



Jamie Anderson  
Business and Personal Coach  
[jamie@sparksuccess.com](mailto:jamie@sparksuccess.com)  
T.403.209.5936  
F.403.532.2836

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## **"WHAT'S IT ALL ABOUT, \_\_\_\_\_ (ALFIE)?"**

There is a point in one's life where many of us reflect and reevaluate where we have come from and where we are now, personally and professionally.

Men and women alike deal with these life essential questions. Some are content while others find they may have been on a path that does not work for them. Some do not change and some make the *choice* to make change, to define what it is they really want, and to pursue their heart, purpose and passion.

Many people have similar questions:

1. What have I accomplished? Can I accomplish more?
2. Have I succeeded? What is success?
3. Why am I not happy? I have everything anybody could dream of but I'm not happy.
4. How can I give those important to me something that I do not have to give when I have spent all my energy elsewhere?
5. What is this 'stress for success' path doing for me and those I care about?
6. How do I get off or slow down this treadmill?
7. Can I have 'it all'?
8. What can I do to maintain my health, energy, vitality and youth?

The pursuit of goals for the sake of somebody else's preconceived definition of success can seem reasonable at first glance. However, we are each unique beings. The approach that many take is to follow and aspire to society's notion of success and moreover weigh ourselves against those scales. ... life depleting for many.

Much more compelling and rewarding is to help define what success is for ourselves. To determine what success is for you, personally or professionally:

1. Acknowledge who you are.
2. Understand that you are here now because of choices you have made in the past.
3. Get that 'now' is all you have, be present, and make the best of this moment.

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4. Make only choices that support your 'now' and your desired future.
5. Define what you need to be whole. What could you not do without? Put measures in place to ensure that you have these needs fully and consistently satisfied.
6. Define what you want for your life – here are some tools:
  - a. Ask yourself: "What makes me happy?" "What inspires me?"
  - b. Search your memory banks for times when you felt successful. How did it feel? Who were you at that point in time?
  - c. Take a sheet of paper. On the left, make three rows: (1) Personal Best, (2) Current, (3) Personal Worst. Across the top, make columns for Physical, Mental, Emotional, Spiritual, Financial. Fill in the details. How important is each aspect to you?
  - d. Invite yourself to your future. Write an invitation to yourself describing your ideal life – who you are being, who you are with, how it feels, how it looks, smells, sounds, every detail ... If you wish to take this further, describe how you got from here to there.

The past has many valuable lessons for us which are worth acknowledging. We do, however, have choices to make in our 'here and now', and these choices affect the shape of our future, both personally and professionally. A new year can reap a new beginning. What do *you* want to focus on this year?

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