

Live Life On Purpose

"There is very little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether positive or negative." -W. Clement Stone

What was the first thing you said to yourself this morning? Was it positive or negative?

Every day I tell myself – THIS is IT! Another day to choose how I will move closer to what I want, be true to my priorities and take care of ME.

I re-commit to those three things every day. I want to live my life on purpose, not by accident.

I don't have anything inside of me that you don't have in you. People say, "Oh, you have so much willpower. How do you do it?" Well, I'm here to tell you that I can procrastinate with the champs and there are definitely days that I am not pleased with my choices.

"If you encounter difficulty, don't change your decision to go, change your direction to get there." - C. Geisler

The key, as I see it, is that every day I wake up and say, "This is it, another day, a clean slate to work with. "Yesterday is over, all I can control is from this moment on.

In order to live your life on purpose, you need to decide what your choices are. One of my favorite tools is called a Commitment Card. I use them to write down my goals and then post them in places where they remind me of the commitment I have made to myself. I have a very full life and when things are written down they are easier to remember!

In order to decide what we want, we need a level of awareness that allows us to make that decision.

Awareness – I believe it is a magic word.

No one can answer the question: WHAT do YOU want but you.

Awareness of what you want. What do you REALLY want? What would bring you lasting joy, not just a temporary high?

Awareness of Self-Talk. What are you telling yourself? That life is terrible, that you are never going to succeed, that change is impossible? News Flash: do you believe everything you tell yourself.

"You can succeed if nobody else believes it, but you will never succeed if you don't believe in yourself." -William Boetcker

Awareness of what may be holding you back:

The 4 most common reasons people do not take action towards their goals:

1. They feel overwhelmed.
2. They make assumptions.
3. They are afraid.
4. They have no support.

Until you are aware of what is holding you back it is difficult to make changes. Once we know we are overwhelmed, we can look at breaking things into tiny steps. Once we know we feel like we have no support, we can begin to look for people and things that can support us. But again, until you are clear about the fact that it is a problem, we can't fix it!

Most times it is easier to do what we've always done...easier in the short run, painful in the long run.

"If you travel a path without obstacles, it probably doesn't lead anywhere." - Catherine DeVrye

Where is your path headed?

You get to choose – every day!

We are who we are today because of the choices we made yesterday. Likewise tomorrow will become the result of today's choices.

"To live is to choose. But to choose well, you must know who you are and what you stand for, where you want to go and why you want to go there."--Kofi Annan

THIS is it! What are you going to do with today? With this week?

Please find some time to make a commitment to yourself – you are so worth it!

"It's not that some people have willpower and some don't. It's that some people are ready to change and others are not." --James Gordon

Are you ready to change? THIS is IT!