

one small step

Change doesn't need to come as a dramatic step, says DEBORAH STORER

Do you feel overwhelmed with life? Do you crave freedom? The most common thing I hear from my coaching clients is that they want to change their whole life. However the answer to changing your life doesn't necessarily mean an all or nothing approach, like throwing in your job, leaving town or the country.

At most times, changing your life can be achieved with small changes. It is with these small changes, when implemented regularly, result in a big difference. I have seen massive transformation take place in those who take this approach.

For instance, one lady I worked with was so overwhelmed with her life. She had a family, two businesses, a job, her children's sports, her own activities, cleaning the house, socialising, training and time with her partner. She was filled with anxiety, sadness, anger and felt like she was living in a fog – a fog of confusion.

Upon some exploration, we discovered that she had been saying yes to people where she really meant no. This simple act alone, had caused her diary to overload, with no room to breathe; caused her mind to be filled with all the things she had to do, with no space to be present in the moment and caused her emotions to race because she was rushing from one thing to another.

Through some coaching, she implemented a series of small changes which made an extraordinary difference. The result – she could think clearly again, trust her decisions, be present for her wonderful family which she adored and she enjoyed each day with ease and great enthusiasm.

If you want to enjoy life again and gain that freedom you desire, implement these three tips and it will create change for the long-term:

1. Learn to say NO. Be honest with those around you. If you do not want to do something, you have the right to say NO. By saying YES, just because you do not want to upset the person, is putting them first and you last. This is saying that you are worthless. Honour yourself and speak the truth. When you look after yourself – you are happy which will positively affect others.

Also remember, it's not what you say that is important – it's how you say it. Imagine the difference it would make if you used a calm yet firm tone of voice and open body language? If you acknowledge the other person's needs in a loving way whilst expressing yours, you can say that you have done your absolute best to communicate yourself clearly. You will find that at most

times, the other person will understand.

2. Create space in your diary for ME time. Value your mind and your body. It is important to your life enjoyment. If you don't look after yourself by creating time to clear your mind, exercise and relax your body – you won't feel your absolute best and that can affect your happiness in a huge way.

Realise that taking time out is not selfish, lazy or greedy. It actually means you are thinking of others. Why? In order to be your best for others – you need to be at your best – that means time out. How? Start with 10 minutes a day then increase it from there.

3. Get clear on your ideal balanced lifestyle. Draw up a weekly schedule and block out time where you have commitments, including picking your kids up from school and other activities.

This will give you a huge amount of awareness as to where you spend your time which will assist you in making decisions as to where you want to spend your time.

Yes, we all get the same time per week – you have a choice on how you want to spend it. Take responsibility and create those changes in your weekly schedule so you can create that lifestyle you desire. Ensure you include a bit of everything: Exercise, family, me time,

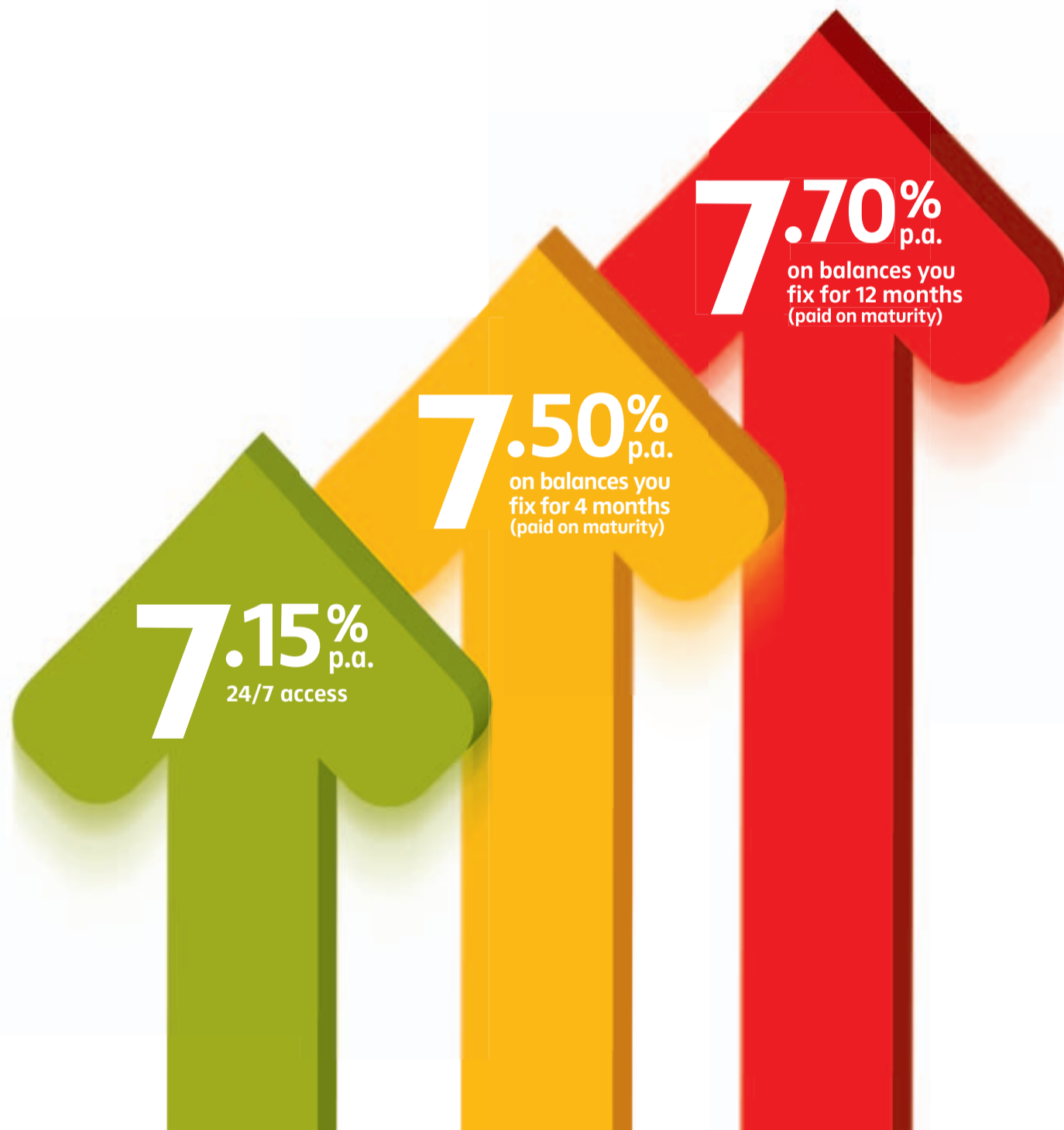
work, relaxation, chores, play time, learning, friends. If you can't fit it all in – ask yourself: What can I let go of? Or how can I use my time more effectively?

Remember most of all – take responsibility for your life.

If you have enough time to complain about something – you have enough time to do something about it.

Start by implementing one small change then reassess the difference it has made. One step at a time makes a difference in the long term!

■ Deborah Storer is a motivational speaker, author and coach, visit www.deborahstorer.com.au



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