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What Do You Want out of Life Anyway?

Have you every stopped and asked yourself: "Who am I and what it is that I want out of life?"

I mean really stopped and pondered on who you are and what you are here for?

The reality is if you haven't ...then you have done yourself a great injustice.

Believe it or notYou have immense potential, for personal growth but if you're standing at the threshold of change, you might be confused about how to achieve greater confidence, self-awareness and maturity.



Perhaps you have experienced at times feelings of frustration or you have been 'stuck' in life, or have been trapped in a tough situation that despite your best efforts remained insoluble.

Or perhaps there may be or may have been only one problematic area of your life, such as an unhappy relationship with someone in your family or a health issue or perhaps money is or has been a real issue for you?

If you can relate to the above it is important to realize that if you cannot resolve an isolated but persistent problem it can easily 'leak' to another area of your life. For example: if money is an issue for you this may cause you stress which will effect your health and not feeling healthy and on top of things may make you grumpy and ill tempered which can result in unhappy relationships with family and friends.

The other danger is that if you are really stuck, every area of your life begins to feel like a prison you may find yourself daydreaming about running away and then real growth becomes even harder.

So What can you do? What is the Answer?

Taking your first steps on the path of personal growth is easier if you can identify which areas of your life you want to concentrate on most.

Listed below are some questions that may help loosen up your way of thinking and assist you with prioritising the action steps you need to take to move towards getting all that you want in life.

1. Are you basically happy in the following areas of life or is there room for improvement?

- a. Your inner-self?
- b. Your intimate relationships?
- c. Your family relationships?
- d. Your work life?
- e. Your creativity?
- f. Your spirituality?

The Life Wheel incorporated in the Design your Destiny [distant coaching workshop](#) can certainly help you get a snap shot of where you are in your life and then direct you in Designing your Destiny.

2. Do you know what you want in life?

a. Before you can achieve goals you need to focus on what would suit you and what your strengths are and identify what you believe about yourself

3. Do you enjoy time by yourself?

a. Being comfortable in your own company is a sign of self-acceptance. It might help if you set time aside for solitude to discover the quieter more reflective side of yourself.

[Relaxation/Meditation CD's](#) help in this area

4. Do you have faith in your ability to make change?

a. Perhaps you lack confidence or have yet to resolve inner conflicts - or perhaps you haven't discovered what you are good at. [What's stopping you?](#)

5. Do you feel contentment and a sense of inner peace?

a. Do you feel bored and frustrated and do you need to be stimulated by diversions that make it hard to commit yourself to anything? Are you rushing around in an attempt to hide painful feelings?

The Mind Body Connection [Distant Coaching workshop](#) addresses topics and gives positive suggestions resulting in positive changes in your life.

6. Do you want to move forward?

a. Most people have greater strength and more talent and skills than they use. You can probably achieve whatever you set your mind on. All you need to do is identify your goals.

Unleash your [Full Potential Hypnosis CD](#) will assist with re programming your unconscious mind to Do what it takes to move forward

7. Are you glad to be you?

a. Self-esteem is the bedrock of happiness and growth.

Discover who you really are in the [What's holding you back workshop](#)

8. Do you find you relationships rewarding?

a. If you feel lonely and find it hard to enjoy your relationship with others perhaps your difficulties may be rooted in lessons learned from your family during your upbringing.....

Sign up for your [complimentary workshop](#) and Take Back Control of your Life.

9. Do you have a good relationship with your parents and siblings?

a. Having good relationships is an important source of our self-esteem, helping us to develop

confidence so that we can live life to the full and supporting us when things don't work out as we expected. However for many the sad truth is that they were taught that they had no right to be themselves or to have independent goals and dreams.

The good news is that it is never too late to change.

Check out your [Emotional Profile](#) and see why

10. Do you know how to find greater fulfilment in life?

a. Assess how much untapped talent and energy you have that you can harness to help you grow.

Answer the questionnaires in the [Blue Print of Empowerment](#) Distant Coaching Workshop to find out.

Don't let time pass you by while you stay stuck in a place that robs you of your rights to live life to the full.

Decide today to commit yourself to personal growth, in this way you will achieve many worthwhile goals, including enhanced self-esteem, self-acceptance and a sense of achievement. You have talents, skills and abilities that you are unaware of. It is by undertaking the journey toward greater understanding that you'll discover and express your unique gifts. Inevitably you will then create for yourself a much richer life.