

### **3 insights and 4 steps to getting your life back on track!**

If you want to regain your equilibrium, there are a few short steps you can take to get that ball rolling. Each of them require your full attention so make sure you find some time to practice them.

#### **Insight 1**

Recognise that your life is out of control and that you need to take stock. This will mean finding a breather in your busy week and actually picking over where you are feeling the most stressed with your weekly commitments. If you don't feel you can stop to do that, just carry on as you are going. Something will eventually stop you for you: your health, your relationship, your family. One of them will stop you in your tracks unless you take stock. The choice is yours. Go there willingly. Or wait till you're pushed.

#### **Insight 2**

Evaluate your choices. Do you work less or work differently? Do you get more rest or approach rest time differently? Do you spend more time with your family, or spend more quality time with your family? Sometimes it seems there just isn't enough time in the day so something will have to change. You cannot increase the time you have, but you can change the way you value it and the way you perceive it. Do you have difficulty asking for help? Ask yourself whether you can afford not to.

#### **Insight 3**

Revisit what your personal story is about. What do you feel you really need to say, do or be, to make your world a happier more accepting place, and therefore everyone in it more welcome and happy? Sometimes in our rush to keep others happy, we overlook our own uniqueness as human beings and what life is really about. If you want your life to have some meaning beyond how much you earn, then you have to look at your unique value as a human being. That value is more than just money. That value is about your authentic contribution to your world.

#### **Step 1**

Take 5 minutes a day to completely empty your mind. Make a decision, consciously. Decide that for the next 5 minutes you will give yourself permission to think nothing and do nothing. Breathe deeply and slowly. You can go back to your thinking immediately afterwards.

#### **Step 2**

Now establish which areas of your life you can address without the help of anyone else. Does your home or office need tidying, reorganising? Do you need to clear out old clutter and files that are

holding you hostage? Is your garden overgrown? Do you have a nagging medical problem you've never addressed effectively? Can you apply some planning to organise clearing out chaos that is holding you hostage?

### Step 3

Take stock of what's important and what isn't important to preserve. If you have problems with trying to decide which is and isn't relevant to your life, you might need the Life Make-Over Consultant to help you see the wood for the trees. You may realise that there is a lot of stuff you can really let go but have been too anxious to do so for some obscure reason! Clarity is a great gift. When it comes, you'll realise that you've really needed it for a long long time.

### Step 4

Make some decisions to change your life. This is probably the trickiest step because you have to decide how to stand by the changes you want to make and learn to feel centred, confident and authentic in the new you. You have to know that your own self acceptance is what will see you through. This will be the opposite to what you used to do which was to look for your acceptance in other people and then serve them till you are exhausted. As a self accepting person, you gravitate in your own energy field and can be more open, authentic and real. It will make all of your personal and professional negotiations easier and less conflict-driven, and more focussed on meaningful resolution.

I know these steps work, because I've been through them on several occasions in my life. Once you've crossed over the portal, you'll find it hard to go back to who you used to be. If you would like to give yourself that opportunity, give me a call on 07773 919071 or 01371 859994.

I have a consulting room in The City of London in Throgmorton Street, and a small consulting room from my home in Essex. Give me a call and we can discuss how I can help you.