

Thea
Westra



179 Forward Steps

Life Power Tips For Everyday

Enjoy this collection of 179 Forward Steps life power tips.

There are actually 365 of these life power tips, that I have incorporated into my Time For My Life book...

www.forwardsteps.info/timeformylife

You can also get all 365 of them by visiting 171 Forward Steps Notes...

www.forwardsteps.info/171lifepowernotes

179 Forward Steps is a free ebook that you can skim at leisure, to find for yourself an empowering thought or fresh life power tip. Triggering a newly inspired action, enhancing our day-to-day experience of life, keeping you empowered and motivated to act, for achieving your personal goals, and stepping forward just a little more, every day.

When we lose touch with those positive emotions, our source of personal life-power, and no longer challenge ourselves, then some of our days can begin to look a little like a treadmill.

Use this book to raise yourself above the fray, on “those kinds of days”!

Created & Published By Thea Westra

www.forwardstepsblog.com

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1. Eat an elephant one piece at a time.

With the workload I have, I noticed I was dropping physical exercise from my days. I considered how I could incorporate some, regardless of the time constraint. So, I decide that in my 5 minute breaks, and during larger breaks, I'd do step ups onto an outdoor step. I calculated that just that small daily action, adds 3 hours of exercise to my week. My legs are feeling it already, and my weight is coming down. What in your life could you tackle in a small way like that example?

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2. Have big reasons for wanting to achieve the results you declare.

Make these reasons large enough and truly heartfelt, so that they ignite passion and strong emotion behind your dreams. You need to always be able to instantly get in touch with wonderfully powerful feelings about your dream goals. Those emotions will inspire consistent action and will inspire others around you. You will need those inspired friends on the days you feel a bit too flat for taking action.

3. Build on positive results.

Create some wins for yourself. Each time you win a little victory over yourself, you create impetus for moving forward even more. It helps you to grow, and become the person you must become, for having that dream live for you. There will be changes, this is inevitable when working toward a big dream and when growing into the person who is to fit such a large dream. Allow, accept and actively encourage that level of personal growth.

4. Never use time as your excuse.

Wedge dream projects into your current lifestyle, and commitments. Even if you crawl forward at ten minutes each day, do something every day toward that end goal. When you go to sleep each day, rest yourself in the knowledge that you have done something that day, to move you closer to your dream. At some time during every day, put one foot in front of the other toward that dream. Slow is better than never.

5. Build consistency into your daily actions.

Review the direction in which you want to travel and then assess your regular activities to measure their alignment with your intentions. What do you need to take out of your days, and what needs to be included in your life, so that you are more on task and on track than ever before? Are your plans and actions in alignment with the path you want to take and the end results you seek to achieve? You'll know when things are out of whack! It is at those times when you are feeling frustrated, guilty, tired, resentful, unsatisfied, or dissatisfied, and have an inkling that you really ought to be doing something else.

6. Practice operating more, from a place of not knowing.

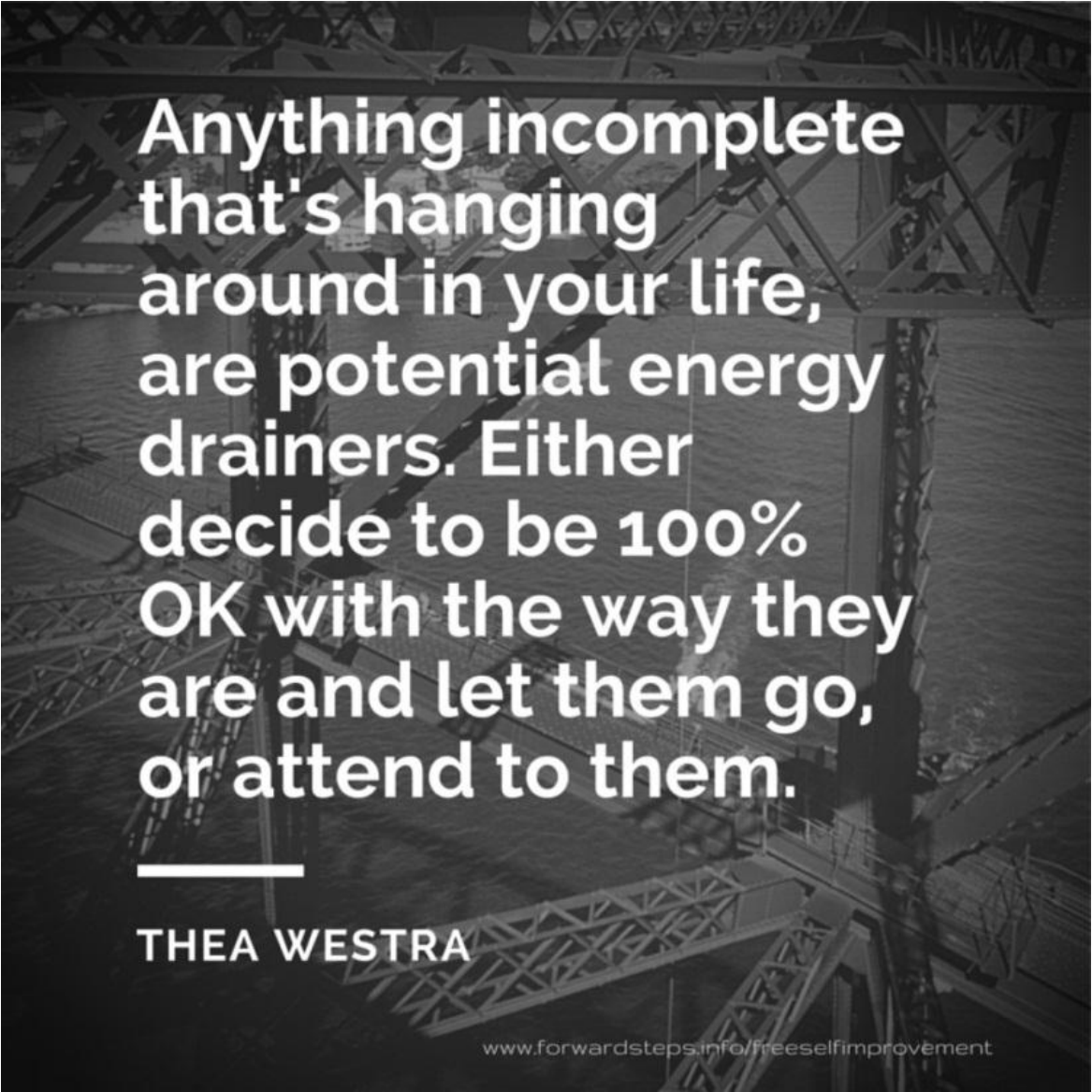
Start thinking more often that you know nothing. Keep open your channels of curiosity and discovery. Particularly when it comes to relationships with other people. When a good friend calls, do you already "know" who they are and what they're about to say? Notice if this shuts down the way that you listen to them. When the media describes a group of people, for example teenagers, do you take aboard those descriptors when you meet a young person, and listen to them through that filter of generalizations?

7. Let go of a need to control, and practice acceptance.

Accept that you can't control everything, particularly with the current rate of change and new discoveries in our modern world. You will send yourself into a spin if you try to be everywhere at once, and try get a handle on everything. Get much more selective. Choose specific points of focus that are important to what you seek to accomplish in your lifetime. Get to know what you want to achieve within the scope of the life that you have been given.

8. Plug the holes where your life energy is escaping.

If you are at all feeling overwhelmed or becoming more fatigued, then it might be time to take a look around for your energy drains. It could be the people with who you associate often, that bill you haven't yet paid, a project you haven't touched for a while, or a shirt button that still needs sewing. Anything incomplete that's hanging around in your life, are potential energy drainers. Either decide to be 100% OK with the way they are and let them go, or attend to them.



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9. Let go, or allow.

It seems the days and weeks are whizzing past us faster than ever. We have so much more to deal with on a daily basis than any other time in history, I'm sure. There is no reason to have to know everything and be involved in everything that comes our way. Choose the events in your day when you will simply let go, or just allow it to happen, without your participation. Respond more often, and react less often.

10. Take responsibility for each other and selves.

We have the knowledge, means and initiative to devise an entirely new social architecture that can create a world we actually enjoy and flourish in. Very simply, it is time to grow up. To assume something is 'impossible' in this world is a failure of creativity. We have the knowledge, means and initiative to devise an entirely new social architecture that can create a world we actually enjoy and flourish in.

11. The past can be very useful and empowering.

As in the words of Paul Harvey - in times like these, it helps to recall that there have always been times like these. Think back to the months before the media told you that times were bad. Now, look at your life with some truth. Have your personal circumstances truly changed, or is it simply that you are now living each day with a cloud of fear overhead? Fears of what might happen, rather than what is actually so, in this moment, now. What could you do about that, if anything?

12. A belief is a thought that you have decided is true.

A personal belief changes the way you feel about something. Your emotions (how you feel about something) determine the action that you will take, or will not take, in that area. Address your emotional state and then check in with the validity of a particular belief, if it is a belief that is not serving you and if it is one that is blocking you from moving toward a desired outcome. Decide to believe a new truth, one that empowers you and raises your confidence.

13. What you say about yourself, and your life determines what shows up in your day-to-day experience.

Just for one full day, try out a 'Pollyanna' view of life. Turn around everything that you might otherwise see as negative, and give it a positive or upbeat slant. Look at what is right and replace any potential 'what is wrong', with the advantages of situations. After one day of playing with this, you can have back the negative perspective if you still want it. I am only asking you to try it out for 24 hours!

14. Put aside procrastination and excuses for doing nothing at all.

There is a famous compound interest story about the Emperor of China who offered the inventor of the game of chess one wish. The inventor replied that he wanted one grain of rice on square one of the chessboard, two grains on the second square, four on the third and so on through square sixty-four. The unsuspecting emperor agreed to the seemingly humble request. Yet, two raised to the sixty-fourth power is eighteen million trillion grains of rice, more than all the rice in China! Do you think your actions might only be a tiny drop in your bucket? Have you ever placed a bucket under a dripping tap overnight?

15. Have a go at slowing down, especially at a time you're in the biggest rush.

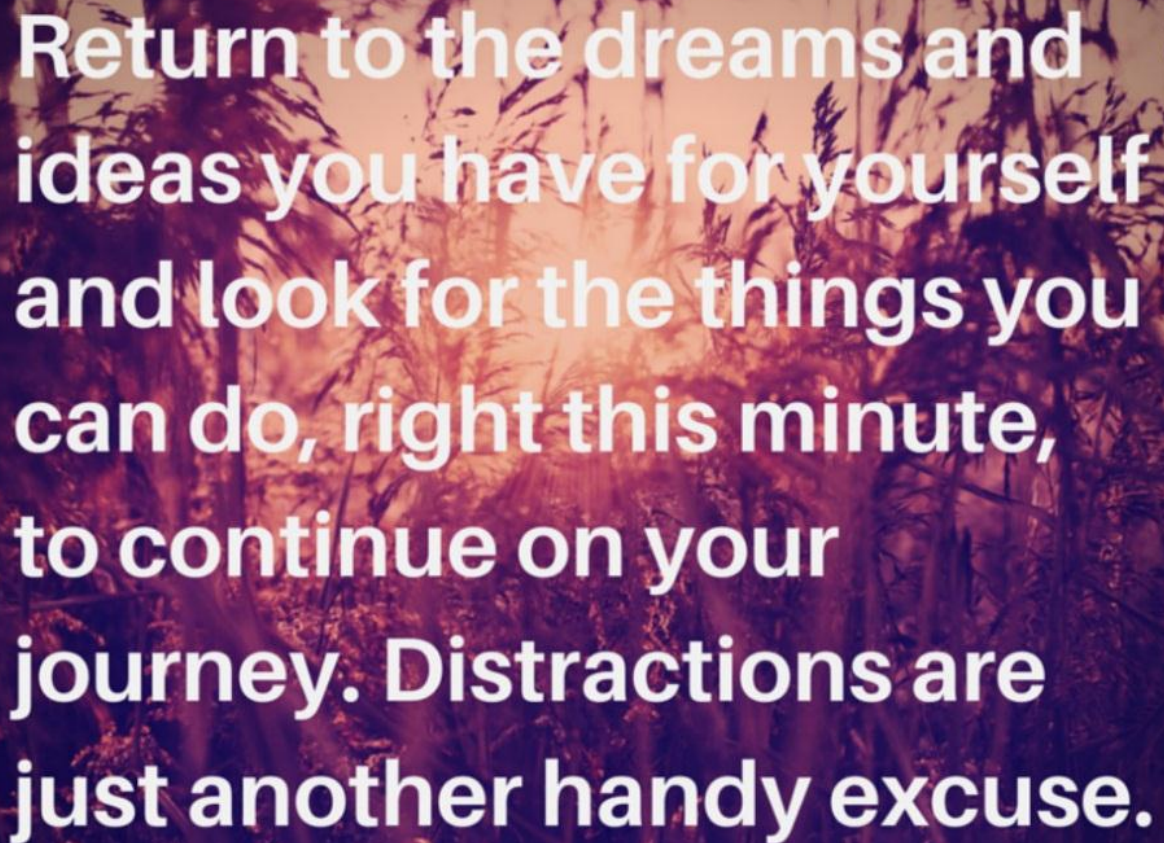
Just did my shopping before a long weekend and noticed a lady who was absolutely flustered, in the aisle before me. I too was in a hurry, needing to get to work after doing a large shopping trip. However, I have often noticed that I save very little time by going extra fast. Walking at a temperate pace and allowing others to cross the path in front of me etc., gives me time to notice people's faces and connect. It is especially nice to see that I've made a difference to an older person who is a little confused in all that shopping center rush. I also think more clearly, and remember every shopping item, plus it's so much better for health.

16. Get yourself a set of energy raising tools.

Do you have somewhere you can take your thoughts when you are surrounded in a negative conversation, so your energy is not dragged down? Do you have access to books, audios or videos you can visit when you're feeling a little flat, so you can pick up high-energy messages from others? Do you know what to do with your diet or leisure activities to elevate your feelings of personal power? It's important to refresh yourself each day so you remain energized and to hold open your creativity and sense of fun.

17. Believe in yourself and what is possible for you.

It is easy to buy into the stories being presented all over our television screens and in our newspapers, when you are not vigilant. Go back to the dreams and ideas you have for yourself and look for the things you can do, right this minute, to continue on your journey toward their accomplishment. Distractions are just another handy excuse.



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18. Ninety percent of a task is the starting of it.

When you are confronted and gripped by fear or doubt, it is always a best remedy to simply take an action toward your desired outcome. Just decide, make a firm and determined decision, and then keep walking. If we are facing in the right direction, all we need to do is to keep walking. By the way, how are your New Year resolutions coming along?

19. Open up some of your restrictions.

You're possibly well aware that the things holding you back are not often from external sources. Sure, we love to blame circumstances and people. However, take a closer, longer, and harder look. How much and how often are you holding back your own forward steps? So, which restrictions, that you've placed on yourself, could you now begin to release and open up?

20. If your task is not a perpetual tonic to you, you have not found your place.

You really do get lost in time and live in the moments, when you are doing what you are meant to be doing. You often hear of people operating in The Zone. Find yourself learning the life and experience lessons to which you need exposure for the next phase of the accomplishment of a goal. Experience personal breakthroughs that prepare you for further growth.

21. When I digress and take my eyes off the goal, not much seems to go right.

In taking action toward my large goal, it never astounds me how many times seeming accidents and various events fall into place or cross my path. When you are in action with a huge goal, then the resources, personal power and people you need, at the times you need them, just seem to show up.

22. Design and write your own guidelines for living well.

Too often we adhere to the spoken and unspoken rules of "the tribe". As a small example, Greg and I turned our lounge into a music room, a bedroom into an office, and an office into a cinema room. Who said that the lounge area is that large, front room of a home? Look at all the areas of your life and consider thinking "beyond the boxes" in which we have placed ourselves as a Western society. What adjustments could better serve your lifestyle?

23. Consider how you use language to interpret the things surrounding you each day.

How do you think the cells of your body might logically respond to the words: I am starving? What image does that conjure? Would it cause a shift in the cellular and chemical response of your body if instead, you were to tone that down, and use the words: I am hungry? New words, new pictures, evoking empowering emotions.

24. Think more often from perspectives of high leverage and perpetual advantage.

How often do you find yourself wasting time, resources and energy in this short life of ours? Look for better ways, efficiency, and high leverage outcomes in all your actions. For example, design your own high-energy working environment.

25. Write a list of all you want to achieve next year, then...

Now that you have your list of all you want to achieve next year, dig out select items on that list and transfer them to a second list! The title of that list is 'everything that you WILL achieve during the next 12-months'. After this, you may as well shred your first list. No use setting intentions unless they are an absolute MUST for you.

26. Get ready to leapfrog to the next level.

Some things are just not entering our lives because we are simply not ready to accept them. Check in with the things you say you want, then take a look around at the things currently in your life. Is there anything prohibitive to allowing in those things that you say you want?

27. It is possible to make small changes!

Often we forget that small shifts in behavior or habit will, over time, make a huge difference to future circumstances. We see a mountain before us sometimes and so, decide to not take any action at all. Think of a small shift to take on board today that, repeated over 365 days, will see a transformation in your life at this time next year. Putting aside \$5 per week will mean you have \$260 spare for the holiday season 2009, or reducing your weight by 1kg per month means you'll be 12kg lighter in a year.

28. Build on strengths and positives.

Take opportunities to focus on what is already great and working well, in your day to day. Remind yourself of the gifts surrounding you in your life, and of what already makes you happy and brings you joy. Plan and take, deliberate steps to increase those experiences and gifts for your life. If you created those once, you can recreate and also multiply them.



29. There are many things you can do to harmonize and stimulate vibration flow.

Spend a little time in the sun every day, get in touch with nature, take a slow walk in a park, sit by a river and listen to the water, get some exercise, laugh out loud with a friend, soak in the bath, engage all of our senses, sight, sound, touch, taste, even smell in all your daily activities. Do things in a way that the magic and essence of an experience are present.

30. Take the laws of Cause and Effect and put them to work for you.

For every action, and non-action, there is a result or consequence. Check in with what you want to produce as an outcome or result in your life, then consider which of your actions, and also your non-actions, are supporting that cause. Begin to eliminate the daily activities and habits that are working against producing the desired result.

31. Create a game in life that will take you beyond your status quo.

It is not until you create a game in life that will take you beyond your status quo and that will take you beyond where you have been before in your experiences, that you will start looking around for the tools you will need to do that job. You are here, at this blog, because you are interested in more than simply playing a game of surviving your life. So go ahead and declare the game you really want to be playing and 'get on the court'!

32. Are you calling the shots with your personal growth?

We create our own urgency, our must do, and our deadlines for personal targets. Personal growth is a conscious choice, and you make the decision to grow, moment by moment. If you are not conscious in action, then it must be that you are operating from automatic, reacting rather than responding.

33. Have a crystal clear vision of what you are creating.

To accomplish what you say you want to accomplish, you need a clear picture of its end result. Why do you want to achieve the things you say? Are your reasons powerful enough to pull you forward? I love to use imagery because I'm a very visual person. Use the tools that best suit your style for keeping the vision clear and in front of you, every day and every moment. Distraction is easy!

34. Small change can cause big changes.

Adjust only one usual habit during your days and watch your whole year change. Call it a butterfly effect if you like. You could add one more glass of water in the day, an extra 30 minutes sleep each evening, 30 minutes less television, or 20 minutes extra exercise time. Add that up over a full year!

35. Burn the boat!

There are times in life when we really do need to burn our bridges, or to burn the boat. If you are struggling in your accomplishment of a certain goal, then may be time to turn that personal goal into a 'MUST DO'. If not, then perhaps it is time to discard the whole idea! Does that very thought turn it into a 'must do' for you? Good!

36. Start every day with absolute clarity.

Decide, be super clear about one thing to achieve for your new day, and do it. That will be 365-things accomplished, in one year. Do you know anyone else who would say they've done that? This is the very least you could do for yourself for forward movement on your highest priority targets. Remember Curly in City Slickers, and his "one thing". Well, have every day be a "one thing" day!

37. There's more than enough success to be had for everybody.

There's no good reason to be small minded or despondent. Get back to what makes your heart sing. Then clear the decks and put a period of 100% focused attention on just that! Unlike oil, water, coal and all the other supplies troubling our planet these days. There is never a limited supply when it comes to success. Read this slowly and drink it in, *"Success is the progressive accomplishment of personally worthwhile, long range goals"*. -Paul Meyer.

38. Take stock, regroup, and move to the next level.

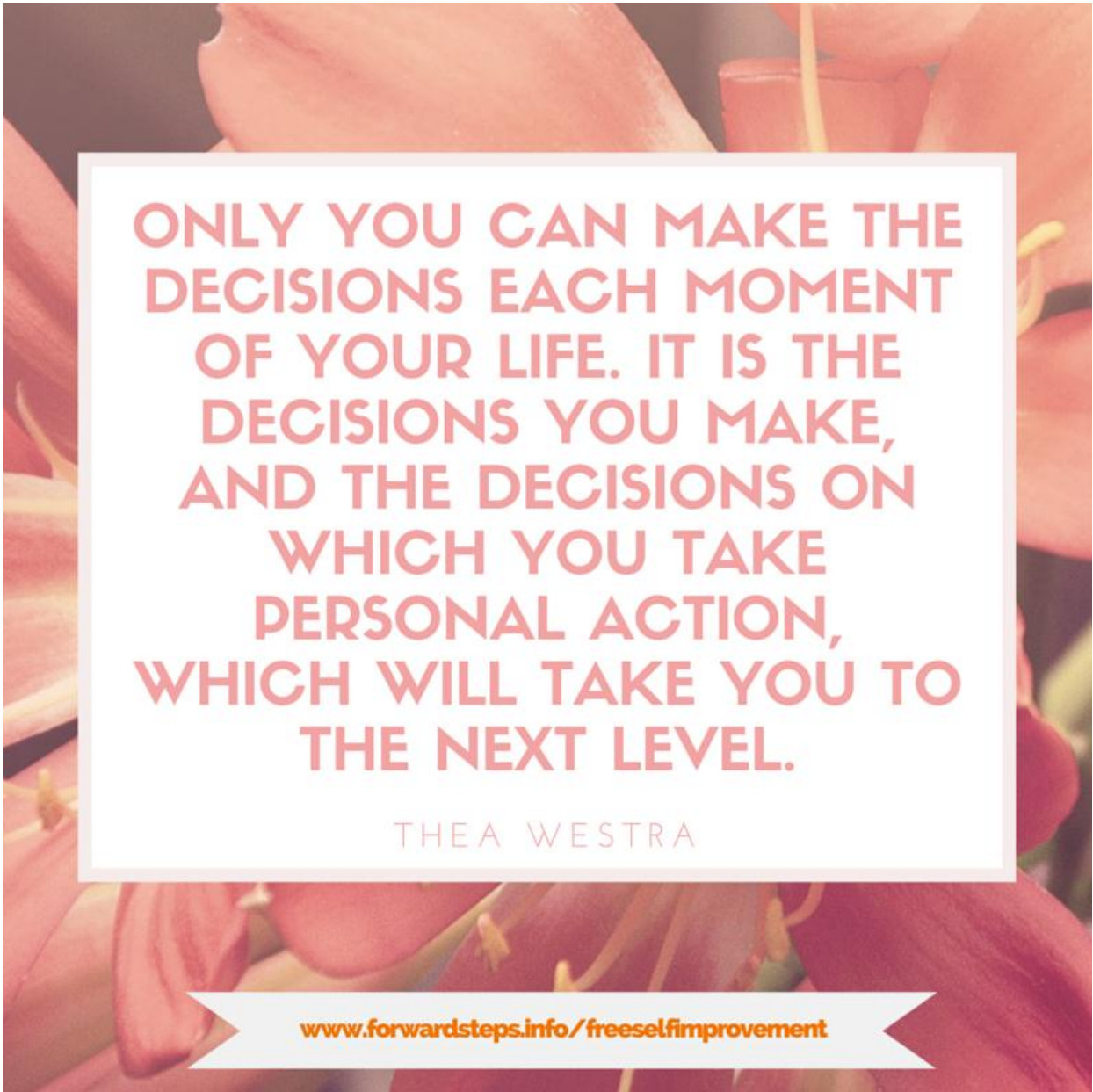
There are times when you are so overwhelmed with so much on the go, particularly soon after taking a major shift in direction. Activity starts to come at you, when initially you felt you had your new project under 'control'! Moving yourself to the next level is required here. So take a breath, stop a little while and get a new, overall perspective. Find out what is needed to take you up a notch, in the process.

39. The most memorable experiences will be the ones you discover for yourself.

There are so many of us now who are living our lives through the observance of the lives of others. The media has homed in on that tendency with all these voyeuristic programs, like Big Brother, Dancing With The Stars, The Amazing Race, or simply watching other lives on 'YouTube'. So get up off that couch and create a life of your own. It's the only way to grow!

40. You are responsible for your own progress.

It is fine to use tools and programs from external sources. They will provide guidance and impetus for forward movement. However, always remember that personal development is your responsibility and only you can make the decisions each moment of your life. It is the decisions you make, and the decisions on which you take personal action, which will take you to the next level.



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41. Live consciously instead of being on autopilot.

If you're looking at your life and wondering how things got to be the way they are, then you may have been a drifter, and living on autopilot. Now, are you also someone who says that they want certain things in life? Then you must get yourself into aware mode and start creating those things that you want, consciously and deliberately. Make a firm decision and then begin stepping forward. Yes, one foot in front of the other!

42. Create the need and the tools will show up.

When was the last time you needed a hammer? It just lies in that shed or toolbox until you have a picture to hang, and it is then that you go digging around for the right nail and your hammer? Have you ever joined a gym and attended for only a few weeks, then stopped? You simply did not have a big enough reason for going each day. You hadn't decided on an end result for yourself.

43. Take a big breath of fresh air.

Sweep those cobwebs from the brain. If things start to look fuzzy and you're feeling overwhelmed, then spend one whole day doing a few things that you wouldn't usually do. Visit an art gallery or walk into the local library, take a bike ride by a river. Take yourself away from the ordinary, and clear that mind!

44. Know your top 4 goals for any day.

Before you go to sleep at night, write your top 4 goals for the next day. You'll wake up more energized and ready to get into the tasks of the day because you'll have a specific focus. Do not allow distractions until those 4 goals or targets are accomplished. This in turn, will help you feel an energy boost for anything else you tackle that day because you are proud of keeping your word with yourself.

45. The only 'real' problem you ever have is, how you think.

I have the personal power to change my perspective on any situation in which I find myself. If I am unhappy with the interaction I've just had with another person then I need only look to myself and ask - what could I have thought that would have changed entirely how that interaction evolved? Similarly if circumstances are not quite as I'd want them to be - what could I think that would empower me to make changes that will impact those circumstances, in a positive way?

46. Experience "real" life.

Are you waiting for "life" to begin? You just need to get some of those hurdles out of the way and need a few things to happen first. The children need to leave home, retirement at work first and then enjoy the things you love, certain amounts of dollars need to be saved, the time needs to be just right, etc. Consider that all those roadblocks ARE your life. When will you choose to experience them fully, along with all the other passing moments?

47. Find out what would truly makes you happy.

We really do not know for sure what would make us happy. Fulfilling your life's purpose would definitely make you happy and leave you feeling satisfied. I love this quote by Patanjali, "When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be."

48. Do something for someone else.

Are you feeling a bit flat, down or low on energy? Do something for someone else. Surprise someone with a pleasant surprise. It need not cost money. It may be a bunch of flowers from your garden for a neighbor. It could be writing a simple letter or postcard to someone you've not been in touch with for a while. Be courteous when driving, or stop and give a pedestrian right of way. Listen rather than talk when meeting with a friend.

49. Operate from where you want to be.

Have the end in mind, as you move through your day to day activities. "Be" the person who already has or does what you are working to create for the future. Stand in the end result as though you are already there. You may find that you make very different decisions about some of the things that "come at you" during the course of your current day to day.

50. Reconstruct your life to better reflect your goals.

Success is won step by step, habit by habit, day by day, moment to moment, action to action. If you just change one daily habit, I'll bet that it flows through many other areas of that day. Keep that one new habit in place, and once entrenched, decide on a next habit to change, or include. Continue this pattern of life changing until you become the person who attracts your goals.

51. At the end of any new year, write your 100 achievements for the previous.

I have always found it a really helpful exercise to list 100 achievements of the past year, before embarking on creating goals for the following year. I do recall one year, getting stuck at 64! I stayed with it over a day or two. Whatever needed to be released, happened subconsciously. One morning I woke up and raced through the remaining 36. I felt acknowledged, complete and very free to begin focusing on my "What's next?"

52. If you seek growth then you must seek change.

Self growth does not happen without change. Change is the only constant in your life on which you can rely. Are you resisting change? In that instance, what are some tiny steps you could take each day to move you forward and cause you to expand your experience of life? Whether you stand still or move ahead, life circumstances still come at you! Why not have a say in what enters your life?

53. Raise your standards.

That does not mean, be a snob, or think you are better than others. Rather, become someone of value to others. Strengthen yourself inwardly and in your external environment, so that you have more to contribute. Learn and grow. Do something every day that expands you as a person and that increases your opportunity for personal happiness.

54. Learn from your mistakes and don't repeat them.

Mistakes are not made so that you have an opportunity to beat up on yourself! They are an opportunity for changing direction, and for reviewing where you find yourself along the path toward accomplishing your life's goals. Set up a way to record accomplishments so that you focus on those, more than you do on the hiccups along the way.

55. You get to make a new decision 1,440 times a day.

You start something, and then realize it's not what you said you'd do today. What do you do? Stay on the those rail tracks, or do you make a new decision? You can switch, many times over, during any given day. There are 1,440 minutes in 24 hours, make a few firm decisions for your life during those moments.

56. If you're an entrepreneur, you are paid for outcomes and results, not hours spent.

Create your weeks, months and days. Know what you will accomplish at the end of each, and set targets. Determine the actions that you must take to accomplish those targets. Then focus only on achieving those outcomes and those results. For every action, be clear about why you're taking that action and how that activity will move you toward fulfilling your desired end result.

57. Heighten the feelings you generate around your desires.

Your feelings are what play a vital role in the manifestation process. Increasing the good vibes that you have associated with any goals or desires, will move you forward in taking action with them, plus will cause others to step aboard too and help you in your quest. Energy is the source of manifestation and you need to increase personal momentum.



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58. Mistakes Lift the lid, get out of the water, and untie that rope.

You will likely have heard the story of the baby elephant being tied up a certain distance from a stake in the ground, and in adulthood it still lives with the belief that, that's as far as it can go. The elephant does not even attempt to go beyond that distance. Similarly, the circus fleas kept in a lidded container and who jump no higher, even after the lid is removed, because they're so used to hitting their heads on the container lid! Lastly, the frog that's placed in hot water and jumps out immediately, then put into cool water that is gradually heated to boiling. The frog, not noticing the gradual temperature change, stays to be cooked. Are you living parts of your life, similar to any of those examples?

59. What is your wiser self telling you?

If you have no answers for your life, then who should we ask? Having problems getting in touch with what you want or what's next? Try taking on the persona of a higher authority than yourself and ask them. Do a little role playing and have some fun with it. Maybe even ask a friend to participate, and be each other's guru's for an hour or so.

60. Take some 'time out'.

Sometimes we try to 'force' circumstances and push through, when really it may be time to step back a little and let it 'be'. Whenever I step away and do something else, a new creative idea pops up or when I return, I find that a whole lot of activity in the way of new opportunity or fresh email has shown up, to surprise me. Give it a shot if you're stuck in a rut.

61. You will Who's in charge here?

Are you still being led, by your circumstances or well-meaning friends and family? At what point in your life do you think it will be time for you to choose your life's direction? Will you wait for the eleventh hour, when it is too late to even begin? How long do you know you have? How long do you believe you have? Isn't it only this moment, right now, about which you can have any certainty?

62. You can't be standing when you're sitting!

We can't be in two places at once, which is why choice and priorities are so important. You must define what your life will be about and set your daily priorities accordingly. Or would you rather be swept along by everyone else's agendas?

63. Live like you are a living magnet.

Know that the law of attraction is at work in your life whether you use it to advantage or not. Your thoughts will begin to attract to you what you think about most. Start living in that knowledge, and work on thought replacements that will move you towards what you want for your life. Quit thinking about what you do not want, and start taking the actions for what you do. Spend more time there, in your mind and in your conversations with yourself and with others. .

64. Sit down and do nothing.

When was the last time you were truly silent and completely 'with yourself' and your surrounds? Are you able to sit still for longer than 30 minutes without feeling driven to get up and attend to something that comes to view, or that occurs as a job that 'must be done now'. Practice sitting still, and being still 30-minutes, for several days in a row, this week. If you think you can't, all the more reason for you to get the hang of this!

65. Get back to basics.

Sometimes it is easy to get distracted and prodded or pulled, by various demands, coming from many sources. At times like that, it is worth while just taking stock and reviewing your personal goals, then cutting out several activities that are simply not serving you. Go 'back to the drawing-board' and take a look at what MUST be in your life, and which are all the unnecessary little extras that have crept into it!

66. Your brain logs things that you aren't even aware of.

Every day, surround yourself with words and pictures that represent your visions and ideals. Increase the number of great thoughts and ideas that enter into your immediate environment by creating a vision board, listening to empowering audios, viewing inspiring movies or motivational videos, engaging with like-minded friends, using a variety of tools for increased abundance.

67. External issues are never the source of not being successful.

When you look at what's not happening in your life, that you'd like to see happening, take a longer and harder look at how you are the source of what is happening, and that the results showing up in your life are 100% your responsibility. When you really look, you definitely can see how it all originates from you and is sourced in the choices you did, or did not, make.

68. Ramp up your sense of personal purpose!

If you're dragging your feet, and finding daily life uninspiring, or your personal projects are just not moving forward at sufficient pace then get back in touch with why you're doing any of what you're currently doing. Get reconnected with your original insights, the ones that got you started, and the ultimate outcomes you want to achieve. Create a new display for yourself, to remind and energize you each morning.

69. Take action, now!

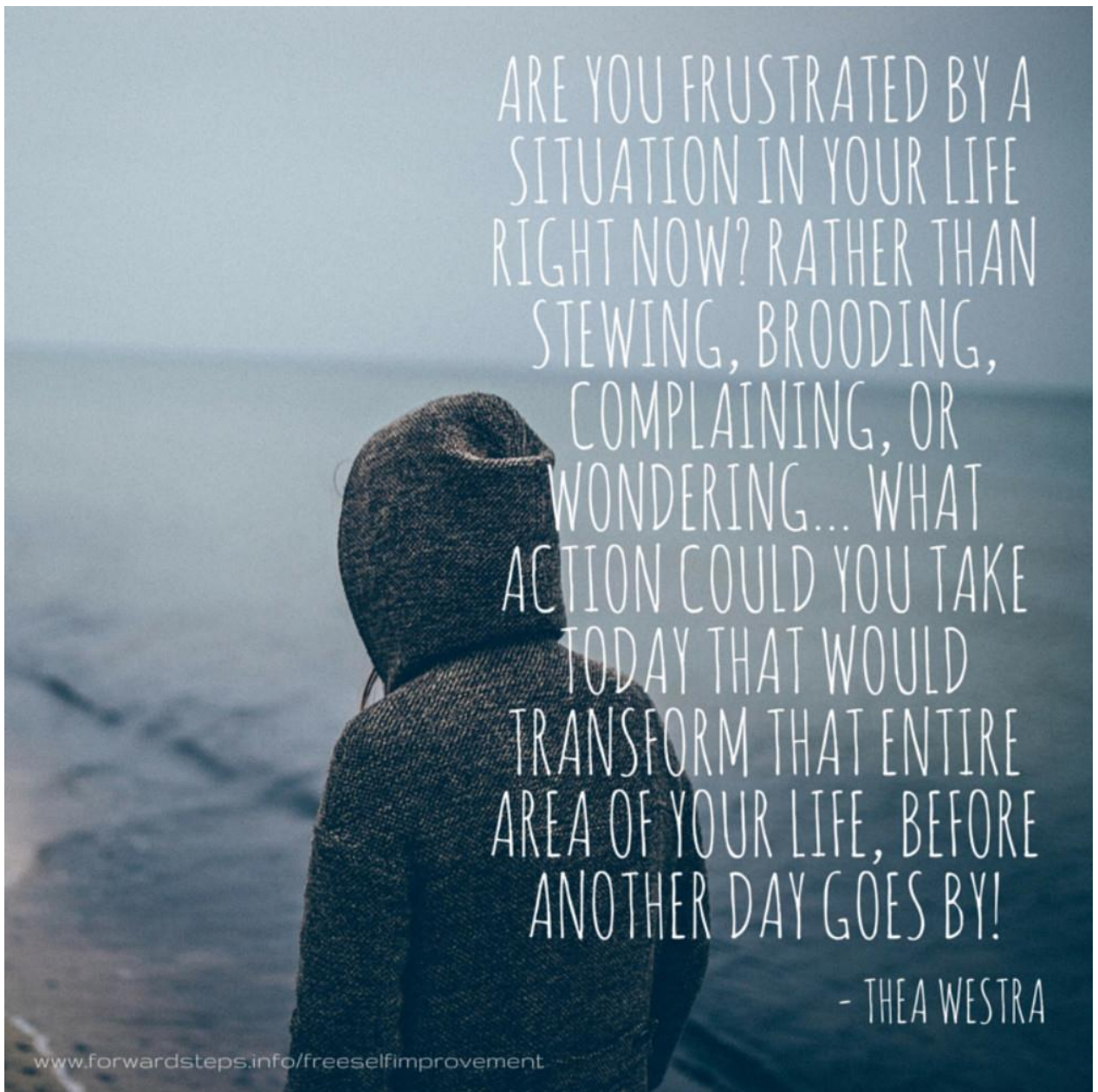
Are you frustrated by a situation in your life right now. Rather than stewing, brooding, complaining, or wondering... what action could you take today that would transform that entire area of your life before another day goes by? Get right to it and take that action, with the proviso that it is an action for the highest good of all.

70. Seize opportunities when they present themselves.

I know you have 20/20 vision in hindsight. I'm certain that there have been many times in your life when you've looked back and said to yourself, "I wish I had acted on...". What could you put into practice these days, so that you have fewer of those experiences and more of the, "Gosh, I'm so glad that I...", type experiences in your life? Get to work on manifesting those now!

71. Get your goals into action mode.

After setting a broad, intended outcome for a goal, for example, I choose to create a shiny, bright and highly organized office space with all my tools and information at my fingertips; get yourself super focused with action based targets. Something like, by the end of the week I will have 10 email in-box folders organized, 5 files cleaned up in the filing cabinet, and a new office chair. Structuring short term activities like that will help you be specifically targeted toward the completion of your larger vision goals, and you'll see them more readily as a done deal.



ARE YOU FRUSTRATED BY A SITUATION IN YOUR LIFE RIGHT NOW? RATHER THAN STEWING, BROODING, COMPLAINING, OR WONDERING... WHAT ACTION COULD YOU TAKE TODAY THAT WOULD TRANSFORM THAT ENTIRE AREA OF YOUR LIFE, BEFORE ANOTHER DAY GOES BY!

- THEA WESTRA

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72. Get the right tools for the job.

Once you are clear about where you want to go and you've got set targets for your goals, it's time to start looking for everything you'll need for getting the job done. It may include specific times for visualization, conversations with certain people, the right speed for your computer, a new web domain, a good head set and microphone etc. Begin listing the resources and set yourself up for success. Your lack of resources must never become your reasons for not moving forward.

73. Expect good fortune.

Live from the perspective that the universe is conspiring, right now, to bring you exactly what you want and need. Expect a miracle every day. Feel the joy of living in that knowledge or belief, and often do things or take actions to maintain that state of being for yourself.

74. Listen to your hunches and intuition.

When I look back, at pivotal turning points in my life, I notice the number of times I'd not listened to my inner voice, and instead, took action based on a well-meaning advice from friends. In retrospect, and with 20/20 hindsight, I see it may have served me better to stick with my initial 'gut instinct'. In the words of Kim Basinger, "I feel there are two people inside me - me and my intuition. If I go against her, she'll screw me every time, and if I follow her, we get along quite nicely."

75. Take a break and walk away.

As Leonardo Da Vinci once said, "Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer; since to remain constantly at work will cause you to lose your power of judgment. Go some distance away because the work appears smaller and more of it can be taken in at a glance, and a lack of harmony or proportion is more readily seen."

76. Catch yourself complaining.

When you complain, who is actually doing the complaining? Who does it help, when you complain? Could we replace a complaint with a question, action or a statement, at that time that we notice ourselves wanting to complain? Something like, "Well if I don't want this, then what do I want?" or, "Goodness, that's not like me to do something so silly". Get creative, next time you catch yourself complaining, replace the complaint with an empowering statement, action or question.

77. Get a little help from your friends.

Are you still doing it all alone? Find some connections who are up to similar things to yourself and become 'accountability buddies'. Make promises to each other and hold each other to account for achieving what you said you would. It need only be as simple as an email to each other at the end of a day and perhaps a brief phone call at the end of each week. If you find yourself being distracted or procrastinating, that would make a great difference with your progress.

78. You are here to live out the dream in your heart.

Listen to your intuition as best you are able. Increase the possibility of that, by limiting the impact of the distractions around you, and the cultural expectations foisted on you. Find lots of quiet and still times, to just be with yourself and to be in nature. Listen to what your heart is wanting to express, and begin to take actions that follow your heart message more closely. It is important to do that responsibly and gradually, so that you increase self-awareness throughout the process of that journey, back to you. You have a unique gift, it's your job to find it and contribute that to the world.

79. Get everything in alignment.

Does your environment align with your thoughts and align with your daily habits etc.? If something is out of whack with what you say you're about, or with what you say you want to create then everything is out of sync. Begin looking at the areas that need attention so that you're not rolling through life on a set of square wheels.

80. Self-empowerment can only come from within you.

Quit looking outside of yourself for answers. If you were 100% responsible for how your life evolves and for how it all turns out in the end, then what one thing would you take on board for yourself, today? Just for one day, be completely accountable for results you produce and all the circumstances that show up. Personal power is yours to own!

81. Failure is mankind's most neglected resource.

Any situation stops being a failure as soon as we attempt to learn from it. And we don't even have to actually learn anything. The attempt alone is enough. Once you've taken the action, the constructive process has already begun. And that activity begets more activity. And here's a profound thought. When you stop or quit, nothing happens. (Taken from "*Class Of '03 Must Be Willing To Fail: An Unsolicited Commencement Speech*" by Steve Young)

82. You can have a purposeful life that brings you a sense of fulfilment.

It is up to you to look for that, and to then take the steps toward creating a designed life experience, and toward fulfilling your life's purpose. Begin by starting at the end. At the end of your life, what is the footprint that you wish to leave behind? What will you be proud of and what are the personal victories that you will have achieved, over yourself?

83. Your mental state has a powerful effect on our physical state.

South West Airlines has a mission statement that says, "People rarely succeed at anything unless they are having fun doing it." Ask yourself often, "What would you do if you won the lottery tomorrow and could do anything you wanted?", and explore all your responses to that question, then take action.

84. Watch inspiring movies or listen to inspired people.

We are so much more energized and productive when we feel great and when we associate with energized productive people. So hang out with your highest energy friends and hang out with people you admire, even if it's by reading, listening or watching on a video. Start with Andy Andrews' talks. I recently read his newest book *Mastering The Seven Decisions*.

85. You need to ask for what you want.

You cannot expect those around you to be mind readers. You need to find ways to communicate what you want. Be direct, up front and specific when making requests from others. They then have three options - Yes, No, or a Counter Offer to your request. Everything is negotiable, and very little is set in concrete, until the last conversation is had, and agreement is reached. Even then, there is opportunity for review, a little way down the track.

86. Remember to see the obvious, too!

We so like to entangle the issues of our lives. Sometimes things are actually quite simple, and we think they ought to be more complicated. 'The Obvious' may be staring you in the face, right now. Are you ignoring the simpler option, and looking for something more abstract or sophisticated? The simple may just do the trick and take you from where you are, to where you want to be, much faster and more easily.

87. Fear will lock up your imagination.

To think your way out of a situation you want to get out of, or to think your way into a scenario you want to set up, you need to manage fear. Fear wears many hats. You'll know you're operating from fear when you're not experiencing Positive Emotions. Do something different to elevate your state of body and mind and you'll get creative again, plus have some fun too.

88. Begin the process of eliminating debilitating fears.

Do you still have things that you would love to do yet you know that particular fears have been impeding progress in that area? Stop looking at or analyzing the fear and direct your focus instead on what it is that you want to accomplish. In your mind's eye practice daily, feeling the success and the victory over self. Then take some small steps in the direction of your desired outcome. Stretch...! The again, as your courage builds you could take a giant leap. *"Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps."* -David Lloyd George



Sometimes things are actually quite simple, and we think they ought to be more complicated. The 'obvious' may be staring you in the face, right now. Are you ignoring the simpler option & looking for something more abstract or sophisticated?

-Thea Westra



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89. What you contribute, you'll get.

This Universe works on energy exchange and it's up to you to determine your contribution. To get full value from your life, you need to give value. If you feel you're not winning at your game of life, begin looking for what you can give rather than what you will take. *"If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way."* –Buddha

90. Give yourself a new perspective if your energy is low.

Imagine you are in a business of your own and things are not faring well. What are all the thoughts that you have when you say the word 'business'. As Dr Phil would say, "How's that working for you?" If you are not producing your desired results, could you attach some new thoughts to the word 'business' or give your enterprise another 'label', one that empowers you?

91. Establish your word as "Law".

We become so used to sliding out from our promises to ourselves, and sometimes the promises we make to others. Every time we do that, we are training our mind. We are diminishing the power of our words and thoughts. Read a powerful chapter in a book by Stuart Wilde forwardsteps.com.au/docs/WordAsLaw.pdf

92. Take a leap!

"Come to the edge, he said. They said: We are afraid. Come to the edge, he said. They came. He pushed them and they flew." -Guillaume Apollinaire
There will be many times in your life when your head says no, yet your heart says yes. Will you have the courage to listen to your heart and follow your own hunches?

93. Decide to feel good for no good reason.

This is great personal training. Practise going against the grain with regards how you feel. Do something that you don't feel like doing and do it just because you said you'd do it. Train your subconscious to know that you're boss and that you say what goes. Rather than being at the effect of external circumstances, happenings or commentary by others.

94. Ask for what you think you want, but know that you will get what you really want.

Your subconscious mind could be carrying a whole batch of other incoming data than you may be aware of, with your conscious mind. Get to the heart of your true thoughts and get to work on adjusting those. Rewire your brain with new incoming data. Filter out the negatives by listening less to popular media and reading fewer newspapers, ignore gossip and negative conversations. Increase the number of empowering audios to which you listen and read more and more books that will elevate your mindset.

95. Chunk your large goals into manageable steps.

Sometimes we procrastinate on beginning a new project simply because it is so large that it scares the heck out of us. Break it into really small manageable action steps. "Take the first step in faith. You don't have to see the whole staircase, just take the first step." -Dr. Martin Luther King Jr. then... *"Vision is not enough, it must be combined with venture. It is not enough to stare up the steps, we must step up the stairs."* -Vaclav Havel

96. Consider another's perspective and perception, when communicating.

Are you passive, passive-aggressive, aggressive or assertive when you're in communication with others. Step into the shoes of the recipient of your communications before you deliver them. Remember too that communication is a two-way street. Are you listening to what the other person is saying, and not merely hearing what they say while you're trying to think of the next thing to say before they've even finished?

97. Pause and reflect.

When I was teaching, it was as important to include activities that allowed my students to have reflection time on what they'd learned, as it was to plan the actual program. Give your mind time to connect all the pieces when you are beginning or exploring any new ideas or projects. When you allow that space, you'll be amazed at how much work your subconscious does in the background when you stop the frantic activity for a little while. You'll have new creative ideas come to mind more easily.

98. You may become discouraged if your goals seem impossible to achieve.

If you're a couch potato and you've suddenly today, decided to be an Olympic medalist in the marathon then please do not attempt to run the full marathon distance on your first day! I think you can see already what I'm getting at here. Wouldn't you be so much better off putting together a measured, consistent and daily plan of action to achieve your end goal? So ...what huge goals have you decided to accomplish and do you have that plan in place?

99. What you resist, persists.

Ever noticed that the harder you wish for something to not come toward you, that more of this 'thing' starts showing up in your life? Move your focus toward what you do want, and truly want. Decide what you want and begin stepping in THAT direction. Quit expressing your goals as things that you want to move way from, and rewrite them as affirmative statements for what you now want to create.



100. The Universe loves speed.

This includes the speed of your own personal vibration. The energy that we emit either makes us super attractive and highly visible or else obscure to those around us. There are people who we want to be near all the time and there are those we tend to avoid, and we can't always quite put our finger on, why. It is all related to vibration energy.

101. Buckle up and get to work.

You've likely read lots of information and are using many techniques for manifestation, visualization etc. However, are you remembering to do your share? There's a time for everything and you will need to get your hands dirty if you want to accomplish even half of what you say you want to achieve. I once heard someone say, "they've never heard of a big bag of money fall on anyone's head while they were meditating!"

102. Create mental pictures.

Do you actually 'see' the visions of what you want for your future? There is nothing like involving all your senses when creating goals. Feel that carpet or grass under your feet, smell the aromas of the environments of your dreams. Cut out images from magazines and paste them on a vision board. Get your 'mind's-eye' active when planning goals for your future. Get your body in tune with the success that you want to experience. Notice the 'gremlins' that you need to remove.

103. Miracles are not accidents.

"My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment." -Oprah Winfrey You put something in motion by saying certain words, thinking certain thoughts and/or taking certain actions. That in turn gets wheels turning and cogs rolling, towards what is showing up in your life today. It is all sourced in something that you started weeks, months or even years ago. The butterfly effect.

104. Notice what you learn.

Have you ever said to yourself, "I wish I knew then what I know now"? What are some of those things that you know now, and wished you had known then? Can you get in touch with those lessons and make full use of them today? Will a piece of your past knowledge make a difference to some of the decisions that you will make for yourself today? Or do you ignore the lessons?

105. Leverage the resources that you already have.

Some of you have huge dreams yet seemingly, minimal resources. Take inventory and recognize what you do have available to work with. Sometimes we forget the things that are right under our noses when we are concerned with looking across the wide chasm to our intended destination. Start with gratitude and listing those things then find ways to use what you do have, as stepping stones for moving forward.

106. It is possible to be different and still be all right.

Are you still comparing yourself to others? If you want to live your life and your unique purpose then focus on that, and much less on what others are doing or what others think your life should be about. Comparing yourself and your life to others and other lives, is a trap to be avoided.

107. If you're not going all the way, why go at all?

Are you taking on projects with 'one foot on the brakes'? Think about what is the source of your hesitancy. Perhaps the things to which you are committing yourself are not the ones you really want to be running with. Are they 'shoulds' rather than activities you have truly 'chosen' for yourself?

108. Set up a habit plan for yourself.

Your life to date is being directed by your daily habits. When you go to work on tweaking those habits that are regular to you, your life will change direction. Habits need to be adjusted to shift direction over time. A little bit like tacking in a sailboat, the tack describes the position of a sailboat's bow (the direction you face) with respect to the wind (life events).

109. Confronting our fears is the definition of courage.

How fearful you are is determined by what you pay attention to. What do you pay much attention to and what could you do to shift the types of things to which you pay attention to reduce the level of fear that you experience?

110. Though much is taken, much abides.

Do you keep looking at the hole and rarely see the donut? I read somewhere that if you earn more than \$3 a day (or per week) then you are more financially wealthy than 50% of the world's population. Develop an attitude of gratitude.

111. Catch yourself complaining.

Do you habitually complain and are at a point that you don't even consciously distinguish that something you've said, is a complaint? Be more aware of your speech patterns and change the ones that you notice, are destructive. Use empowering phrases as your replacements.

112. Action is the antidote to despair.

That is a quote by Joan Baez the folk singer. It may have been said a long time ago, however it remains valid. Are you still only thinking about what you want? Have you given yourself permission to fail or to succeed? There is no fairy dust or magic wand that will bring your goals alive unless you determine, and then take your first step. Then ...take the next step!

113. Never blame another person or external events.

There is no 'blame'. There are only actions and results. Give power back to yourself and keep things in perspective. How were you the source of events in your life and how can you now respond to make a positive difference to current circumstances?

114. Time = the space between cause and effect.

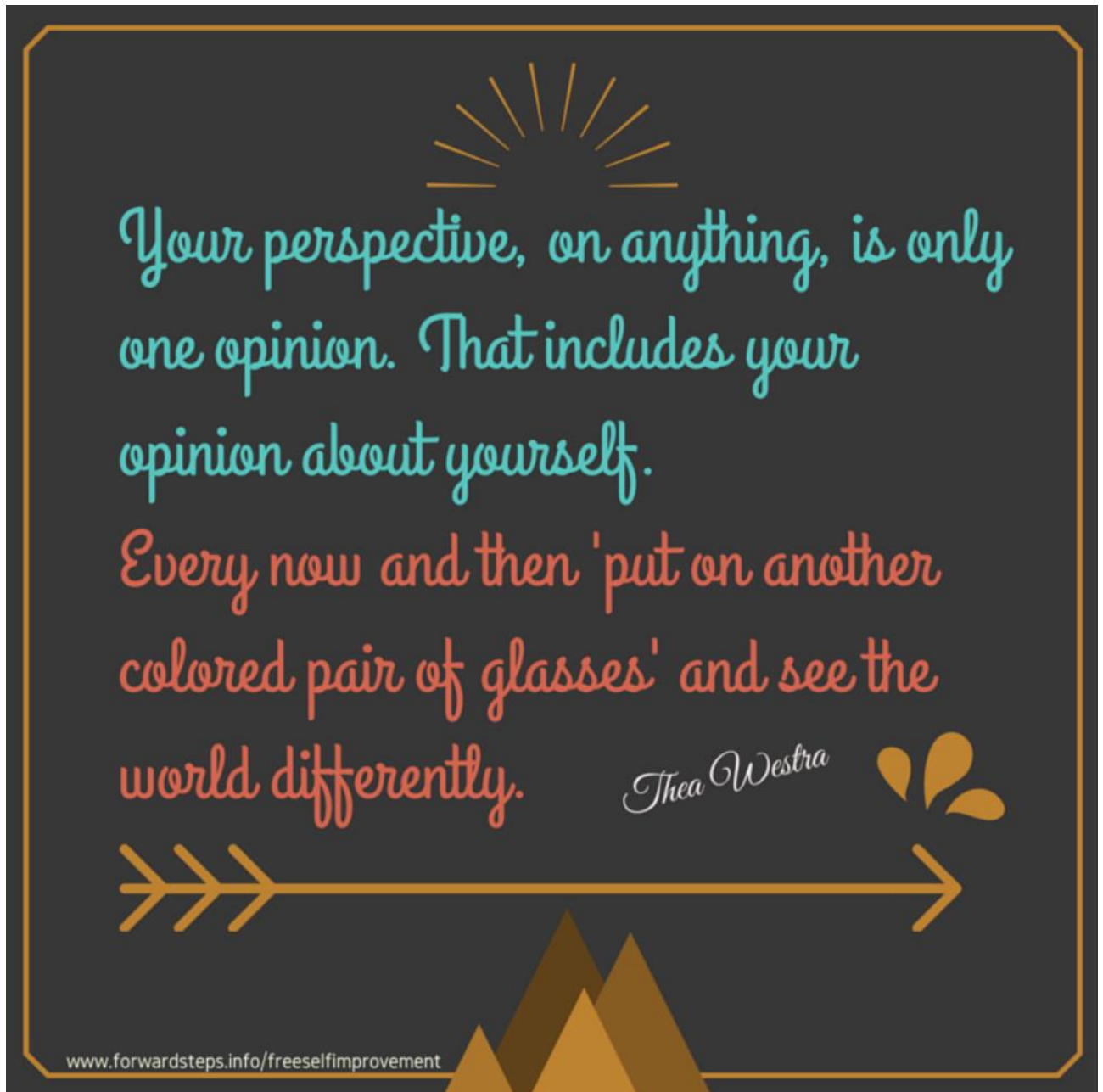
That statement may or may not be 'the truth'. However, take it on board as 'true' for this week and see if it empowers you the way that it has me. I felt that it caused me to move forward in a more straight line, in a shorter amount of time, toward the 'effect' that I was wanting to create. Share your experiences in the comments, below.

115. Challenge your personal viewpoints.

Remember that your perspective, on anything, is only one opinion. That includes your opinion about yourself. Every now and then 'put on another colored pair of glasses' and see the world differently. You may find some brand new perspectives related to an area in which you were previously stuck. *"If in the last few years you haven't discarded a major opinion or acquired a new one, check your pulse. You may be dead."* -Gelett Burgess

116. Get consistent structure into your days.

You won't be heading in a straight line toward the fulfilment of your personal goals unless you take consistent steps forward. You must put some structures into your days that keep you in focus and on track in the right direction. It is too easy to be distracted, procrastinate or be run by another's agenda.



117. Nothing is too good to be true.

Keep your dreams alive. Talk about them often, create visual displays, have pop ups show up on your computer, stick post it notes all through your calendar, send letters to yourself, create an audio of yourself sharing about your greatest desires, keep taking the actions forward toward you end target. We can so often be our own greatest road block to our success.

118. Be willing to accept.

A gift given, and received, requires two parties, the person giving, and the person receiving. You must be open to receiving after you ask for something to happen or to come your way. "This man was drowning and a man in a boat came and said, 'Do you need help?' But the man drowning said, 'No thanks, God will save me'. So the man in the boat went off and then another man came in a different boat and said, 'Do you need help?' The man drowning said 'No thanks, God will save me'. So the man in the boat went off and then another man in the boat came and said, 'Do you need help?' But the man drowning said, 'No thanks God will save me'. Then the man in the boat went and the man in the sea drowned and went to heaven and said to God, 'God why didn't you save me?', and God said, 'I sent three boats for you' ... „

119. Make progress every day.

To accomplish your personal goals, you MUST take action. I see so many people wishing and hoping yet not taking even the first step toward their desired end result. Think of one thing that you could do today that will move you a step closer, even if it is only making a list of things you need to do toward your goal. You will not achieve if you do nothing.

120. Be your own coach.

If you were your own life coach, write down at least ten things that you might be asking yourself right now. Then answer these questions with all honesty. From that exercise, what actions do you now see that you could take to move you forward, with power?

121. Collect new evidence about yourself.

You likely have lots of evidence for what you believe you can and cannot do, or accomplish. This establishes certain beliefs that you have about yourself. Consider trying a few new things, outside of your comfort zone and collecting some fresh evidence about your capabilities?

122. Run your own show.

"All the world's a stage, And all the men and women merely players: They have their exits and their entrances; And one man in his time plays many parts." -William Shakespeare If you're not the one running your show then whose boards are you treading?

123. Every person, must answer to their own reflection.

"If you want to take the meaning of the word integrity and reduce it to its simplest terms, you'd conclude that a man of integrity is a promise keeper. When he gives you his word. You can take it to the bank. His word is good." -Bill McCartney This includes the promises you make to yourself. Do you know yourself as someone who keeps their word?

124. This too will pass.

Notice that the only constant in life, is change. You can count on change. If something seems dismal today, the whole situation could turn around in an instance. With awareness of that knowledge, how would you respond differently to some of your current situations?

125. Priorities come before goals.

You need to have as much of a clean slate as possible before you have space to create. It may be worth perusing the "Clean Sweep" program before moving ahead with new goals and targets. You'll move forward with greater power.

126. Changing direction is not the same as changing destination.

Know your intended destination. Be clear about what you want to ultimately accomplish and keep moving toward that. The road may be bumpy and curvy rather than a flat, straight line, and that's OK!

127. Failure is an event.

You are not a failure. Failure is simply a result of some action(s). Success requires courage. "*Courage is going from failure to failure without losing enthusiasm.*" -Winston Churchill

128. Fear is a cautionary sign not a 'don't do it' sign.

In the words of Jack Canfield, "Fear stands for Fantasize the Experiences that Appear Real. The Body can't tell the difference between the real and the imaginary. There are two ways of dealing with the imaginary. Either one stops imagining and comes back to the present moment or One focuses on imagining the positive."

129. The mind is for creating actions, not for storing them.

If you are in overwhelm then you might need to examine for what you use your mind. Use calendars or other capture tools for your plans of action. Trash anything on which you know you're never going to take action. Use external tools for managing your actions.

130. You never own anything.

Everything is here for you to enjoy for a time, and will be passed forward to others when you're no longer here. Begin enjoying the things that are around you now. Don't let your material 'things' own you!

131. You can be different and still be OK.

"I think the reward for conformity is that everyone likes you except yourself." -Rita Mae Brown Consider how you respond to those who are themselves and unafraid to be so. Aren't they the people we admire most? Aren't they most happy with their lives? Tension is who you think you should be. Relaxation is who you are.

132. Don't wait for inspiration. Go after it with a club!

Inspiration happens while you're in action, producing results, having great conversations or searching for information, among other activities. Sitting still and worrying or grappling with "Will I, won't I?" will not attract those inspirations to you. "*Life is what happens when you are making other plans.*" -John Lennon

133. Nothing in life arrives by luck or accident.

Take on board this belief for one entire week and see how differently you live the moments in your days. You may find yourself being much more aware and deliberate with every thought you have and every action you take. Share your experiences with us, in the comments area below.

134. You are only ever one insight away from a breakthrough.

"*Change the way you look at things, and the things you look at change.*"
-Dr. Wayne W. Dyer

135. Move toward your desired lifestyle one new habit at a time.

You may transform overnight and 'morph' into that desired persona or lifestyle. It's a rare occurrence though! Consider how you got where you are today. In that very same way you can get to where you want to be. The timeline is up to you.

136. Every day, write at least five things for which you are grateful that day.

Each entry in the gratitude journal begins with "Today I am grateful for..." A gratitude journal teaches your subconscious to consistently look for things to be thankful for - even on bad days. In fact, especially on the not so great days! It's important to write the journal by hand and not typing onto a computer screen.

137. Divide a large sheet of paper into 4 areas.

In each quarter, write one of each of these four questions: What is important to me? What do I love to do? What am I good at? What was I born to do? Write your top 9 answers to each. Relax and do not make this a significant and serious exercise. Then rank each question's nine answers, in order of importance to you.

138. Get to know yourself more each day so that your actions and choices are more and more aligned with your 'heart and soul'.

Get to know your own personal agendas so that there is less and less chance of running your life to someone else's.

Consider how you got
where you are today.

In that very same way...
you can get to where you
want to be.

The timeline is up to you.

- Thea Westra

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139. Turn off the television and radio (could you do it for the month?)

This will calm your mind, give you much more time and support with deprogramming some of those beliefs that are blocking you from progress in the areas of your life to which you are committed.

140. Refuse to put more than three items on your daily 'to-do' list.

All other activities are scheduled into a specific calendar timeslot. A to do list, that is incomplete at the end of a day, and therefore is continually added to for the next day, affirms for us that we fail. Accomplishments are what you want your subconscious to recognize.

141. Focus on the 20 percent that matters.

If you're not familiar with the Pareto Principle, enter this term into a Google search and start reading! Don't just "work smart", work smart on the right things.

142. You've got a lot of choices.

Some say that in today's modern times we have so much choice that confusion reigns! Are you allowing others to choose for you? When do you know for certain that you are choosing for yourself and how do you manage staying focused on the choices that you've made?

143. If nothing changes...nothing changes!

To have different then you must think, be and do different. If you truly want something to change, decide to be the catalyst for that change. In the words of Mahatma Ghandi, "*You must be the change you want to see in the world.*"

144. Put your dreams into motion.

Nobody else will do this for you. It's your dream, no one else's. Who has the greatest self-interest in seeing that dream come to fruition? Take deliberate action steps this week toward what you envision for your personally designed future.

145. We always have a choice.

There are costs and benefits associated with every decision, there are results and consequences for every action and non-action. It is not so much that we are "stuck" in any set of current circumstances; it is more a case of being unwilling to accept the costs and consequences of moving toward a different set of circumstances.

146. Life is not a practice game.

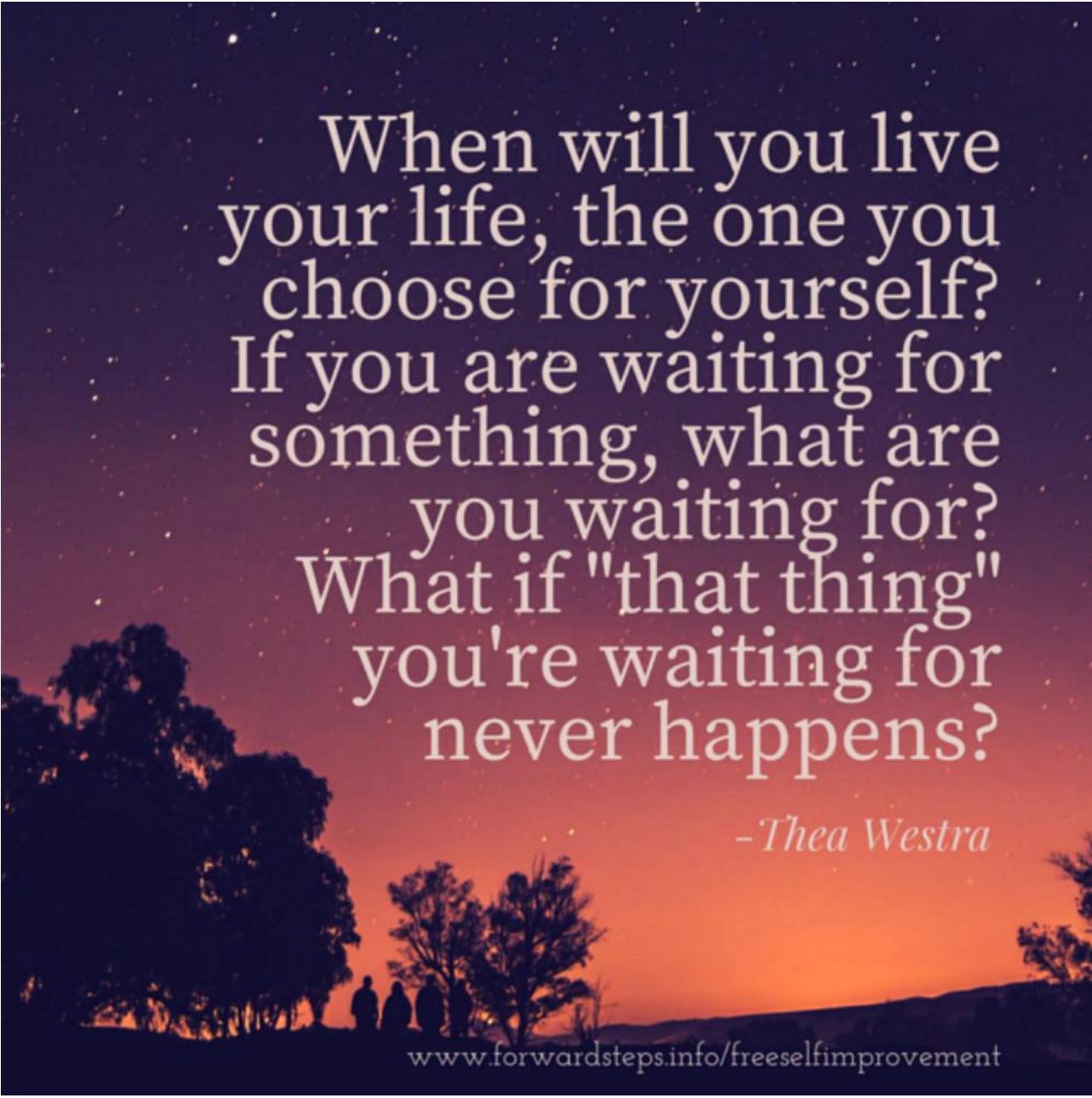
When will you live your life, the one you choose for yourself? If you are waiting for something, what are you waiting for? What if "that thing" you're waiting for never happens?

147. Replace negative thoughts and habits.

Once we have established the specific practices that we want to discard, we can then set ourselves the task of creating positive substitutions for these, rather than expend negative energy on the outright rejection of these habits. We will never rid ourselves of negative thoughts and we'll never totally eliminate unproductive habits, we can only ever replace them with a new thought or with another, more effective habit.

148. Develop greater patience.

Break down your larger goals into bite sized chunks, accept the fact that you are human, recognize and face challenges, be more consistent with your daily actions towards targets, have more compassion for yourself, be generous.



When will you live
your life, the one you
choose for yourself?
If you are waiting for
something, what are
you waiting for?
What if "that thing"
you're waiting for
never happens?

-Thea Westra

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149. Doing nothing is also a choice and will also produce particular results.

"Security is mostly superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing." - Helen Keller

150. When you throw a pebble into the water it creates ripples.

Know what you want to create as an end result, and never wonder about where and how to start. Just start with one baby step, and the rest begins to show up as you go along. You can adjust and revise as you go along. The pond will eventually expand into a lake and eventually your ripples will become waves.

151. Create the outcome that you want.

Are you certain that the goals you've set will really deliver on the intended outcomes you're after? If you think you have to get 'this' in order to have 'that', then what you really want is 'that', not 'this'. I sometimes ask clients to write five heartfelt reasons for wanting their goal accomplished; often inside of their responses we would find the more true goal to work toward.

152. Your brain wants to be organized and to work on problems.

When you take up a new habit it throws around both of these automatic ways that the brain loves to work. You've just disorganized by changing usual patterns and you've given your mind a 'problem' to attend. Therefore you need to live with much greater awareness whenever you take up a new habit. Set up any new habit within the context of your current habits and remain vigilant by keeping your focus on solutions.

153. Be "for" something.

If you keep focusing on what you don't want then you're not creating a future, you're dwelling in a negative space and operating based on the past. Rather than being "against" things, ask yourself "Well then what DO I want?" and begin taking action related to your response(s) to that question.

154. Is the universe friendly?

Einstein once said that this is the most important question a human being can ask. I can totally see why he'd suggest that. If fear has so many disguises then your perception of your world can make or break you in terms of taking on the "big stuff". What is your honest response to Einstein's question?

155. Now is the perfect place to start.

...and, if you are waiting or holding back, of what is that really a symptom? It is a symptom, a signal that something needs exploring and further questioning. If you're not taking the first step, the first action, then find out what's going on within you that's putting on the brakes.

156. Start out with promises that you can, and will keep.

If you've been a committed couch potato for the past ten years and you decide to set a goal for completing a record-time run in this year's New York City Marathon, then a logical move is not to run the 42.2km distance on day 1, of your training! Step one may be to buy a high standard pair of running shoes and to map your daily training plan, between today and the day of the race. Then, when you keep that first promise, you can move on to a second promise, etc.

157. You'll never plough a field by turning it over in your mind.

Are you taking daily actions toward your intended outcomes? Or are you thinking about what you want to or need to be doing to create that life of your desire? Begin taking some affirmative steps toward the fulfilment of your goals. Stop that brain ticking over and get moving!

158. Fear has many disguises.

It can sometimes look like procrastination, being vague, confusion, indecision, going slow on a project, avoidance, being easily distracted... How does fear show itself in your life at the moment?

159. There's no such thing as 'finding yourself'.

You create yourself. You get to say who you are and what your life will be about. Start creating and designing that life you desire. Begin today with one step forward.

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FEAR+

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Fear has many disguises.

It can sometimes look like procrastination, being vague, confusion, indecision, going slow on a project, avoidance, being easily distracted... How does fear show itself in your life right now?

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160. Plan effective forward steps.

You will not get to where you want to 'get' by accident. It must have a plan. A blueprint for how you will accomplish your dreams. Take time to create your plan of action and then do as your plan says.

161. Help yourself first.

Consider the advice that you receive when you fly in an airline...in any emergency, place an oxygen mask on yourself first, otherwise you won't be able to help anyone. Similarly with any first aid training, you must check for dangers to yourself first. Again that is because you are ineffective in helping another when you cause injury to yourself during the process.

162. There is no pillow so soft as a clear conscience.

Who do you need to speak with? What do you need to untangle? What needs decluttering in your environment? Which outstanding jobs do you need to complete? Go to work on a few of these areas and be amazed how well you sleep tonight. Full satisfaction with the way that you spent your day is a wonderful remedy for insomnia.

163. Conditions are never just right.

Even after you die, there'll still be "stuff" in your "in-tray"! You may as well begin now, moving toward what you really want. If you're not yet sure of what you really want for your life, then you could begin 'practicing', finding the answer to that question. 'Regret Minimization' is the name of the game if you have no major goals in mind at the moment.

164. Be not afraid of going slowly; be afraid only of standing still.

Success in life is directly connected to personal growth. Your capacity to produce results increases as your capacity to take on larger projects increase. Stretch yourself a little every day by saying yes to something that scares you a little. Do something that is a little beyond what you believe is in your comfortable range to do. Step out of that 'comfort zone' to increase the number of opportunities that show up in your life.

165. Install support structures.

In training children for independence we might install various structures to assist e.g. steps to stand on for reaching the bathroom sink, a special mouth piece on mugs to learn drinking from cups, playing with an older child to model certain skills, name labels on clothing so items are returned. Similarly when adults want to adopt new behaviors, we may need learning aids to assist us. Consider the possible 'tools' that you could put in place for yourself when you decide to adopt a new habit.

166. Know that you matter.

Notice during your days when it is that you make a difference to another person's life. Look for opportunities to make that difference. You do matter, and you are loved by someone. You are appreciated. You do make a difference.

167. Be discerning.

This is related to how you spend your time, with whom you spend your time, the 'tools' you use, to which requests you say 'yes', on what you spend your money, the movies you watch, the music you listen to, etc. Be discerning with everything in your life. It is a demonstration of how much you value yourself.

168. Turn competition into opportunity for growth.

We're all human beings sharing one globe. Do you really need to be competitive? Is there a more co-operative view that you could take today? Risk, being extremely generous, towards someone who you consider to be in competition with you? You never know, it may dispel an old belief that's currently keeping opportunities from your door. "*A rising tide raises all boats.*" -John F. Kennedy

169. You don't have to get it right.

...You just have to get it going. Phoebe is a perfect example of this. Take a look at her intriguing web site No One Belongs Here More Than You. She'll probably sell more copies of her book than someone who spent 100's of hours or dollars creating a professional looking site.

170. Light at the end of the tunnel.

Quit being someone who believes that the approaching light is an oncoming train! You get to say what that light is at the end of your tunnel. Make it something worth your time on the planet and something that gets you jumping out of bed in the mornings. In the movie *City Slickers*, Jack Palance's character, Curly, portentously holds up one finger and tells Bill Crystal there is only one thing to know about the meaning of life. "What's the one thing?" Crystal's character asks. "That's what you've got to figure out," is the evasive answer.

171. Align everything in your life with your designed and created future.

You could spend the next 365 days doing what you've been doing, and achieve the same results you're getting now. . . Consider that if nothing changed and you took no deliberate action in the direction of your intended future, then the things that you consider to be "problems" today could very likely be the same challenges that you spend time with at the end of next year.

172. Unleash your creativity.

If life no longer brings you joy then it's time to sit down with yourself again and get creative. What are the things you used to love doing and could again include in your life? What are the things that you wish for in your life and can make a start with this week? What are the things you've not yet thought of and you haven't given yourself some quiet space to let the mind wander so that they appear?

173. Be willing to release the patterns that are creating the conditions you do not want.

Most of us know what we need to be doing or being in order to improve our lives or to move forward. We sometimes choose to ignore taking action or going to work on those areas because we love to be comfortable. Any discomfort associated with challenging our past behaviors is only temporary. After a period of time, the new habits and behavior patterns become the new comfortable zone for us. You just need to stick with them long enough to get to that point. In order for people to change, the pain of change must become less than the pain of staying the same.

174. You can do anything for fifteen minutes.

Have you got a job hanging around that is a real drain on your energy? Do you spend more time thinking about it than actually beginning it? Set a timer for 15-mins. and race the clock to do as much as you can on that task, in the 15-mins. Then go back to whatever you want to do. Later in the day or next day, set the timer again and have another 15-mins. You'll get a real buzz out of this. Pardon the pun!

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175. Have less need to explain yourself to others.

You really do not need to explain yourself to others to the extent that you do. There's a lovely poster I saw somewhere that read, "I've seen 'normal' and it ain't pretty". Conforming to the behavior of the majority is not mandatory in life. Give yourself more permission to "be" you. A tree doesn't explain itself to you, yet it's majestic presence is very clearly felt. A fish doesn't explain to you why it moves in one direction or another, yet it's beautiful to observe. Relax and be more you.

176. Let go of your "all or nothing" thinking.

This thought is such a stopper for many people. It prevents us from starting anything at all. Are you a victim of your own thoughts of perfection? Let go, loosen up and start whatever it is that you want to start. Today!

177. Life is an ever-growing process, an ever-renewing process.

You'll never have it "all handled" when you die. There'll still be items to attend in your "in-tray"! There is no finish line, there is no race, there is nowhere to "get". There is simply, life. Change is the only constant, on which you can count. Learn how to "be with" change and life experiences. Learn how to call up your inner calm and how to be present, and to love all your experiences. Learn gratitude, and experience awe at the beauty of life.

178. Decision-making requires courage.

When you make a decision, consider the word "decide" and its meaning: The English suffix -cide denotes an act related to killing. From Latin caedere, "to cut, kill, hack (at), strike". In its wider meaning, it may also signify the destruction or dismantling of an object or concept [Wikipedia] We dislike letting go of options and when you make a decision you are choosing to let go of something. Do you have the courage to make decisions for your life? It is necessary to 'decide', for you to move forward.

179. Remember to record the things that make you proud.

Sometimes we can't see the wood for the trees. Do yourself a favor and find somewhere to visibly record your accomplishments, large or small (in your perception). It's a terrific reference for those days you feel unmotivated or a little lost about what you say that you are actually setting out to achieve. Such a list will support you staying in action on a consistent and long-term basis.

*You'll never have it all
"handled" when you die.*

**THERE WILL STILL BE ITEMS TO ATTEND IN
YOUR "IN-TRAY"! THERE IS NO FINISH
LINE, THERE IS NO RACE.**

.....

*There is nowhere to "get".
There is simply, life.*

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***And, just because I can...
Here are 3 extra life power tips for you!***

180. Having lots to do is a good thing.

Being in overwhelm demonstrates that you are "up to stuff" in your life. It forces you to prioritize and tackle the important, as opposed to the urgent, and forces you to take out the non-effective activities such as television viewing or Internet browsing. When you're busy you are likely expanding as a person, and you're most likely moving toward the accomplishment of some desired targets. You work out ways to be more efficient with the day to day tasks which, in turn, allows you to accomplish yet more in future and to value your time.

181. Self-development is something you do (not read, watch or hear).

Each time you take actions that step beyond who you know yourself to be, you will cause a breakthrough in that area. Initially it may feel uncomfortable to you, that's where visualization pays off. Over time it becomes a part of you and you can't imagine life not thinking or being that way. As a very simplified example, do everything with your left hand if you're right handed and vice versa. It will feel weird to begin with yet over time it will feel 'normal'. This is how any poor habits formed and it's also how you can begin to incorporate positive habits.

182. Manage your priorities.

Not having enough time is not a fundamental truth. It is purely a symptom of how you manage your personal priorities and where you choose to direct your energy. Reduce your commitments, or increase your requests of others. Learn to say yes or no effectively, to match your highest priorities. If something is working, improve it and expand on it. If something is not working, get it out of there!

179 Forward Steps

I hope you enjoyed the book and will make good use of its many empowering life tips.

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If you used these 179 life power tips, then can you even begin to imagine, how 2,843 actions, options, inspirations, tasks, and thoughts could transform your life if you took up each of them, over the course of a full year?

Find out more at...

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Plus have all 365 Forward Steps Notes sent to you each day...

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