

Find your Phoenix ...And Rise up!

Following on from the June/July issue where we looked at where you are right now in each area of your life*. The next step is to determine what a 10 out of 10 would look like in each of those areas giving you a really clear idea about what needs to happen to enable your ideal life to become a reality.

- Using your imagination and allowing yourself to let go of any limitations, such as: age, money, time, or anything else that may have been holding you back; write down exactly what it is you want in each of the following areas:
Health
Family & Friends
Significant Other/Romance
Personal Growth
Fun and Recreation
Physical Environment
Career
Money
- Be as descriptive as possible and really let your imagination run wild as you list all the things you want to be, do or have in each area.
- Going through your list, ask yourself;
 - Will being, doing or having this improve my life?
 - Is it right and fair to everyone in my sphere of influence and concern?
- Break down the list to the top 10 things you would like to work on and put them into the following 4 groups:
 - Ongoing goals needing daily input
 - Short-term goals to achieve within 1 week – 1 month

- Medium-term goals 1 month – 1 year
 - Long-term goals 1 year or more
- For each of the goals on the list, determine your “Why”. Write down a full explanation as to why you want to achieve it and what it will mean to you when you do.
 - Take each goal in turn and ask yourself:
 - What do I need to do to achieve this?
 - Am I prepared to do this?
 - Make a list of:
 - Who you need to work with?
 - Who can help?
 - What skills might you need to develop?
 - What actions do you need to take?
 - What do you need to learn?
 - What do you need to understand?
 - Take yourself into the future. Imagine the wonderful life you have created for yourself. Visualise it and fully associate with it. Now write down the story of your ideal life, the amazing things you have



done, fantastic things you have seen, the people you have touched and the changes you have made in your own life.

- Give your goals and their action points a time-frame. Put a start and finish date on them. A goal is a dream with a date.
- Regularly review your goals and assess your progress to ensure you are still aligned and taking action in the right direction.

Working with a coach will help keep you on track, motivated and accountable for the outcomes of your actions. Find Your Phoenix... and Rise Up!

*if you missed the last issue you can find it here: <http://www.findyourpheonix.co.uk/press-cuttings>

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