

A Renewed You

Brought to you by Lynne Lee of Christian Life Coaching

Your First steps

The first steps involve gathering information about you. You've already got a snapshot of your life using the Life Balance Wheel. Below, there are questions that will help you to further identify where you are now, where you want to be, and what resources you have.

Where are you now?

List 10 things that you are tolerating - things that you are putting up with that you can do something about (being overweight, general untidiness, clothes that don't fit properly, a job that you hate, broken appliances, people being late, being too busy ...)

Here are some questions to consider

- What are your strengths?
- What things do you enjoy doing most?
- What do people tell you you're good at?
- What are you complimented on the most?
- Where would you like to be?

If you knew that nothing could stop you, what would you really like to do?

What one thing could you accomplish within the next month that would significantly improve the quality of your life?

What would you like to achieve in the next three months?

Think of three things you'd like more of and three things you'd like less of. What would motivate you to achieve these things?

What do you do now?

You've answered the above questions, you know what's irritating you and draining your energy, and you know some of the things you'd like to do in the next 3 months.

What next?

Begin to act on the information you have gathered.

There are many options. You might choose to:

- Focus on one thing you can do that will improve the quality of your life now.
- Pick one item from your list of tolerations and one from your list of what you'd like to do in the next 3 months.
- Decide to act on them this week. Plan what you will do and when you will begin.
- Start with the most difficult things on the list.
- Eliminate the things that bother you most at the outset.
- Begin with the easiest things on the list. That way you will quickly see success and build momentum before tackling the more difficult things.
- These are just ideas to get you started. Feel free to find your own strategy. Do whatever works for you.
- Track Your Progress
- Keep track of your achievements.
- Review at least once a week - preferably at the same time each week.
- Ask yourself: What have I done towards achieving my goals this week?
- What did I not do that I intended to do?
- When will I do it?
- What would I like to be different in 7 days time?
- What can I do to make sure that it is?

Throughout this process, keep dated, written records to refer back to. If you have clearly stated objectives and focus on them regularly, you are much more likely to achieve what you want, when you want to. If you track your progress you will begin to see how much you can achieve with habitual focused attention.

When you review regularly you remind yourself of how you want things to be and what you can do about it. Holding yourself accountable for taking action is very powerful. By tracking what you intended to do but didn't, you will soon discover where there are blocks, or where there is resistance.

Review your progress

If you review again after 3 months of regular focused activity you will be surprised at the changes you've made. You will succeed at changing your life if you devise a realistic plan and work at it. If you get stuck, you can re-visit these modules for more ideas, or contact me, and let me know how I can be of help.

One more exercise before we complete this module.

I'd like you to think about what you would like to be, do or have by the end of this programme.

- How will you know that it was worth buying the course?
- What goal would you set yourself now if you knew you couldn't fail?

In the next module we will cover effective goal setting in detail.

If it would help you to take action, feel free to email me your plan of action and keep me posted on your progress.

To a renewed you,

Blessings

Lynne

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