

5 Steps Towards Creating the Life You Want

Congratulations, and welcome.

You have taken the first step in moving towards the life you want to have. At work, at home and in all your relationships, change begins whenever you decide how you will live your life. That's where personal leadership stems from: the desire to live your best and most fulfilling life. Personal Leadership is the foundation enabling you to handle the inevitable ups and downs because you are certain of what is most important to you.

Personal leadership begins with the ability to create a vision based on your values. Next you must define your goals and break those down into small, incremental steps.

This document provides you an opening, a place to understand where to start from. When you begin to create your vision, everything can seem murky and jumbled. This period will be uncomfortable, and it demands time and patience. Take note of any question you would like to skip over or rush through. Chances are good that this resistance shows you an area where you would benefit from slowing down and honoring the answers that come up. Resistance is fear. Fear can be a great teacher, if you let it.

You will get the most from this process if you find a quiet space, away from technology and other interruptions. Give yourself the time to work with this, to allow your truths and dreams to bubble up.

The effort you put in here provides dividends in life and work satisfaction down the road. While you can answer the questions as you read them, you may wish to do a quick read of all the questions and the prompts I've provided to help you. Then, begin and see where your inner self directs you.

The more honest you are here, the better you can start plotting your forward movement. Once again, congratulations on beginning your journey. You're going to discover so many interesting and rewarding things on your way to the life you want.

The First 5 Steps in a Nutshell

1. Decide you're ready.

Yes, truly. The biggest and most important step is your decision that you are ready for more. You don't even have to know what that "more" is at this moment. Feel it, want it and decide. Everything comes from this. Once you've made this strong internal decision, be accountable to yourself. Make it real by printing off the contract at the bottom, signing and dating it. Put it somewhere that serves as a reminder for you.

2. Assess your level of satisfaction as it stands right now. This requires some internal digging, some reflection and honesty. No one else is going to see this, so let yourself go.

3. Ask yourself, what do you want more of? Connection with your spouse or partner? Time with friends? Fun? To feel better? What is it?

4. Take your emotional temperature. Bored? Lonely? Sad? Worried? Frustrated? Apply them to yourself and to your relationships, work, friends, children, family etc.

5. Choose your tribe. Your tribe are the individuals who you can lean on when the going gets tough. If you don't have one, or not much of one, then grow it. Why? Because everyone needs some support and frankly, it's more fun.

6. Bonus step!! Move your body. As you move your body, your emotions and thoughts move and shift too. Our bodies are wired for movement, not sitting endlessly. List your favourite ways to move.

Have you noticed the connecting part of all of this? Yes. It is you. What does this tell you? The only person who can make your life better, the one that can bring changes to your life, is you.

Personal leadership begins with personal responsibility.

Life will present you with situations providing opportunities for growth and appreciation of what is possible of you and from you. Who we are is the one thing we have absolute control over, because we can choose who we become. This can be both exciting and daunting.

Fortunately, you don't have to do it alone. Since I've been on this journey myself, I understand the value of having someone who acts as a Guide and Mentor. Should you choose, I can be with you every step of the way.

Step 1- Sign the Self Accountability Contract

I, _____ commit to the decision to create the life I want. I will do this by reviewing where I am right now, choosing the areas I want to make better and taking action. I understand that the only person who controls the outcome of this decision is me.

Dated _____ Signature: _____

Ready to Dive In?

Each of these steps is going to walk you through your life as it is right now. You may want to grab a notebook where you can write down your answers. Something you can come back to and review as needed. Even to mark your progress!!

Ask yourself free-form questions – don't overthink!!

Answer as best you can. Fragmented thoughts are okay. We're looking for a starting point for each, not the perfect answer. If you don't have an answer based on how you feel right now, think about a time when you did and jot that down. You can even make a little note- "then", "now". These will be great guideposts as you look for ways to move forward.

Step 2 - Assess Your Current State.

I am mostly happy but think my life could use a tune up.

I am dissatisfied but don't really know why and would like to explore this a little more.

I have just come through a hard life situation and am feeling lost. Life is different, and I don't know how to get back on track.

I am in a difficult life challenge – health, death of a loved one, divorce. There isn't much of anything that looks like there could be positive, but I don't want to give up.

Step 3 – Ask Yourself:

What's Working – Part A; What Isn't Working – Part B

Part A - Investigate What's Working:

Have you got that notebook handy? Make a quick note for each – jot your thought and include the location if appropriate.

- What's working and good in my life?
- Who do I appreciate? How do they add value to my life?
- Which relationships are easy right now?
- Who enlivens my life?
- What makes me smile or laugh?
- Which activities do I actively engage and where time disappears?
- Who are my go-to people when I have a tough time? Who can I count on to be there for me?
- Who am I there for? Who knows I will provide them with support, should they need it?

Part B – Investigate What Isn't Working:

(Remember, this is for your eyes only, so be honest!)

- What activities do I engage in that are time wasters or consistently eat up a lot of time? Why do I do them?
- What kind of relationships do I have that aren't as good as I would like? Who are they?
- What people in my life do I feel worse after having spent time with them? Who is a source of negativity in my life?
- What is my self-talk like? Am I saying kind things to myself? Or is there a critic in my head telling me all the ways I should have done better and am unworthy (or any other "uns") – such as unlikeable, unable?
- What decisions do I make about activities or ways to spend time? Am I allowing someone else to make decisions? If so, who is it and why am I allowing this?

Step 4 – Take Your Emotional Temperature.

Bored? Lonely? Sad? Worried? Frustrated? Happy? Content? Ask yourself how you feel in general and then how you feel about your relationships, work, friends, children, family, etc.

- I feel _____
- Spouse, partner:
- Kids:
- Parents:
- Siblings:
- Friends:
- Work:
- Coworkers:

Step 5 – Who's in Your Tribe?

List the people in your tribe and the ways in which they provide you support or add to your life.

Do you need more friends? Whether you're an introvert or extrovert we all need connectivity and a tribe, whatever its size. Feeling stuck about how to make new friends? Here are some ideas.

- If you have friends you haven't seen for a long time, send them a message and see about getting together.
- Check out groups at your library or in the community section of your local paper and see what activities are offered or groups are looking for members.
- Meetup.com is a site offering all kinds of groups for all kinds of interests and hobbies, created by local people. It's usually free, and it's a great way to meet new people and get into activities.

- Reach out to a co-worker that you would like to get to know better and suggest a coffee outside of work.
- Do you have extended family members you haven't seen for a long time? Reach out, they have a shared history and you may find they are just the people you want in your inner circle.
- Volunteer for a non-profit organization.

You've Taken the First 5 Steps – What's Next?

Firstly, congratulations. While this is a short document, it is a powerful one. You have begun the first steps of reflecting on your life. Many people shy away from this because they are afraid of what it might reveal. You on the other hand have embraced these first steps. The steps towards creating the life you want to live.

Your Front Row Life!

Now what? Feeling uncertain? Excited or maybe a tiny bit afraid? All reasonable given that you are now going to be placing your feet on the path to change.

I get it, I really do. My life as it exists now bears little resemblance to the one before undertaking my own journey. What I've compiled here are some of the steps I took to transform my life.

If you would like help in developing your self leadership skills and navigating some of the unsettling emotions as you embark on your journey, contact me. Let's talk.

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For more tips, check out or subscribe to www.franceshickmott.com