

Transform your life in 2008 with our unique 7 day plan that will change your life forever

“If you always do what you’ve always done, you’ll always get what you’ve always got”

Mark Shields explains



DAY 1 - KNOW YOURSELF

Knowing and understanding yourself is paramount in achieving overall fulfilment and happiness. You need to have a clear view of your values, needs, and wants.

It is common to think that you want one thing and you really believe you need it, but it goes against your core values. This causes both long and short term problems.

If you want to achieve total congruence and eventual happiness you need to make sure your wants, needs and values are fully aligned.

DAY 2 - AVOID NEGATIVITY

If you feel and appear attractive and positive, you will attract the same into your company. Stay away from the doom and gloom of negativity within people, it will bring you down and be aware people may simply want to dump their negativity off on you.

It is a simple mistake to base your life's success on what you've achieved

however it is far more prudent to base your life's success on what you have indeed learned.

DAY 3 - SATISFY YOUR NEEDS

In life there are a core set of needs every one of us have. It is paramount as human beings these needs are met, if not it can lead to unhappiness, stress, and depression.

SECURITY - A sense of having a safe territory around us, so we can lead our lives without fear

BALANCE - A sense of autonomy and control over our lives

ATTENTION - Receiving it but equally important, giving it

CONNECTION - Friendship and trust in all types of relationships

STATUS - Knowing we have a valued place in each of the social groups we belong

ACHIEVEMENT AND COMPETENCE - this maintains our confidence and self esteem

MEANING AND PURPOSE - this comes from being mentally and physically stretched

DAY 4 - KEEP MOTIVATED AND REMAIN IN CONTROL

Establish your boundaries and be prepared to stand by your decisions. Begin by regaining control of all aspects of your life at home and at work. De-clutter your life and have the confidence to make changes. Make a habit of reviewing this each year to ensure you stay in control.

To keep yourself motivated to see these things through visualise the end result and imagine the feelings associated with that success. For example, imagine how good it will feel to clear out the loft or garage of all that junk and put it on ebay or hold a garage sale. Imagine how great you would feel when the junk is gone and you are left with some cash.

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HEALTH AND FITNESS

DAY 5 - LEARN TO FEEL GOOD

When you feel good your body produces higher levels of the brains "happy" chemical Serotonin. This controls your mood and low levels of serotonin have been said to cause a lowering of the mood and can lead to depression.

Another important "feel good" brain chemical is the endorphins. These are released when we exercise. It is therefore important to have a regular exercise slot in your diary. Always make the time even if it's simply walking to work instead of driving. You can monitor this by a pedometer, £6.99 from Boots. (Measure your daily steps) Not only will you feel good you will lose weight at the same time. Aim for 10,000 steps per day.

DAY 6 – COMMUNICATE

Always ask at least five questions about the person you first meet. This shows that you are interested in them and they will perceive you as someone who is attentive and caring and this always enhanced successful relationships.

Listening skills are very important with good communication. Try giving out a compliment a day as a starting point.

DAY 7 – GOALS

Goals are vital in us achieving what we want in life. They are instrumental in our lives both at home and at work. They add priority and focus to our lives and can keep us on track to achieve our objectives.

Goals start with a vision and finish with a plan. If we don't break them down sometimes they appear too daunting and we can be put off or give up entirely.

A valuable rule when setting goals is to ensure that they are specific, measurable, and achievable and that we review them regularly and we give ourselves specific timescales to achieve them.

Goals start with a vision, picture what you want, explore the opportunities, and then be specific. Remember write them down.

A QUICK STORY TO REMEMBER FOR 2008

"Effort only fully releases its reward after a person refuses to quit"

One day a farmer's cow fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally he decided the animal was old and the well needed to be covered up anyway; it just wasn't worth it to retrieve the cow. He invited all his neighbours to come over and help him. They all grabbed shovel and began to shovel dirt into the well. At first, the cow realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down. A few shovel loads later, the farmer finally looked down the well and was astonished at what he saw. With every shovel of dirt that hit his back, the cow was doing something amazing. He would shake it off and take a step up. As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the cow stepped up over the edge of the well and trotted off! It's going to feel like life is shoveling dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping by never giving up and moving consistently in the direction that we want.

Just continue to shake it off and take a step up and learn from the experience.

Mark Shields is a leading Behavioural Change Coach and runs his practice from York House surgery in St Helier. He is happy to discuss any issues in confidence for further information check out his website www.channelislandslifecentre.com

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