

Want more SUCCESS? SPRING into ACTION!

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There are certain times in our lives that have a more inherent impetus to a fresh start than others and the end of the Olympics this spring is definitely one of them! Let's use these Olympic golds as inspiration to take your success to the next level in your business, your life or relationships. Here are four easy & effective strategies to spring yourself into action and make your goal a reality more quickly and easily.

Step #1 Believe it! We've all heard the adage "If you can believe it, you can achieve it" – get greater clarity around what your goal really means to you by asking a simple question: "What's important about realizing this goal to me? What value is itching to be expressed and honored? More financial abundance perhaps? Community Service? Capability? Tapping into the bigger meaning will serve as rocket fuel to propel you forward.

Step #2 Claim it! Grab a sheet of paper and fold it in half. Write down 4 things you want less of in this goal area of your life & on the opposite side of the sheet write the corresponding thing you want more of. I.e: I want less stress... I want more emotional support. Then rip up the left side of your sheet and tape the *right* side somewhere you're sure to see it several times a day (like your fridge). Before you know it you'll happily notice that what you've been focusing on, you are attracting more of!

Step #3 Plan it! There's a reason every book about building a successful life offers the familiar advice- "plan your work and work your plan"... It's because it works! You wouldn't drive your kids to Drum Heller to see the Dinosaurs without a map, so how do you expect to build your business, improve your relationships or know who you really are and what you really want, without a plan? I suggest you start here. Choose one area of your life to focus on (marketing your business, getting your primary relationship back on track). Then write a list for the month with 30 things you want to be, do or have in this one area. Imagine the things that would make you feel accomplished and more content by making them happen.

Step #4 Work it! Most of us have some wonderfully exciting dream goals which can also feel darn big, so we tend to get trapped thinking about how on earth to get there. If you can relate to that feeling of inertia, try this: Think of a child first attempting to master the alphabet - your dream house or business is at the letter Z and you are stuck somewhere at A,B, or C wondering, "How the heck am I supposed to get to the end?" The key is to name your goal and then stop looking at the end of the alphabet – focus instead on accomplishing a more manageable step - for example focus on mastering D, E, F. Before you know it, you will have experienced some success and feel more confident to move further along the alphabet of your dreams. Take a step a day from your 30 point plan above and only focus on that one step – that one day - before you know it, it'll be month's end and your dream goal just might be staring you in the face.

For more inspirational tips, tools and strategies to gear up your momentum more quickly in any area of your life - I invite you to contact me at **778-294-1429** or www.britamclaughlincoaching.com