



MAKE THE PRESENT PERFECT

*** See the present as a gift – a stepping stone to tomorrow**

Situations whether good or bad never last for ever and always lead into another situation. Since you won't be in this situation for ever how can you make the most of it? What do you need to get out of it?

*** Give yourself feedback – discover gems to make you even wiser**

All situations are feedback opportunities...where there is feedback there is no failure. How is this situation really an opportunity? What is it really telling you? And what do you have to learn from it?

*** Shift your focus - see open doors rather than closed ones**

What you focus on is what you get. Stop looking for what is wrong in the situation, begin looking for what is right and notice how things change...as if by magic. To make this situation perfect what do you need to start focussing on? What are the treasures before you that, up until now, you've missed?

*** Be grateful for what you have – discover how brilliant your life really is**

Focusing on gratitude shifts the focus from comparisons and what is missing to what is working in your life. When you do this notice how your self-confidence and self-worth rise and how much happier you are. So what are you taking for granted and as a result not fully appreciating?

*** Expand the picture – see the present as vital to the whole**

Rather than expecting instant pleasure or fun every moment see your situation as part of a bigger picture of yourself and of a fulfilling life. How can you make this situation a contributing part of what you really want in life? Are there new connections that you need to make now?

*** Accept the situation – release energy and regain a zest for living**

To accept a situation you do not have to like it. By accepting your situation rather than fighting it you stop the situation from controlling you and energy is instantly released. Consequently you will feel more alive and able to do more. For you to more fully accept this situation what has to happen?

*** Become more of an optimist – enjoy life more**

Optimists have strategies and beliefs that help make the present perfect and keep them from sinking when situations get tough. To be more of an optimist in this situation what do you need to do ... tap your inner resources, read about the strategies or contact your coach?