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I WANT TO MAKE SOME CHANGES IN MY LIFE. WHERE DO I START?

A good place to start is to get an idea of where you are at and to rediscover who you are. Many of us get to a place in life where we begin to question if this is it. We may have gotten into a groove of doing and doing what society or others have subscribed to us over the years.

To get an idea of where you are at, there are several assessments that can help out. Alternatively, you can take a self inventory and look at every aspect of your life and determine, for each area, what your personal best looks like for those areas, where you are now, and where you want to be. As taken from 'Feel the Fear and Do It Anyway' by Susan Jeffers, PhD, areas to look at are contribution, hobby, leisure, family, alone time, personal growth, work, relationship, and friends.

Next is to get clear on what your values and needs are. By values, I mean those things that are passionate about and that provide you plenty of positive, sustainable energy. By needs, I mean those things that, if not fulfilled, bring you down, drain your energy and detract from your moving forward.

When you know where you are, who you are, what you value, how to automatically fulfill your needs with minimal external dependency, and what the reasons are behind achieving what you desire, you are in a much stronger position to identify and move forward with changes you may want to make in your life or business.

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