

Stepping up to the challenge!

We all make mistakes in life...but what is important is how we view them and we use them!

Some of us make a mistake and get disheartened and turn it inwards – telling ourselves how stupid we are and how we will never amount to anything! ...sound familiar!

Well I can tell you that there is an alternative way to deal with mistakes!

When I make a mistake...yes believe it or not I do it too! I simply say to myself, ok what can I learn from that experience? I like to call mistakes – an opportunity to learn! In this way I am turning what some view in a negative way, into a very positive empowering experience!

Well, you can do the same with any occurrence in your life, whether it was as a result of something you did or something that has happened to you. In the current climate, a lot of people are being faced with events that are quite difficult to deal with but I know if you apply the above thinking pattern to these events that you will be able to turn them around into a beneficial way forward...

Perhaps you have been let go from your job, now that can be quite an experience, but it is how you deal with this that is most important.

I believe firmly in the saying that “what doesn’t kill us will make us stronger”! I urge you to use this opportunity to examine your life closely, take the time you have been given and use it constructively.

What is important to you in life? What are your top 5 Values? What do you value most?

Write down your top 5 (more if you wish) values?

Then decide what your top 5 goals are in life?

Next I want you to see if your goals support your values? If not, re-examine your goals, as it is important that your goals support your values in life.

Now I want you to break to first goal down further into action steps that you can take to make this goal a reality in your life. What is the first step? Decide when you are going to take the first step? How long will that step take? When will you take the next step and exactly what does each step entail...?

Please also ensure that your goals are ecologically sound...by that I mean that they fit in well with the other people in your life, the other aspects of your life, are they realistic and achievable, within your remit, or do you need others to be in there with you helping you to achieve them? If so, how do you set about organising this?

Write down a clear plan of action steps towards each of your goals? Decide which goal comes first? Decide what you can do today, tomorrow etc in respect of attaining each of your goals and get to work!

Put your plan of action up on the wall where you will see it every day and so you will stay on track...set a timescale for each step...stick to your timetable and tick each step off as you achieve it.

I guarantee you that if you set your goals and actions steps in this way, you will reach your goals and unleash your true potential. The beauty of this is that you are working towards upholding your top values in life, your goals are worthwhile and everyday you will be taking positive action steps towards what is important to you in your life. This system provides you with a tried and tested formula for stepping up to your challenge! Bet you can't wait to get started?

Yvonne is a Personal & Professional Coach who works with people on a one to one basis and in group sessions, helping them to move forward in their lives, helping them to clarify what it is they want in life, and showing them an effective road map to get them there in quick easy to follow steps! If you would like to work with Yvonne to achieve your goals and unleash your true potential you can contact her on 0877641818 or email her on Yvonne@focusedsolutions.ie, for more information on her valuable work, please take the opportunity to visit her websites at www.focusedsolutions.ie and www.spiritualrays.com

Yvonne will be holding a "Self-Empowerment Seminar" in the Carnegie Hotel, Swords in early July, watch out for it!