



Many of you know I was lucky enough to use an executive coach during my last couple of years at KPMG who I still use today. His name is Allan Milham and he is the co-author of the book, ['Bold Moves - JUMP to Outstanding Self-Managed Action!'](#) When I began my coaching business, Allan challenged me with an exercise that comes from one of the concepts in his book. He had me reflect on 'Who Am I When I am Big.'

'Big' isn't title or position, it's who you are when you allow yourself to step into all that you are capable of being - when you are energized, engaged, at the 'Top of Your Game,' or as Allan would say, when you are jazzed or delighted.

I've used this concept with many of my executive clients and have had such fun hearing their responses, seeing them rise up in confidence - even sparkle - that I thought it would be fun to share some of my favorites.

Who Am I When I am Big?

I'm smiling, singing, doing the 'I got it going on' dance
I love my work; I love my clients; I love getting up in the morning
I am personal, approachable, outgoing, conversational, a good listener
I don't have time to procrastinate
I don't have time to question myself

Chest puffed out
Charles Atlas!
Cocky (funny)
Sturdy - like a rock
Shoulders not slouching
Someone you can lean on
Nurturing
Leading toward a cause

Understanding, patient, empathetic

I'm leading, mentoring and growing a team
I'm firing on all cylinders
I am full of energy
I am happy
I am a key influencer
I am connected to those I love and who love me back
I love starting a new day
I am having great conversations with my husband
I am sought out by others
I am in touch with my spirituality
I am proud of myself
I am at my children's events
I give of myself easily and joyfully
I am fulfilling my vision for my life
I am present with my family

Keep reading! They get even better ...

Balanced - no extremes (thinking, actions, behavior)
Influencing, touching, reaching others
Focused, Not Distracted
Can see the possibilities
Relaxed
Even-tempered
Light hearted, light footed
Hopeful - can see the future and it is good
Fun to be around
It's not about me

Courageous
I can change the world
I can overcome any a challenge
I can add value to a situation
I feel happy and relaxed
Others enjoy being around me and sense my energy
I can deal with any situation and influence the outcome

And, certainly the most creative ...

I'm John Travolta strutting down the street to the beat of "Stayin' Alive" breathing pure rarefied air.

I'm Midas, everything I touch turns to gold.

I'm Steve Martin, as the pressure builds I crack jokes to help keep everyone around me relaxed.

I'm Superman, nothing can hurt me, nothing can touch me and I'm impervious to pain.

So - 'Who Are You When You Are Big?' My clients have used this to help them gain courage, lead with confidence in difficult times, ace interviews, negotiate for win-win results, present to BODs, start businesses, ease difficult conversations, make networking more enjoyable, and even improve their parenting or their marriages.

So next time you 'get to' step outside your comfort zone or you are feeling 'small,' take a moment to allow yourself to be 'Big,' step into it and then Play to win with Heart and Soul!

Intrigued? Check out Allan's website at www.makingboldmoves.com

Remember, Professional Excellence, Fun and Fulfillment in work and in life - The triple play of success for executives!

ANNOUNCEMENTS:

Check out our 'Energizing Your Search - An Advanced Career Transition Symposium for Executives' event on November 11, 2009. A full day with three premier executive coaches.

http://allstarexecutivecoaching.com/execunet_symposium

Please feel free to spread the word to those great people you know who are in transition.

I'm riding in the [MS150 Bike Ride from Irvine to San Diego on October 10th and 11th](#). My ninth year! I'd love and truly appreciate your sponsorship support if you would like to contribute a great cause. Here is a link to my personal fundraising page.

<http://www.biketofinishms.com/faf/donorReg/donorPledge.asp?ievent=304333&lis=1&kntae304333=41640C775CD3402F8F533F1F0F278F51&supId=233995339>