2013 Is HERE!
ARE YOU HEADED IN THE RIGHT DIRECTION?
DO YOU EVEN KNOW WHERE YOU WANT TO GO?

If you were planning to take a trip and arrive at a particular destination, you would need to:

• Consider your past trips – what worked for you and what did not
• Decide on where you want to go and keep that destination in mind
• Overcome any fears and doubts you might have about the journey
• Create a plan for refueling your car and your stomach along the way

So, why not do the same with the most important journey of all, your life?
That is why today we will spend time on the following:

• Reviewing the past year – what are you proud to have accomplished? What is still on your To-Do List? What goals have you not been able to reach?
• Getting very clear on where you want to be in 2013 – what you want to be, do, and have in your life
• Removing the powerful hold your fears and limiting beliefs have over you, preventing you from reaching your goals and dreams
• Developing a strategy for consistently refilling your internal fuel tank so you have the energy to get to your destination and enjoy the journey

What did you accomplish in 2012?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What is still on your To-Do List for 2013?
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________________________________________________________________________
________________________________________________________________________
**Where Do You Want to Be by the End of 2013?**

Without a clear direction for where you want to go in life, the chances are very slim that you’ll get where you want to go. Of course, you will end up someplace, but it probably won’t be where you actually want to be. This is why you need a compass to keep you on track. The compass that I suggest you use is the BE – DO – HAVE model.

**Orient Yourself with the BE – DO – Have Model**

*First say to yourself what you would be; and then do what you have to do.*

- Greek philosopher Epictetus

One of my favorites ways to navigate through life is by using the BE – DO – HAVE model. To really understand this, let’s start with the reverse, which is where our consumer-driven society is today. This is the model for living from the outside in.

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HAVE                                      DO                                       BE

Perfect Body    What impresses others      Happy
Possessions    One better than neighbors            Successful
Power    What feeds the ego                     Satisfied
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Most people know at some level that this model does not work. Focusing on the having and doing as the way to be happy, successful, and satisfied with life, comes up short every time. That is why the model works so much better when it is BE – DO – HAVE , when we let our life choices be an extension of our being, our true self that wants desperately to be heard and followed. This is living from the inside out.

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BE                       DO            HAVE

Authentic   Work that feeds mind & spirit  Life that feels right
Fearless    What you are passionate about  Heartfelt desires
Healthy   What takes care of your body  Mental & physical energy
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*Let’s Focus on What You Want to BE, DO, and HAVE in the Next Year*
1) **Who Do You Want to Be?**

- Examples: Fulfilled by Work, Connected to Friends and Family, Financially Secure, Generous with Time and Talents, Living in the Present Moment, Healthy, Respectful of Others, Optimistic, Playful and Young at Heart

- A simple way to connect with what you want to be is to think about what you hope people will say about you at your funeral. Try to write your own eulogy. How do you want to be remembered? What do you want your life to represent? What kind of example do you hope to set?

What I most want to be by the end of 2013:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2) **What Do You Want to Be Doing?**

Think about the specific goals you want to reach that would allow you to be who you want to really be in your life. Try to have these flow from your answers above. Consider career, relationship, health and fitness, and financial goals.

What I most want to be doing by the end of 2013:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

3) **What Do You Really Need to Have in Your Life?**

What do you need to have in your life to feel and be your best? Include people, lifestyle, possessions, and income. These should be a natural result of who you want to be and what you want to do.

What I would really like to have in my life by the end of 2013:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

~~*Use your answers to create a theme for 2013*~~
Conquer Your Fears and Doubts

I am an old man now and I have known many troubles, and most of them have never come to past.

-- Mark Twain

Fears

- Fears are the negative and scary emotional responses we feel in our hearts and in our guts.

- Some of the most common things that people are afraid of are: failure, rejection, disapproval, poverty, intimacy, and of course, death. Specific activities can also be the source of fears, such as: public speaking, flying, or talking to new people.

- These types of fears come from a variety of sources. They may be passed down from our parents, the result of childhood trauma, or the result of negative life experiences. In the extreme, they manifest as crippling phobias that require treatment from trained professionals.

The fears that keep me from moving forward in life are:

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Strategies for Conquering Your Fears

1. Get to Know Your Fears & Create a Fear Tool Kit

The most important step in dealing with your fears is to get to know them. You will be able to take away a large amount of their hold over you when you recognize them and choose not to embrace the lies they whisper into your heart. This process of recognizing your fears involves knowing the following information about each one of your fears:

- When does it come to you?
- What does it say?
- What other voices does it use?
- What memories does it drag up?
- What can you include in a fear tool kit to deal with your fears right away?
2. Starve Your Fears and Feed Your Dreams

- Notice how much time you are allowing yourself to dwell in the place of fear and worry. It is amazing how much time during the day can be spent in the fear zone. Try limiting yourself to twenty minutes a day. Set a timer and let yourself do all the fretting and worrying you want to. Really give it a go - come up with your juiciest fears and wallow in them for a full twenty minutes. Then, for the rest of the day, when you are tempted to go back into the fear zone, stop yourself and remember that you can revisit that concern tomorrow during your twenty-minute worry segment.

- Spend at least equal time feeding your dreams. The key is to spend at least as much time immersed in your exciting dreams, passions, and pursuits as you do with the negative and destructive fears. Since you are now paying attention to how much time you are spending with your fears, you will know how much time you need to spend feeding your dreams.

3. Play the “What-If” Game

A final tool you may want to use in managing your fears is to play the "what-if" game. Keep asking yourself what would happen if your fear really came about. I have found that so often our fears seem so much worse to us than they are in reality. The worst case scenario would not be anywhere close to the way you had imagined it.

I will try the following strategies for conquering my fears:

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Doubts

Doubts are the mind games that we play based on our distorted views of the world. Our thoughts, rather than our emotions, are the favorite location for doubts. Do you recognize any of these self-doubts and negative thoughts?

- There is not enough for everyone – I need to cling to my few crumbs
- I am not good enough
- I am not lovable, especially if people knew the real me
- I am not capable of stretching and trying new things
- The world is a dark, cruel place – I can't take risks
- I will get hurt if I get close to people and open myself up to them
Strategies for Conquering Your Doubts

Doubts can actually be more difficult to manage than your fears because you may not even realize what they are. Unlike fears, which you feel in your body and know when they are trying to take hold, your doubts may be so much a part of your world view that you can't see past them. You need to be able to step outside the box, question your views and beliefs about how the world works, and decide which are serving you well and which are not.

1. Inventory Your Beliefs

➢ This means you will need to be at least a little bit open-minded and willing to look at your mental framework. Many people are quite reluctant to undertake this type of belief inventory. They would rather let their lives continue to go nowhere instead of rocking the boat. Or, they would rather let other people dictate what they should believe rather than explore what makes sense for themselves. This type of apathetic thinking may seem safe and secure, but it leads to a life lacking in authenticity and meaning.

➢ To get started, use this exercise, which I call “The Failure Story.” Think of a goal you would really like to reach in the next six months. If you are unable to reach that goal, what story will you tell yourself, about yourself? That you are lazy, unable to follow through on commitments, too busy to take good care of yourself, not worthy of good things? These stories will shed light on the beliefs that are at the root of your doubts.

The beliefs that I hold about myself and the world are:

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

2. Are Your Beliefs Serving You Well?

Once you have identified the beliefs you hold about yourself and the world around you, ask yourself whether those thought patterns have served you well so far in your life.

- Have they allowed you to move confidently in the direction of your dreams or have they held you back?
- Do they make you willing to trust yourself and others or do they produce doubt and insecurity?
- What life choices have you made based on your mental framework? Are those the life choices you really want to keep making?
Have my beliefs been serving me well?

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

3. Does Your Belief Have to Be True For You?

If you decide that your beliefs are leading you to doubt yourself and your potential, consider whether a particular belief has to be true for you.

- What is the origin of this belief? Is it written in stone or can it be modified?
- What would happen if you altered this thought process?
- What do other people believe about the same concept?
- What does the concrete evidence in your life tell you about what is actually true for you?

You may be surprised to learn how much your doubts and negative belief systems are disconnected from reality.

4. Try On a New Belief and See What Happens

I encourage you to try on a new belief and see what happens. As you make an honest effort to reshape your thought processes, you will be presented with amazing examples of evidence to support and encourage you in this endeavor. And, as the evidence piles up, your new belief will grow stronger and stronger and overshadow the lingering doubts that pop up from time to time.

What new belief could I try on that might serve me better?
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

What evidence already exists to support this new belief?
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______________________________________________________________________
______________________________________________________________________

What additional evidence can I look for to support this new belief?
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______________________________________________________________________
______________________________________________________________________
**Remember to Fill Up Your Internal Gas Tank**

The inevitable stresses and strains of daily life deplete a portion of energy each and every day. This means you will want to find ways to replenish your internal energy tank in order to make this your best year and reach your goals. Below you will find several ways that I use on a regular basis and have found to be very helpful and enjoyable.

- **Take time to stop and breathe throughout the day.**

- **Indulge in self-care activities on a regular basis. These are the activities that make you feel nourished, replenished, and rejuvenated.**
  - A brisk walk outdoors, breathing in lots of fresh air
  - A bubble bath
  - A pedicure/manicure/facial
  - A massage
  - Getting a little extra rest
  - Treats – things that smell, feel, sound, and taste very good

- **Create a community of positive, loving people.**

In order to tap into this wonderful way to recharge your battery, look for the right people to be part of your community. Consciously look for the kinds of people you want to have as friends. The clearer your intentions are about the kinds of friends you want to have in your life, the greater chance you will have in finding those kinds of people.

- **Develop a practice that connects you with your heart and soul.**

Inside each one of us is an amazing source of energy that is often left largely untapped – our heart and soul. In writing and speaking about this connection to our heart and soul, I use various words. God, Source, Love, Mother Nature are all possibilities. Whatever you feel comfortable with is fine. Just develop some practice that allows you to connect with your deepest self and spiritual source.

**I commit to the following ways to refill my internal gas tank:**

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________________________________________________________________________
________________________________________________________________________