

CREATE



How about creating the new you?

What would the new you look like? Act like? Be? Do?

Is it time to create the YOU that you want to be, wish to be, and can be? If not, why not? If so, when? If so, there is no time to waste. Today is the day. Today is the day to start.

First: The picture of the new you.

What will you look like, what will you wear, how will you present yourself to the world?

Second: What will you do?

Will you change jobs, get a promotion, do more, and earn more money? Is the new you earning more money? Is the new you doing more, learning more, enjoying life more? Will you move? Will you work from a different location?

Third: What old habits do you need to eliminate and new habits to create?

Go easy. List the habits to eliminate and then rate them from most important to least. List the habits you need to acquire, from the most important to the least. Then, every month pick one habit to eliminate and one new habit to replace it. For the whole month focus on spending the time you used to spend on the old habit on the new habit. Review the new habit daily.

Fourth: How will you measure your progress?

What gets measured gets done. Without a measurement you'll flounder, not knowing your level of accomplishment. We need to see accomplishment in order to continue on.

You need annual goals broken down to monthly goals. Ideally, they will be measured weekly to be sure you are working on what is most important. Work expands to fill the time available so one needs to keep on track.

Fifth: Celebrate

Celebrate your progress. Perhaps plan the year such that you have reached major milestones by the end of May or June and reward yourself with a nice summer vacation. There needs to be an end and a celebration of something you are looking forward to. In looking forward, you'll be more motivated to do what needs to be done on a timely basis.

Truly, it's easy. Easy if you know what you want, know what it looks like, and take the time to list what has to be done and schedule it. You already know the answers to the you that you want to create. Sure, you're afraid, afraid you can't do it, won't do it, aren't good enough to do it. Hence, you don't try, you fail. The only time you fail is when you don't try. Yet, deep down, you know you are better, you know that you want to create the you that you'll be proud of, the you that is hiding in fear. Let that you out, Create that you.

Some people don't know they know who they want to be. There is a process to help people find the person

they want to create. We all know. It's just well hidden for some.

Create the vision on paper, make the list, create the goals for the year and then schedule them by month. Yes, you can do it in less than an hour. Yes, you can change it and modify it as needed. Yes, there will be obstacles and time constraints. So what? Following the path of creating the person you want to be is rewarding. It's a lifetime adventure. You just need to start and keep going.

Yes, it's this simple. Yes, we have elaborate processes, we can and do get into the level of detail some people need. You can find the people, the coaches, to help you in the process. If you need help, get it.

Like learning to ride a bike, you are going to fall off. You are going to wonder if you can get back on and try again. You will be afraid of falling. Yet, in creating the you that you want to be, you will find it is worth the effort. It's worth the falling and getting back up again. It's life. Live life to the fullest. Start today. Yes, today.