coach Kerri R. Smith

SAMPLE PAGES

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Coach Kerri R. Smith

A Note From The Author



Kerri R. Smith, CLC

"I am a [Certified LGBT Life/Relationship/Spiritual Coach](#) who specializes in personal growth, relationships and spiritual awareness with a private practice based in Los Angeles, Ca. I serve as a private practitioner working with a broad spectrum of clients. In addition to being a Certified Life Coach, I am a [Motivational Speaker](#) and I've presented nationally to general and LGBT audiences speaking on many different topics related to personal development, relationships, spirituality and challenges that plague the LGBT community.

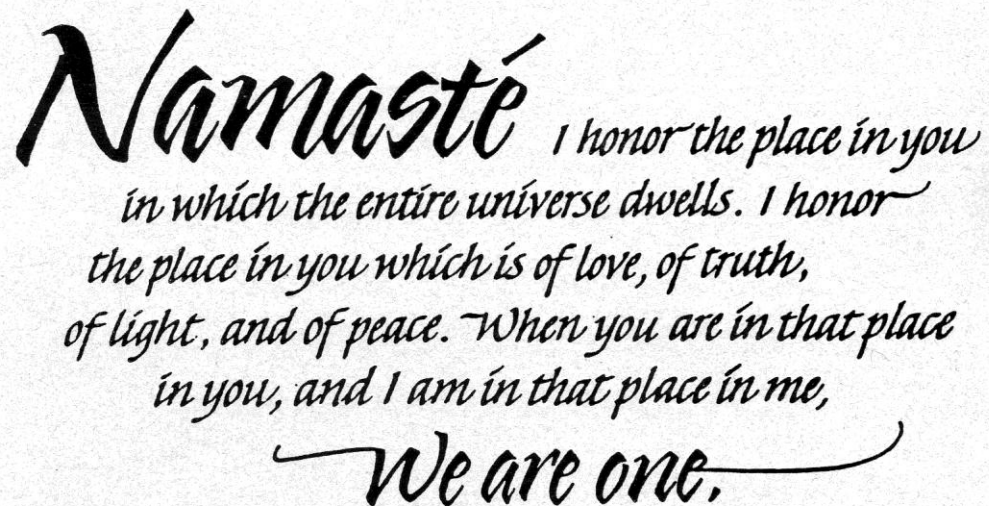
*I am a collaborative, solution-focused LGBT Life Coach. Through this approach, I provide support and practical feedback to help clients effectively address personal life challenges. I also integrate coaching techniques and helpful assignments to offer a highly-personalized program tailored to you. With compassion and understanding, I work with you to help build on your strengths and attain the personal growth you are committed to achieving. **I am also a Mentor. [Radio Show Host](#). Author.***

*My purpose is to inspire, empower and uplift women in the LGBT community encouraging them to live a life filled with self-love, passion and purpose. **Though I cater to the LGBT community primarily, I am open to helping whoever needs guidance and motivation independent of sexual orientation or gender.** I accomplish this through 1 on 1 coaching, couples coaching, group coaching, key-note speaking events, writing articles for empowering women's magazines, virtual coaching courses, retreats, and workshops. My weekly radio show ["Motivational Mondays w/Coach Kerri"](#) has a worldwide listening*

audience.

I integrate spirituality and the Laws of the Universe into my coaching practice to "nudge" your mind and heart to reconnect with your soul. I assist with REMEMBERING who you really are, a SPIRITUAL being having a human experience. I go on the journey with you to turn your dreams into reality."

Thank you in advance for taking this journey with me. I hope you enjoy the e-book.



Namasté *I honor the place in you
in which the entire universe dwells. I honor
the place in you which is of love, of truth,
of light, and of peace. When you are in that place
in you, and I am in that place in me,
We are one.*

Preface

I have what most might call “random” thoughts, but to me nothing about them are random. I am connected to Source (God, The Universe, whatever you may call the creator of ALL things) and I receive ‘messages’ daily. As these messages are channeled through me, I share them with others. With technology being what it is now-a-days, it’s easy to connect with the world in just a few clicks on your keyboard/keypad. If you are a ‘friend’ or ‘fan’ on [facebook](#) or ‘follow’ me on [twitter](#), then you know...I’m the ONE that shows up in 80% of your timeline and newsfeed. My mantra is: ‘can’t stop, won’t stop...long after you stop.’

I find that when I share a thought many people immediately react. They can identify with what I’ve written. They needed it at THAT specific moment. My status messages have literally become Motivation ON Demand for many people and I am humbled by that. I am grateful to be a conduit of positive, uplifting messages and even a little tough love when necessary.

Last year I released “Coach KerrIzms: Book I” and this e-book is the next in the series. “Coach KerrIzms” has taken on a life of its own with requests for T-shirts and products with my original quotes. It has become a movement of sorts and will continue to grow as I allow it to do so.

All of the quotes and thoughts you read in this e-book and originated from Source and were channeled through me. I constantly have A-ha moments! This is your source for Motivation ON Demand.

You will find original quotes and inspirational messages that fall into a number of categories all of which I’m sure you WILL and CAN identify with and probably apply to your own life.

I encourage you to keep this e-book handy and refer to it as often as necessary.

Enjoy and welcome to my vibration!

~Coach Kerri

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Coach Kerri R. Smith

The Voice Within



We've all heard that 'little' voice within, the one that is 'guiding' us on our path. The question is are YOU listening to that voice within?

As we go through life, we hit obstacles and challenges. Often, we feel stuck and not sure which direction to go in. That's when it's essential to go WITHIN. Listen to that voice WITHIN. That voice is your HIGHER self connecting with you. It is your guidance system.



Our spirit guides (we all have them) are trying to find ways to connect with us on a daily basis. This is often achieved through listening to the "voice within." Some may mistake it as ego, but it's not. There is a clear distinction and it is key on the journey of your life. That voice within is classified as your intuition. Your intuition guides you on the path in terms of choices and decisions you make. Ever had to make a big decision and struggled with it? If you stopped and sat in silence and allowed the

voice within to dictate which direction to go in, you win! Your spirit guides will NOT fail you. Your intuition will NOT fail you. You actually already know the answers, but that reassurance from the 'voice within' makes it crystal clear.



Recently, I was going back and forth with a decision I made in my life and I was questioning whether I made the right choice. I called a friend to discuss with her because she is very connected to Spirit and we spoke about the fact that simply going WITHIN would provide the answers and reassurance about that decision I made. Simply put, once I allowed my ego to calm down and stop confusing me, I was able to re-connect with Spirit and my guides and that VOICE within. It was clear what I felt and what I had to do which was be ONE with the decision I had made because it was indeed the right choice for me.

We must learn to trust that Source (The Universe, God) is always with us on this journey we call life. We must learn to listen to that voice within and our intuition and know that we are being divinely guided through the process. Once we learn to trust fully and expand our faith, we

develop a new understanding and this new understanding can actually bring about peace of mind. Fear doesn't stand a chance when you listen to your intuition. Take a deep breath knowing ALL is well.



I remember all the times I made the decision to move across the country (yes, more than once I did it and yes each time I was afraid and not sure if I was doing the right thing). I trusted that voice within to guide my path. My friends say they just don't know how I do it, how I just pick up and go each and every time. What no one really understands is that in making those choices, I am solely operating on FAITH and trusting my VOICE within. I never know if I am making the 'right' decision, but I

know that whatever I encounter on this journey called life is necessary. If it wasn't necessary, I wouldn't be going through it and neither would you. So, hold on...



Somehow, we stop looking at life as an adventure as we go into adulthood. We become scared to take chances. We get wrapped up in 'responsibilities' and forget that we are working to live and not living to work. We are supposed to experience new things and we are supposed to be able to trust that the Universe is a safe place for us to explore.

I didn't always believe that the Universe was a safe place. I remember it being very scary actually. But things change. We must grow up. We must learn to trust and accept. My journey in trusting and accepting was not easy and that is precisely why the Voice within became so important. Every time I make an important decision in my life, I LISTEN closely to what my Higher Self is telling me. What am I supposed to do? I know I have free will, but obviously some decisions bring more perceived 'pain' than others so in trusting that Voice within, I have learned to simply understand that life is FOR me, not against me.

Coach Kerri R. Smith

Too Blessed To Be Stressed



Life's roller coasters are not meant to keep you stuck or in any sort of pain. Challenges have opportunities hidden within them. If you embrace each and every experience, you soon realize that you are ALWAYS too blessed to be stressed.

The Universe (God), a Higher Source always has your back. In every moment that you might feel alone, you can rest in the comfort of knowing that you are always protected and safe. It is inevitable that life will throw curve balls at you, but how you respond to those curve balls determines the outcome and how you will feel.

In moments of 'worry' and 'pain', remember that you are too blessed to be stressed.

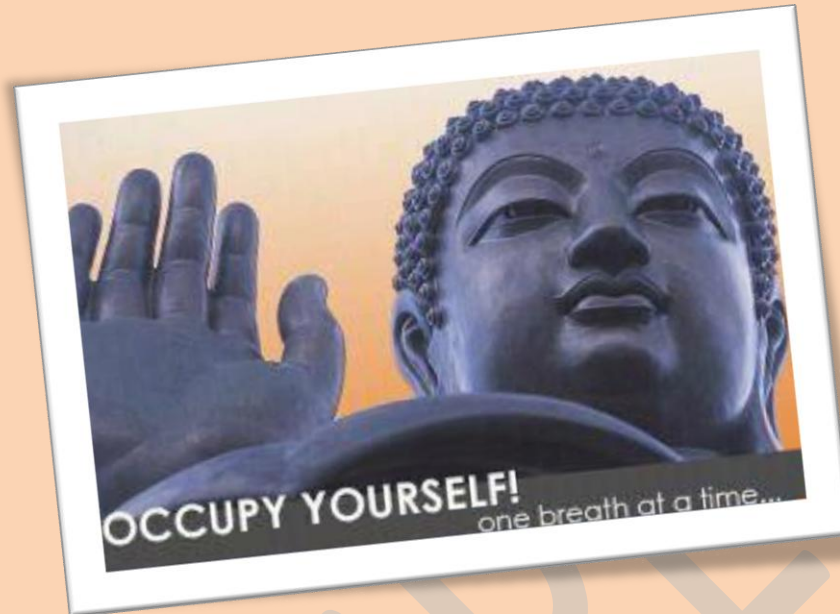


Everyone handles challenges and let-downs differently. However, we all have the ability to be thankful. We all have the ability to reach for a new thought that can give us a better feeling to focus on.

When you remember that there is nothing you cannot get through because you are highly favored and blessed, you tend to stop worrying. You are so much more powerful than you might think. Trust that you are because the Source that created you is all powerful and all knowing. You were made in that same image. Smile at the thought of it. You are still here! You are still growing and changing and learning. Embrace the experience! You are simply too blessed to be stressed.

Coach Kerri R. Smith

Show Up In Your Own Life

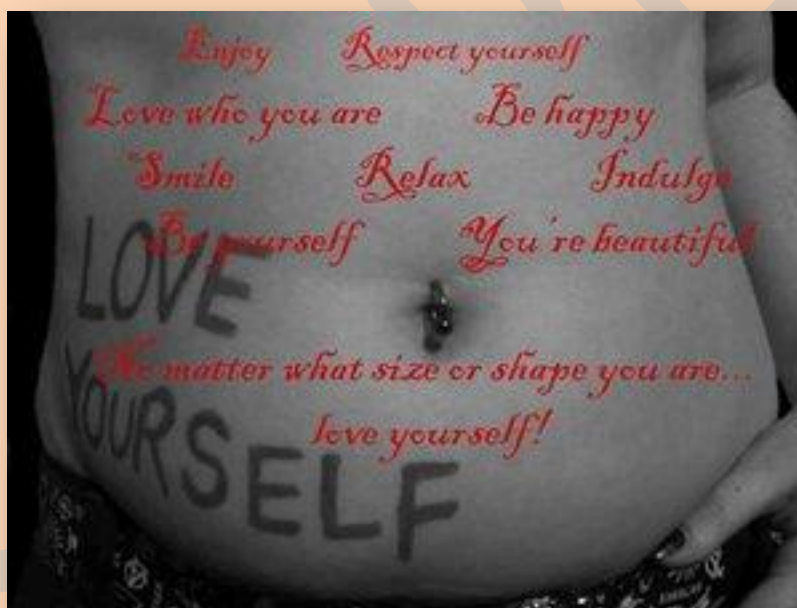


You spend so much time showing up for OTHERS, you have forgotten to show up in your own life. Why? Stop thinking that "me time" is a selfish choice. It is the ONLY thing that will make you available to help others....but you must actually show UP in your life to make those conscious choices for yourself. Start TODAY! Feeling like the 'rat race' has you running around in circles? Does it feel like you never have time to do anything for YOURSELF? Well, those are choices YOU made. YOU manifested exactly



what your life looks like and feels like in this very moment. You're not showing up for YOU! Do you find that you are daydreaming more often? Wishing circumstances were different? Well, they can be. *Often, we spend so much time 'worrying' about what other people will think of us if we actually started pursuing what makes us happy.* But, those people you are worrying about and I hate to be bearer of bad news...but, those PEOPLE are NOT worrying about you in the same way. You keep showing up for them (which is amazing) but you have totally put YOU on the back burner.

In order to live a healthy, happy, balanced life, you gotta show UP! Showing up means you can finally take those 'day dreams' and LIVE thing. You can finally start that business, take that vacation, re-connect spiritually....you name it, you CAN do it if you start showing up in YOUR own life....today!



There is absolutely no point in sitting around 'wondering' why or how it is possible. *Once you make a CONSCIOUS decision to brush the dirt off your shoulders and SEE the world as an amazing vast place filled with possibilities, you can start showing up.* Show up every day. Be the BEST you every day. Stop taking everything for granted or making plans saying things like "....I'll do THAT someday, just not today." Life doesn't

wait. It's happening *RIGHT* now. You're missing out on how amazing it can be.

You have *ONE* responsibility to focus on in life and that is to.....ready for this....to *BE* happy knowing that you deserve to be. You have come so far. *Don't wait another minute before actually doing SOMETHING to improve the quality of your life.* First, you need to improve the quality of your thoughts....because yes, thoughts become things. If you have no idea what that means, I can teach you. But, I can't do the work for you. I have chosen to show up in *MY* own life so I know what it feels like. Don't take another second for granted. Today is *IT!* Make the best of it. Show *UP!*

Coach Kerri R. Smith

Be Authentic and Be You!



The temptation to conform to what others want you to be is a constant, but don't fall for what your ego is trying to tell you. Remain authentic and remain true to YOU under all circumstances.

You may find yourself in situations where living YOUR truth is challenging. It may be because you think if you just conformed this "one" time, there will be no



consequences. Not true. *Being anything other than the authentic person you are meant to be will always have repercussions whether it happens now or later.* So, remain authentic.

Some people make it a habit to lie and deceive. That doesn't make them bad people, however doing so will have consequences on their journey. You should practice remaining truthful. *Be YOURSELF! There is great value in being authentic.* The world may tell you different. You may feel if you just do what "others" want you to do it will be ok because after all "who are you harming, right?" Wrong. Who you are harming is YOU.

Be authentic. Be accountable. Do not sway from your morals or belief system even under pressure. I have been in many situations where my 'buttons were pushed' and I was tempted to 'react' instead of respond with truth, love and light. I have learned that the bigger reward comes from remaining true to who I am, no matter what. That means major accountability for all actions. You can't live an authentic life and be "truthful" just some of the time. It's got to be a way of life. This way of life keeps you balanced and centered. *Wearing a mask or altering your personality to please anyone will leave you feeling worse than where you began.* It's just not worth it. It's too much to keep up with. You've got to remain authentic.

It's unfortunate but we (as human beings) seem to spend the vast majority of our time and energy wearing one mask to ourselves, and other masks in the various groups, setting, events and circumstances we encounter along the way at work, at home, and in relationships. As a result, we become confused souls. Acting is stressful, bewildering and exhausting on many levels - mental, physical, emotional, psychological and spiritual. *Rather than go through all that, just BE exactly who you KNOW yourself to be.* Remain authentic. Be YOU!

"Always be a first-rate version of yourself, instead of a second-rate version of somebody else." ~Judy Garland

Coach Kerrizms: Affirmations

(A Small Sample)

I GROW with the FLOW. Makes life so much easier.

I don't chase my dreams. I simply live them.

It's only impossible if YOU say it is!

I am in charge of what I pursue in MY life!

I am in charge of thinking POSITIVELY in my life!

I am in charge of speaking EMPOWERING things into my life!

Miracles show UP in my life. Blessings show OUT in my life. I accept and allow.

I am the ONLY one in charge of what THOUGHT I CHOOSE to think next about MY life.

I am setting NEW goals which I intend to reach, THEN surpass.

I love ME so much so that I can love YOU so much!

I am inspired by my OWN growth.

I am choosing to question less and to accept more. Join me on this quest.

From every freckle to every imperfectly perfect part of me -- I am unique!

I am who I am b/c the SOURCE of all that exists (that may be what you refer to as God, Universe, Goddess, Allah) took it's time with me.

Thank YOU -- and that's for EVERYTHING! (Live with an attitude of gratitude)

Coach Kerrizms: Original Inspirational Quotes

(A Small Sample)

Pretending to be something you're not is stressful and exhausting on many levels - mental, physical, emotional, psychological and spiritual.

Answer with love. Receive love. Give love. BE love. It is the answer to ALL that you are seeking.

Every single person you come into contact, you are either giving love or you're not. And based on what you give, that is what you receive. So, answer with love. Receive love. Give love. BE love. It is the answer to ALL that you are seeking.

If you react negatively your bad feelings will magnify and multiply the negativity. So, again LOVE is the answer.

Love works wonder. It is absolute. It is concrete. It is YOU! Love is the answer.

Any disappointments or past hurts you experience, add a little love to the mix, you will FINALLY see the blessing in the challenge.

*If confused about something, add a little love into your thought process. Watch it clear up immediately.
In any negative situation, add a little love to the mix and watch it turn into a positive.*

If you CHOOSE to focus on who is being negative, who is saying negative things, and who remains in a negative state....chances are you'll end up becoming THAT negative person too. As Les Brown says, "Don't let the negativity given to you by the world dis-empower you. Instead give to yourself that which empowers you."

People who want to be and remain in your life are obvious. Those that want to leave, do leave, and never to return are blessings.

If you were as focused on being grateful as you are at complaining, your life would change for the better....immediately. Try it.

If you want better for yourself, don't just 'talk' about it....do something and make IT better. You're in charge of YOU. You're not a puppet. All that 'waiting for permission to be great' is like running in place thinking you're actually moving....you're not. Get going!

Sometimes it takes a WAKE UP call (something dramatic happening in your life) for you to learn a lesson, but once you learn that lesson, you should now be even more CONSCIOUS and AWAKE to what is going on in your life and who you choose to surround yourself with. You can neither blame nor complain if you are re-creating the SAME situation over and over again.

NEVER be afraid to be yourself --- you are the only one that can live your life to the fullest. Do so with courage!

It's ok to admire someone's positive personality traits, but NEVER forget that if you can recognize those traits in another, they also dwell within you.

I have learned that we are all imperfectly perfect and the pedestal that I put anyone on should only have room for me. By that I mean, if I strive to be a better person day in and day out using ME as a benchmark of how far I've come and how far I want to go, I'll always win. It's self love at its best.

You're not supposed to be like anyone else. You are a unique emanation of a SOURCE that created everything you can ever think of. Your journey is unique. Your purpose in life is unique. You are so powerful!

I don't live in a box and I have a hard time 'staying' there when people decide to put me in one. I am FREE!

Links

Coach Kerri's Official Website:

www.KerriRSmith.com

Coach Kerri's Radio Show - ***Motivational Mondays w/Coach Kerri*** :

www.blogtalkradio.com/coachkerri

Coach Kerri on Facebook:

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