

5 WAYS TO CHANGE YOUR LIFE NOW

1-) Acknowledge that you have a problem

In order to change your situation, you first have to admit that you have a problem.

2-) You create your own experience and can create your own solutions.

Once we acknowledge that we have a problem and that we have created it, we are empowered to change it. If we can't find ourselves in the problem, we remain victims and are rendered powerless.

3) Ask yourself, "What's in my control and what's out of my control?"

Most people think that being in control of their lives means controlling other people and/or situations. The only thing we have control over is ourselves. And really being in control of our lives, means being at choice.

4) Be brutally honest with yourself.

Many people have a difficult time being truly honest with themselves. But through honesty, we can realistically assess the problem and create solutions.

5) Choose a path of action to create real change.

Action is the bridge between thoughts and feelings and results. If we want a different outcome, we need to create a plan of action and follow through.

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Pick an area you are having difficulty with and apply these five steps.

For example: You are frequently late, both in your personal and professional life.

1. Admit that punctuality is a problem.

2. Acknowledge that you and only you create this problem for yourself (even though it might be a stretch for you to think this way), and that you can create solutions to this problem.

3. Take one situation in which you are chronically late, like being on time for work. Look at the obstacles that present themselves as you attempt to get ready for work, i.e., children have to get off to school, the phone rings, there is a lot of traffic. Ask yourself what is in my control and what is not? Where can I take control? Can I get up earlier? Can I leave the ringing phone for the answering machine? Can I leave earlier for work to accommodate traffic that is out of my control?

4. When you are brutally honest with yourself, the picture becomes very clear, as to how you are the master of your tardiness.

5. Now create a plan of action to remedy the situation and commit yourself to implementing it. If you run into new or different obstacles, go back to Step 1. and repeat the process.