



What's Next?

Five Tips to Create Your Life's Next Chapter

- 1. Get clear about what you want more of in your life.** It may be claiming an hour a day to improve your health, challenging yourself to learn a new skill, or exploring a new career. Take a piece of paper and write across the top: "This is what I want". Write out what it is you want 'more of' in detail. Label the next section "This is why I want it." What would this give you? Freedom? Work-life balance? Relaxation? A sense of accomplishment? Write the whys. Keep and re-read daily, adding new thoughts as they occur.
- 2. Make a commitment.** You don't have to know exactly *how* you are going to accomplish your goal. But making a firm commitment to move in a new direction is key. Write it down. "In the next six months I will....." Pick a timeframe that's motivating but do-able. Then share your goal with at least one or two trusted friends. Request they ask about your progress periodically.
- 3. Be open to opportunities.** Decisions attract opportunities. With your new goal in mind, you will start to notice related articles in the newspaper, on the radio, or a random magazine you pick up in a waiting room. Friends you've shared your goal with may also direct you to opportunities or introduce you to others that can help you be successful.
- 4. Take a single daily action.** Ask yourself 'what small step can I take today to move me toward my goal?' Then do it. It may be reading, researching, or talking to someone. It may involve setting aside a short time to practice a new habit. Reward yourself and track your progress visually with a star or sticker on your calendar. You'll miss a day here and there, but it will be easier to start again when you see how many days you took one small step in your new direction.
- 5. Surround yourself with inspiration.** If you love quotes, put your favorites on sticky notes and place them where you will see them...on your desk, in your car, on the bathroom mirror. If you are visually oriented make a collage with pictures and words from magazines that support your goal and place it so you'll see it every day. Take sixty seconds, close your eyes, and visualize yourself having accomplished your goal. Relish the feeling of success.

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#### Here are two of my favorite quotes:

*Doing what you love is the cornerstone of having abundance in your life.* -Wayne Dyer  
*You must begin to think of yourself as becoming the person you want to be.* -- David Viscot

**Lois Albrecht** is a Certified Coach & Life Strategist with thirty years experience in non-profit and for-profit business. She works with clients across the country by phone, offering support and accountability to move forward. Learn more about Cornerstone Coaching & Consulting [www.cornerstonecoaching.net](http://www.cornerstonecoaching.net) and **request your free 30-minute "What's Next" session** with Lois by phone.