

VISION

Powerful strategies exist for mastering your psychology so that old habits of self-doubt and worry no longer stand between you and your success.

Number one is simply to become aware of these mental habits; once you start to bring these patterns out of hiding and into the light of your awareness, you can work with them and release them.

You probably don't know there are some incredibly effective steps to take to transform and simplify the process of making changes.

In fact you may watch other people in your life struggle with making changes as well, and by now you may be wondering if this unsuccessful struggle is just normal; just "how things are."

And there's an assumption worth questioning.

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Mapping Out Your Life: Strategies for Young Adults



Life holds many opportunities, but sometimes it's hard to know where to find them.

When you need support, guidance and direction, where do you turn? Family and friends might offer help and advice, but often young adults find this only adds to the confusion they're already experiencing.

Trying really hard to be what everyone wants you to be, you can progress from struggles to get into the college of your choice to getting the right job, dating or marrying the right person, and establishing yourself financially.

However, there are a handful of powerful secrets to making the changes you've been seeking in your life.



Figuring out a direction in life can be extremely challenging. People in their 20s can really spin their wheels trying to figure out a career

direction, make sense of relationships, or just to get the routine and habits going that you need to help you feel healthy and in charge of your life.

Often part of the problem people encounter when trying to make a change is that they're not 100% clear about exactly what it is that they want to change.

What is your exact goal? What does it look like? Do you think you "really should start exercising"? Or do you want to find three kinds of Exercise that are fun to do, that you can do twice a week and that give you a chance to meet new people?

Do you want to "find a job"? Or do you want to get a job with a schedule that fits your life, pays enough to live on and put away for savings, gives you an opportunity to learn the skills you want to obtain, and moves you closer to a satisfying career?

It gets a lot easier to make things real when you get specific. Clarify your direction and put the things you really want to change or create in your life into words.

When you get clear on exactly what you want to achieve, you can create a step-by-step plan. Without a strategy, going for your goal is kind of like trying to get from Miami to Los Angeles without a map: confusing, wastes a lot of time and gets very frustrating! With a map, it's clear, easy and fun: , take this turn then this one, then the next. As you go along, you're figuring out what you need to do first and choosing some things you might want to try that will help you.

How might you need to upgrade your skills, or obtain information? If you get stuck, sit back and consider your goal. If you could break it into three main stages, what would those stages be?

As you achieve each step, you build momentum to keep cruising forward effortlessly on any and all of your goals.

Consider the people you surround yourself with.

Do they support and motivate you, or do they bring you down?

What can you do to seek out more people who consistently support you and inspire you toward success?

Sometimes no matter what you do to create change, something underneath it all can still hold you back.

It's completely normal to encounter fears and doubts when you're going for your goals.



Sure, you might end up refining your goals and adding new ones. You'll be achieving goals with much more ease just by getting clear and defining exactly what your goal is. One of the great things that happens as you go through this process is that it frees up your energy and focus to set and achieve even bigger goals as you make progress.

You can untangle the options of your life, define goals and make them attainable.

You absolutely deserve to be happy and successful. Starting right now!