

15 Steps in Creating the Life of Your Dreams



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Everybody wants to know the real secret to creating the Life of their dreams. To accomplish this, you must have a positive energy that will follow through in everything that you do. This is because fatigue is an ever-increasing and more frequent challenge to overcome for many of us. You start the week energetic, optimistic, and motivated. You look at your plans and to do lists with great optimism but as the day or week progresses, all that positive energy dissipates. What happens?

Everyone needs to preserve time and energy for themselves. You need quality time to make quality decisions. This time is also needed to create, think, and take action. Most importantly, you also need time for hobbies, fun and family. These things cannot happen with what's left of your time and energy!

Taking control of your time and your energy can be the biggest step toward incredible success!

How Much Do You Value Your Time And Energy?

Dan Kennedy says: "If you don't know what your time is worth, you can't expect the world to know either." The use, misuse or abuse of your time by others, is the single most important factor affecting your life energy. But only YOU can allow or stop this. To manifest your dreams, you must exercise control by creating boundaries and having a personal time plan that you live by. You must focus on developing and sticking with habits that support your plan.

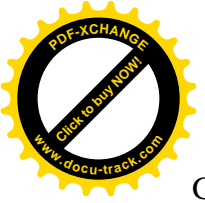
The Power of Personal Time

In our noisy world, we are overwhelmed by all sorts of noise. We enter a room; we habitually turn on the television, radio, or computer. Many people preserve no quiet time or just enjoy the serenity that life has to offer.

Are you a human being - or a human doing? Our lives have become endless work and non-stop activity. This kind of non-stop 'doing' wears you down and wears you out. I advise my coaching clients to change their schedules and set aside one out of every seven days when they do not answer the phone, do not do business or turn on the computer. The day is made up of relaxation, recreation, quiet time, and family. Don't you think you and your family deserve this? Remember, this: What is the best use of my time and energy to create the life I want?

Dreams versus Creation with Goals

Many people have dreams but it's a rare soul who makes all their dreams come true. Those who accomplish this have a SECRET WEAPON that they use to create major positive changes in their lives. It's called ACTION! Stop trying and start DOING. Trying and not doing gets you nowhere it's taking ACTION with your new life plan is the only way you will get to where you want to be. An added asset is hiring a coach that supports you. This is a great investment and will support you in THINKING, LEARNING AND LIVING the life you want! So here we go!



1 - CHOOSE A GOAL THAT YOU HAVE CONTROL OVER

Goals have to do with aspects of your life that you control and can take action on. When you take the time to identify your goal make sure you strive for what you can create and not focus your attention on dreams you cannot make a reality. You may dream of being a rock star but in real life you are not willing to do what it takes to make it in that world. Focus your thoughts and actions on what you can create in this world

2- EXPRESS YOUR GOAL IN TERMS THAT CAN BE MEASURED

If you don't get very clear about what you want in life, many times you will get sidetracked with work, others plans or just simply STOP. You must set up some type of goal tracking measurement because if you don't, then how else will you be able to determine your level of progress or if you successfully completed your goal? For example, exactly how much money do you want to earn per month or per year? Where do you want to be at the end of the year in profits?

3- ASSIGN A TIMELINE TO YOUR GOAL

The purpose of any goal is to establish precisely what it is you want. You must decide on a timeframe for achieving this new goal. This timeframe or deadline will create for you a sense of urgency or purpose, which will give you a sense of awareness of where you are. It will also prevent procrastination. These timeframes will also act as a motivator to see results. I personally like to create visual reminders so I can see exactly where I am on a weekly or monthly basis.

4 - DEFINE YOUR GOAL IN TERMS OF STEPS AND DIRECTION

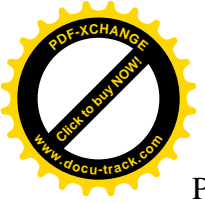
Goals don't just happen by themselves. True goals happen because you take one step at a time. All progress comes from well-chosen, intermittent steps that are realistic and can produce results. Most people set goals and have no idea what steps to take before they set out on creating those goals. As you set your goals, make time to think out or brainstorm with others. Creating a family plan brings you closer together and it shares responsibility.

5 - FIND YOUR PASSION

Peoples who love what they do are excited to get to work in the morning. If you have lost your passion for your work, here is an exercise for you. Sit down and write a list of the positive things about your work and business. Post this list in a place where you can see it daily to remind yourself that YOU are choosing how to spend your life energy. Individuals who live and breathe what they want seem to get there faster. It's a wise person who is invested in both the journey and the goal.

6- CREATE A VISION

People who are serious winners know the rules of goal setting and create a plan that fits their own personality. They achieve what they want because they go for it daily. These winners create a vision that keeps them motivated and on track. It's important that you know exactly what success feels and looks like to you. You must see, feel and experience your success in your mind and heart and then program your mind to make it all come true.



7 - PLAN STRATEGIES THAT HELP YOU STAY ON COURSE

People who are successful always assess the obstacles to be faced and resources required to make a goal become a reality. You want to create a strategy for overcoming the obstacles in advance if you can. Many people think that just willpower alone makes them successful. If you look at your own history you will find that for the most part willpower is unreliable because it is based on your emotions. Life is full of temptations for individuals to get off track. With a task-oriented behavior it's much easier to get things done. There are three areas in your life where you must pay close attention to: your environment, your schedule and your accountability. These must be monitored so that all three will support you in achieving your goals.

8 - TAKE REPONSIBILITY FOR YOUR PROGRESS

The most impressive people I have ever met periodically make reports on their progress. Find someone in your life that you trust enough to whom you can be accountable. Many people con themselves by “being” busy work instead of profit work in their businesses. If you know exactly what you want, and when you want it -you are more likely to continue in your pursuit of your goals. Keep in mind a very important RULE OF SUCCESS-there are real consequences for not doing the right work at the right time.

9 - BE FLEXIBLE

They say the most successful people are the ones that are flexible enough to understand that in our ever-changing world the best -laid plans often change. When working on your goals make sure you are open minded and flexible enough to start over or alter your direction. They do not allow that flexibility to alter their plans and let it control their dedication.

10 - TAKE SMART RISKS

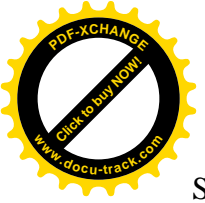
Successful people take more risks than the average person because they are consistently willing to get out of their comfort zones. It is natural for us to be scared to go into the unknown and leave behind the safe and familiar world. But if you want to have more in life you have to take risks. Sometimes the outcome is not always what you expect nor want, but if you don't take any chances in life, where would you be?

11 – NEVER STOP LEARNING

Educating yourself about success is the key to becoming a success. Create a plan of lifelong learning for this is the only one way to get answers in life, and that is to ask questions. Your goal should be to learn one new thing every day. Expose yourself to the information around you. Go to seminars, read books, listen to audio recordings in your car while commuting. Learning is what keeps you and your business healthy

12 - CREATE A PLAN WITH PRIORITIES

Successful people know that they must have a clear and well thought-out plan for managing their priorities. They write down their plans and stay away from time wasting activities realizing they can save time by modeling themselves after others who are successful in their field. Committing to time management will support you in reaching your goals faster..



13 - BUILD A SUPPORT TEAM

Successful people realize that they cannot be all things to all people. **You must surround yourself with a group of people who want you to succeed.** They have the abilities, skills and talents that you do not have, so they can assist you and vice versa. This creates balance in business and in life. The truth in life is that nobody becomes successful all alone. Build a team of people around you who truly appreciate you and want to assist you in achieving your goals and dreams.

14 – ALWAYS BE TRUE TO WHO YOU ARE!

Successful people realize how important it is to hold themselves to high but realistic standards. They want to deal with the truth because they understand that nothing but the truth will make their goals obtainable. It's better to be a bit self-critical than it is to be self-deluding when it comes your personal life. Hold yourself to high but realistic standards to make your goals come true.

15 - TAKE ACTION

Real people take action! The people who take purposeful, directional action are the ones who consistently achieve their goals. Take action daily towards achieving at least one of your goals. Reward yourself at the end of the day for moving ahead and not just sitting and thinking about what you want to do. DO IT!

Life is way too short for regrets and not going for what you want!

May all your hopes and dream come TRUE!

Warmest wishes!

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