

Time for change?

Do you want to make changes in your life or change how you spend your time? Do you keep letting yourself down?

We are often prompted into the realisation that changes are needed in our lives. It may be at the start of a new year, a significant birthday, or a change in season. It could also be a life changing event like burnout, illness, or an accident.

We commit to changing our lives, our eating habits and exercise routines and our "bad" habits. A few weeks down the line, sadly, we find ourselves repeating the same behaviours as the last 5, 10, 15 years! Here is how it goes.... we scream out of the starting blocks determined to have more balance, get fit, eat more healthily etc and then the bargaining begins.

Changing course for just one day, seems like the most reasonable thing to do, and harmless, because you just need this one indulgence, piece of cake, drink, day off exercise or late night at work and then you will be back on track, right? **WRONG!**

We all know the slippery slope from there.....

Whatever your desired changes, you must consider how important they really are to you and think about how committed are you to changing. Often, they are very important to our logical minds but something is missing. Change is needed at a different level.

Your programming, which is learnt behaviour over all the years of your life, overrides your good intentions. You can overcome this by living more consciously and thereby, improve your ability to see when you start self-sabotaging and consciously choose actions and behaviours that will serve you. Once you can do this, you have no more excuses, you are then fully accountable to yourself for your decisions.

It is not enough to write down how you would like your life to look, that is just the beginning.

Here are some tips to guide you:

1st - Identify what you really want (not what other people want for you)

Ask yourself repeatedly: What do I really want? (try to answer with no limitations).

2nd - Make a commitment in writing

Write down in as much detail as possible what you want and by when.

3rd - Find a way to hold yourself accountable

Tell friends and family what you are doing and check in with yourself weekly or monthly to see how you are doing.

4th - Be aware of when you are self-sabotaging

This requires being more conscious of what you are doing

5th - Reward yourself for sticking to your commitments

Again, this must be done consciously and the reward should serve your progress and not take you back to where you started

If you stick to these steps and embrace the responsibility of creating the life you want, the way you live your life will change fundamentally. You will be driven by positive accomplishments and be empowered to make the right choices (most of the time). You do, however, have to be committed to making changes and be committed to taking full responsibility for creating your life as you would have it.

Another benefit of learning these skills is that your relationships will improve because you learn how to control your reactions. By being more conscious you can stop living in reaction. You will be more aware of your behaviour and thus choose more productive responses to people that really "push your buttons".

So, you can continue to go through your days just getting by and leading a reasonably normal life or you can take a step to break through those barriers and have a more fulfilling and even exciting journey! It's up to you.

By
Roz Sandham

Roz has worked in executive corporate roles with global brands for a number of years. She has an honours degree in Industrial Psychology and is a certified consciousness coach. Roz does individual coaching and runs workshops for women. Go to www.alfc.co.za for more info or call her on 0824122581.