

TEN TIPS FOR CREATING LASTING LIFE CHANGE



1) START WITH WHERE YOU ARE NOW: LIFE ASSESSMENT



- ~ *There are many different components that make up our life: friends & family, personal growth, fun & leisure, home environment, career, money, health, partner (feel free to replace one if you have another area important to you)*
- ~ *Conduct a simple life assessment by completing a Wheel of Life, grading these 8 categories, to see an overall view of your life. Rank your level of satisfaction with each area, from 1 - 10*
- ~ *This exercise gives you a picture of what you are happy with, and the areas of your life where you most want to create change*



2) DREAMING A VISION: THINK BIG



- ~ *Having a life vision makes clear to you what you really want, and can carry you through times of doubt, stress and anxiety, which will undoubtedly happen during change*
- ~ *Create some proper time for the process of creating your Life Vision, somewhere peaceful where you know you won't be interrupted*
- ~ *Close your eyes, take a few deep breaths and sit calmly in the present moment. Think big picture about what you would like your ideal life to be. Take your time with this process*
- ~ *From big picture vision go into detail: Where are you? What is around you? Who is around you? How do you feel? What do you look like? What is your daily routine?*
- ~ *Try and take yourself out of your reality as you do this, so that you don't limit yourself to what you think is possible based on your current state*

3) CREATING CLARITY: THE PLAN



- ~ Once you have a clear vision for what life you want, you need to break the vision down into a plan with goals
- ~ Break your overall vision down into areas e.g. these could be 'Live in the country' 'Work remotely', 'Healthy living'. These are all big areas that require a lot of work and time, so create a plan with a heading for each and then add goals under each one
- ~ Under 'Live in the country' you might have 'Research property market', 'Decide where to move to' 'Sell house' as your first goals
- ~ You now have an overall Life Change Plan



4) START SMALL: BITES OF THE ELEPHANT



- ~ Desmond Tutu once said: 'there is only one way to eat an elephant: a bite at a time'
- ~ Everything that seems too big, daunting and unachievable can seem possible if you take it on a little at a time
- ~ Take the area of your Life Change Plan that seems most important to you, and focus on this one first
- ~ Under each goal write a list of smaller actions with due dates next to each one e.g. for the goal 'Research the property market' you could set some specific actions that are measurable e.g. 'Contact 5 estate agents: Monday 16th May', 'Tidy up the garden: Saturday 07 July'
- ~ By getting specific with small actions, you can tackle big change step by step



5) SCALE FAST: STAYING ON TRACK



- ~ Put your Life Vision and Life Change Plan somewhere where you see them every day. On your fridge, bathroom mirror, have them as your phone / laptop wallpaper
- ~ Be realistic about due dates for actions, but once you have momentum with the plan, it is possible to achieve actions every week and really get things in motion
- ~ The most important thing is to have your vision and plan somewhere where you see them
- ~ Your Life Vision in particular is important to come back to as a reminder of what you want, and where you want to get to



6) THE MESSY REALITY: LETTING GO OF PERFECTION

- ~ Human beings have a basic need for stability and security, and even though change is a part of everyone's life, most people don't choose it
- ~ You're going to have times of huge self doubt and your mind is going to try to talk you out of what you're doing, and talk you back into your status quo
- ~ You're going to have times when other people give you their opinions or try to talk you out of what you're doing
- ~ You're going to have times when you get off course, miss the goals and actions in your plan, decide you're fine as you are for a while longer, forget you ever wanted change
- ~ Embrace it all! It's all part of the messy process. Accept it as part of the reality along with the excitement and joy of the process of creating the life you want



7) SELF CARE: BEING KIND TO YOURSELF

- ~ This is one of my important tips; find what works for you in terms of calming and self soothing techniques in stressful times, and use them on a regular basis
- ~ As said before, us humans are not wired to love change, therefore you are going to experience stress
- ~ You are also focusing time on your future, as well as managing whatever you need to in your present life, which can be stressful
- ~ Make the time to stop, rest, and spend time doing what makes you feel great
- ~ My go-tos are meditation, yoga, baths, walking, lavender oil, 8 hours sleep every night, cooking a beautiful healthy meal, sunshine, being in nature, happy tunes



8) REACTING TO REALITY: CHANGING THE PLAN

- ~ Be prepared to pivot and make changes to your Life Plan when necessary
- ~ Maybe you have a huge work project that takes up more time so you need to put some of your action dates back a bit, maybe a relative is ill and you have to go and look after them instead of doing one of your actions on a particular day
- ~ This is part of the reality of life; it's going to happen
- ~ Come back to your Life Vision, re work your plan and get yourself back on track when you can
- ~ And most importantly: no beating yourself up, you're doing the best you can

9) RIDING THE WAVE: CELEBRATING YOUR WINS



- ~ *Making sure you are celebrating your success is another of my favourite tips*
- ~ *Often we beat ourselves up or focus on what we haven't done well, but we don't take the time to stop and congratulate ourselves when things do go well*
- ~ *When you achieve a goal, celebrate it. Take yourself out for a nice meal, buy yourself something nice, spend time with people that bring you joy*



10) ACCEPT HELP: EXPERTS, TOOLS, AND TRIBE



- ~ *Most people do not live the lives they really want to because change is HARD*
- ~ *Often the life we are living has taken years, if not decades, to create; we are entrenched in habits, routines, and we have people dependent on us. It's impossible to change all of this without some form of help*
- ~ *If you feel stuck, find help!. We all need it it to get to where we want to be*
- ~ *Find a coach, therapist, mentor, or whichever expert works for you*
- ~ *Find people doing what you want to do / do research / read articles / listen to podcasts*
- ~ *And most important of all, make sure you surround yourself with a tribe of positive people to cheer you along the way*

