

# Background Changes To Make

Changes you may want to make to better position yourself for success and fulfillment.

This is a list of ten fundamental or background changes that clients often make in order to improve the quality of their life and to become even more successful. This type of list is important because it contains strategies and approaches, which can do as much for you as a direct effort to reach your goals. Think of this list as an investment in YOU, which pays off long term.

## 1. Strengthen Your Personal Foundation

Just as a skyscraper needs a deep and strong foundation to support its weight and the environmental stresses affecting it (heat, cold, gravity, wind, earthquakes), so do we need a strong foundation, which we call a Personal Foundation. Your Personal Foundation includes extensive boundaries, high levels of integrity, high standards, resolution of the past, a strong community, network and family, a healthy reserve of time, space, opportunities, money and energy, an absence of tolerations, personal needs, which are completely satisfied, and values, which are being expressed. If any of these areas need attention, your coach can help you with them (you may want to take the Personal Foundation 100-point self-test).

## 2. Learn the Attraction Approach To Living

It is my view that there **is** an easier way to live and that is to attract the best people, opportunities, love, energy and money to you by making yourself irresistibly attractive. And how does one do that? By learning and applying the 28 Attraction Principles, which are outlined in my book "The Portable Coach". I have seen many clients try hard to be successful, and be frustrated by how long it takes and the stress involved, because they are using an 80s approach to success which does not work any longer. The Attraction Approach is a low-cost, high-return method.

## 3. Let Go Of The Future As A Focal Point

Most of us are driven by the future instead of being inspired by the present. In other words, we focus on the future (a goal, a lifestyle, an outcome), and like a tractor beam, we're on it — but at what cost to us, to our present? One of the things that is really challenging is to change your relationship with the future (and thus with time, itself). My view

is that the future will take care of itself if you take care of what is in the present. Obviously, you are hiring a coach to reach goals and make improvements, so I am not saying to give up on goals, but I do believe that the number of opportunities available all around you are more accessible if you 'let go' of the future and simply over-respond to the present.

## 4. Come To Understand — And Respect — What Motivates You

There are literally hundreds of things or feelings that motivate us, but we don't often know what these are or how they work. We all know about fear and greed and love and pleasure as motivators, but my view is that each of us has several motivators that drive us, whether we want them to, or not. Part of the coaching process is to come to understand how you are wired and what motivates you. While it is true that most people have a sense of this already, few have the awareness of all that is occurring. It is my view that this increased awareness (that a coach can help you expand), will give you more self-control and help you design an emotional (intangible) and physical (tangible) environment that brings out your best.

## 5. Trust Your Whims And Experiment Continuously

I have got nothing against making logical and rational decisions. Give me the right data with an intelligent analysis, and I will probably buy into something. But as we turn the century clock, it is important to note that we are being forced to embrace chaos and learn how to make decisions based on an increased number of variables and decreased number of cause-and-effect relationships. In other words, what use to work in decision-making, works less and less today. Better to develop your instinct, inklings, and intuition into an art form than to slip into the familiar comfort of making merely logical choices.

## 6. Learn From Your Environment And Evolve From What Occurs

Most of us have been trained to control or override our environment in order to get something done. But consider the possibility of responding (and over-responding) to what is already occurring, much like an Akido master who uses the energy of the other person (attacker) and redirects it to get what he wants, instead of resisting / fighting / overcoming it. So, the next time something bad happens, don't just overcome it, surrender to it, see the perfection in it and learn from it quickly.

## 7. Find Healthful Sources Of Stimulation For Your Life

Most of us are over-stimulated or stimulated by things that are not very healthful. Television, news, movies, cities, sights, events, and even certain people can over-stimulate you, leading to stress, manic-ness and exhaustion. Stimulation is fun, but each of us has an optimal level of it, yet we do not always know that that level is. My point here is to calm your life down to the point of near boredom, and to find ways to enjoy the simple things.

## 8. Spend As Much Time Cleaning House As You Do Building An Addition

Metaphorically, anyway. The idea here is that it's easier to build more after you have perfected what you have. And for most of us, simplification is one of the ways to perfect what we have, given most of us have too much (goals, projects, pressure, responsibilities, roles, etc.). So, try reducing and perfecting while you are adding and building, rather than just working hard to add/build/create more.

## 9. Let Go Of Beliefs And Opinions

I used to have lots of beliefs and opinions about things (and wouldn't mind getting in your face about them...). Now, I have almost no beliefs or opinions about people, things or myself. "Who cares?" is my response to most things — something or someone IS or IS NOT at any given time. What the heck does my belief or opinion about it have to do with anything? After all, aren't opinions a way to define

Yourself, and get a buy-in (or argument) from others? I'd rather ask questions that stimulate instead of trying to get people to agree with me. Been there; too expensive! I'm not saying that beliefs or opinions are bad; I'm just saying that they slow you down.

## 10. Carve Out Your Own Reality And POS (Personal Operating System)

Most of us use a version of our parent's POS, or we have adopted a popular POS off-the-shelf, whether it is cultural, geographic, religious, or philosophical. Nothing is wrong with that! But, one of the things that you now get to do is to create your own POS in order to make the most of your life. Most of us have never had POS 101, so there is a learning curve involved, but one that is worth the investment. The point is that YOU get to decide how your life is going to work and what tools you are going to use to make the most of it. Formulas will work less and less. A custom tailored POS is becoming a necessity.

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