

## **Challenging Times – An Opportunity to Plan your Future!**

We are living in challenging times but the human race has the propensity and has overcome many challenges in the past. In fact, we as humans tend to achieve our best accomplishments when we are faced with extreme challenges.

Often, it is when our backs are to the wall that we can be at our most creative. Challenges actually represent our best opportunities!

Opportunities for us to review our lives and take stock of what is most important to us. In this way, you can learn from each challenge and turn it into a very useful exercise which can bring with it immense creativity and ingenuity. It certainly affords you the space to focus on your values, beliefs and what it is you truly want in your life.

When you focus on these important aspects of your life, you begin to identify very clearly what it is you wish to have in your life, what you wish to release from your life and most importantly what exactly you really want to achieve in your future.

I believe the current economic climate is a very positive and useful opportunity that each of us should grasp with both hands. Allow it to be a time for you to take a positive and worthwhile review of your life – let go of what no longer serves you and make room for what does matter most to you. Remember, every cloud has a silver lining! Its simply a matter of perspective and by looking at a challenge with fresh eyes from different viewpoints can be the difference between you moving forward in a new and exciting direction – or staying stuck in a rut!

Life always presents us with options and choices and even though we may think that it has not, it always has. Even in extreme cases where perhaps someone loses their job, and they think their world is ending, even in this case, life is presenting you with a choice. A choice to believe you world has ended, or a choice to believe that it is simply an opportunity to change career, to review your life, perhaps it is an opportunity to re-skill, or change direction and learn new ways of earning a living. We have many untapped resources inside, and these resources are what we need to tap into more often, and especially when life throws us such opportunities.

Having studied life coaching and applied it in my own life, I have experienced first hand how important it is to realise that everything we think, say and do in life is by choice and that we always have choices, even when on first glance it appears we don't, we always do!. Our future is our choice! Even in the apparent darkest days, when at first, we may think that we don't have a choice, there is always a light shining – it may be a flicker at first, but if you don't learn to search for that light, you will certainly never find it!

Below are some thought provoking steps that will help you to find your light and which will enable you to take steps towards a better future – the first step can sometimes seem daunting – but it is always easier than you think when you have taken it!

- Write down what is important to you
- Focus on the positives
- Review your life & direction
- Record your skills
- Prepare your budget-eliminate unnecessary expenditure
- Decide what you want
- View your current situation from different perspectives
- List your hobbies
- What are you passionate about?
- Can your passion be turned into action?
- Invest in your future – engage the help of a life coach.

All the answers are within and ultimately you must decide your future but as a trained Life & Business Coach I can make your task easier and assist you in realising your full potential. If you want Yvonne to assist you with your life plan then you can contact her by email at [Yvonne@focusedsolutions.ie](mailto:Yvonne@focusedsolutions.ie) or by phone at 087-7641818. For more information on her work please visit her website at [www.focusedsolutions.ie](http://www.focusedsolutions.ie)