

Change your thinking

... and your change your world !

There seems to be a lot of pressure these days on people having to succeed at everything that they do. The one true fact is that not everything is going to work out the way you had planned or hoped for.

Why torture yourself when you could stop what you are doing and the way you are doing it and head in a totally different direction that may produce a better and greater result?

The reason many people end up frustrated with aiming for levels of success in their lives is due to not having a clear vision of what they want to achieve.

This is where we all need to be honest with ourselves and assess our attempts, our situations and our desires from a very real perspective – *and change our focus . . .*

Because, what you focus on consistently – your words and your thoughts become the seeds you plant for your future. If you focus on what you lack, money challenges or the things that are going wrong, then this is what your future will become.

So why not focus your attention on everything wonderful in your life? (If there isn't anything, then make it up). By doing this, you plant the seeds for wonderful things to happen.

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Your intention sharpens your attention.

We move in the direction of our most dominant thought process, so whatever you are thinking about most, then that's the direction you are going in.



To help you think differently and act differently follow the **BE-DO-HAVE** strategy.

- Firstly, get your vision clear by writing down a description of your life or goal *then...*
- **BE** the person you need to be by strengthening your thoughts, *so that you...*
- **DO** and say the everyday things that, that person would do, *so that you will.....*
- **HAVE** the life you desire and achieve your goals

It's not what we should do, but **who we need to become** in the process – *to me this is priceless!*

From the desk of Vicki Turner, Life Coach

Vicki is a Coach who loves seeing her clients move forward to gain a new sense of control over issues. Vicki says, 'People come to me for many reasons including clarity about life decisions, career and business issues and dealing with change'.



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