

## Attract the Life You Want

What did you dream about when you were a child? What did you want to be? The answer may conjure up visions of cowboys, firemen, doctors or ballerinas. Childhood dreams are filled with possibilities; there are no limits to what you can have. Limits are a result of time and experience. Throughout our lives we experience set-backs and disappointments. Each time we have one of these experiences they are remembered as boundaries that become a part of our constantly changing reality or world view. One day you realize that you have learned to question what you are capable of or what you deserve and slowly the life you intended to live may have been lost in a sea of responsibility and doubt.

It is never too late to attract the life you want to live. Everyone can have more of what they want and less of what they do not want. Several studies show that changing your focus from negative or limiting thoughts to positive ones can have an enormous effect on your motivation, energy, creativity and outcome. These same studies show that we can tap into our ability to attract the life we want with a few simple actions. To activate your power, follow these simple steps.

**Be clear on what you want.** What is your vision for a quality life? Make a list of what you want in life. Writing them down helps you to focus and avoid distraction. Be specific. Instead of thinking, "I want to be have more personal time," think: "I want to spend 20 hours a week with my family, have no more than a 15-minute commute to work, and play tennis with my friends one afternoon a week."

**Take an inventory of your life.** Once you have made a list of your dreams and heartfelt desires, review your current situation. Are you moving closer to or farther away from your specific wants and desires?

**Identify the changes to be made.** Now that you know what you truly want and have a clear view of your current situation, you can determine what changes to make or actions to take. For example, if you want to be active in later years, you will have to commit time to eat right and exercise today.

**Act mindfully.** Changes do not need to be dramatic, but they must be consistent with your end goal. For example, you cannot hope for a secure financial future if you spend more money than you make today and you cannot hope to have more close friendships if you do not make an effort to meet new people.

**Use your time wisely.** Time is one commodity that we seem to never have enough of. The question is not whether you will have enough time in your future to do all you dream of, but what you are doing with the time you have today. The future begins now. Be in control of your time. Spend it wisely.

**Anticipate success.** Remember; the way you view your opportunities influences the outcome. If you anticipate success you work harder to achieve it and shake off setbacks more easily. Students who expect a good grade often get one. Players who know they will win often do.

Attract the life you want by activating your belief in yourself and by taking these simple actions towards future. Dream without boundaries; shoot for the moon... the worst that can happen is you will land among the stars.

**Sherry B. Jordan, MA.** a Management Coach and Senior Consultant with Coaching.ppr can assist you in identifying your career or business goals and set strategies to meet them. For more information, visit [www.coachingppr.com](http://www.coachingppr.com) or call at 904-616-9237.

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