



BUILD A MORE MEANINGFUL AND SATISFYING LIFE

*** Know and align with your purpose – the key to a fulfilling life**

When you live on purpose you will shine from within. You are likely to touch the lives of others, experience high levels of personal satisfaction and feel that life is worth living. Consequently time spent uncovering your purpose is time well spent. When, in the past, were you on purpose...are you on purpose now?

*** Pay attention to all your values - not just a few**

Only when you are true to your values can you be true to your Self. When you are traveling a path that does not support all your values you will experience inner conflicts and indecision. When did you last review your values? Are your values and purpose in sync?

*** Be courageous and open the door to the unknown - face your fears**

Moving into something new or unknown is likely to bring up fear as well as excitement. Acknowledge your fearful self and at the same time acknowledge your courageous and adventurous self... both have valuable wisdom to offer you. What are your fears telling you? How much fear is appropriate in this situation?

*** Shake up your beliefs - make sure they support you**

Many of your beliefs about yourself, both conscious and unconscious, have been around for a very long time. Limiting beliefs block progress and you need to uncover and replace them with more empowering ones - skilled professionals can help you replace your unconscious limiting beliefs. What limiting beliefs do you need to replace? How will you know when you have replaced them?

*** Pay attention to your focus – what you focus on is what you get**

Moving on involves one door closing and another opening. The closing of doors can lead to times of loss...grief...regrets. They can also lead to new doors...new insights...richer relationships...increased authenticity...more meaningful and fulfilling opportunities. Which door are you choosing to focus on – is it bringing you inertia or energy? By shifting your focus how can you improve your situation?

*** Tap the power of possibility - ignite your passion and move on**

Create a powerful compelling vision one that is possible and not 'pie in the sky'. Make sure your vision encompasses your life not just part of it. How can you fine tune it so that you see it even more clearly? Does this vision inspire you?

*** Model on those who excel - be part of a success team**

Having a support team of experts, including a professional coach with a proven record, is invaluable. Overnight you will decrease your problems and increase your success level. Think of the successful people you know – have they got there alone? What is stopping you from having a success team to cheer you on?

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