A Message for You

Expand your Life (Jan/Feb 2009)

Hello You, and here is your first message for this New Year of 2009. My dear colleague Jackie Headland writes an inspiring ezine called "Connect with your Abundance". She kindly shares this wise "start of year" message with us.

Eleven Powerful Ways to Expand your Life this Year

1. Have a clear vision of your future Describe the life you'd like to live. The future you see defines the person you'll need to be. Identify the traits and qualities you'd like to acquire. Think bigger than yourself. An acorn only thinks as an acorn and will never become a mighty oak. Stretch yourself. You are undoubtedly capable of more than you ever dreamed is possible for you.

2. Become the person who would achieve your goals Identify those who demonstrate the qualities and characteristics you aspire to. Ask them how they acquired those skills and behaviours. Learn how to develop the skills, knowledge, relationships and behaviours of the "future you"; your goals will be a natural by-product of your growth. Spend an extra hour each day in the study of your chosen field.

3. Give more that you must Nothing advances until somebody does more than they are paid to do. Always deliver more value than others expect. Don't require others to acknowledge your generosity. Give with "class".

4. Make time for what you love If you don't live fully, you deny the world your potential contributions. Your "play" sometimes contributes as much as your "work". What you love reveals the value you bring to the world.

5. Refine your Inner Circle We define ourselves through your key relationships. Explore the mix and depth of those with whom you spend most of your time. Release those who limit you and connect with those who can help you live more fully.

6. Resolve your unfinished business Either deal with it or discard it. Say your apologies, face your fears, pay your debts, express your gratitude and get on with living. Don't let yesterday drain value from today and tomorrow. Break out of the limited world of your past and start to grow.

7. Rethink your daily habits and routines Describe your typical day and then reconsider every aspect of it. Change or expand the places you go, people you see, things you do, and the time you devote to them. Try new things. Learn a new language, go to different places, do some things you'd usually pass by. Find out the wealth of possibilities that are waiting for you.

8. Lighten up Stop stressing over the times when you feel life isn't fair to you, get over it quickly. Take your misfortunes as "course corrections" rather than "catastrophes". Let go so you can grow.

9. Tighten up Sloppiness in life allows more variables to creep in and spoil your plans. Stay on target, increase your self-discipline, and master the art of self-motivation. Sometimes details matter a lot-remember everything counts!

10. Know yourself Keep a journal of your goals, concerns, fears and dreams. Review it at least once a year. Look for patterns that reveal your core values, natural pace, natural intelligences and recurring situations. Appreciate how life ebbs and flows for you. Notice the natural cycles of our life.

11. Invest in yourself Set aside a portion of each year's income to acquire new tools and teachers to increase your potential. Refine your systems, get expert coaching, attend special seminars, cultivate a mastermind group, and build a perfect life team. You are your only true asset. Send part of today to

the person you'll be in the future.

Keep on shining!
Jackie

Jackie Headland is a workshop leader, trainer, coach and writer.
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Thank you for this great message, Jackie!

Happy New Year to You, from me.
Give beyond reason, care beyond hope, love without limit. Reach, stretch, and dream.

Tap into your courage, in spite of your fears.

Warm wishes from
Alison
PS Please feel free to send me a message back alison@gaincoaching.com

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Getting Your Sparkle Back
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