

## **The big question, “Is this it?”**

Are you holding back? Continually at a crossroads in your life? Are your hopes and dreams never quite within reach?

The majority of men and woman at some time in their lives experience this sadness and frustration. The tendency of course is to replace the frustration with expensive cars, over drinking, food excess, affairs, hours flicking movie channels, careers that are not stimulating, obsession with clothing and looks, weight and much more.

A huge question that many people ache with is “Is this it? Is this the best it gets for me?”

Imagine you could recognize the life that you desired. What if you were able to find that deep personal beliefs and assumptions were preventing you from connecting with the results you truly desired and were capable of achieving.

The traditional journey through life is filled with busy-ness and rushing. This begins at school where we are required to keep up and continues through to adulthood. We are racing to get things done and spending little time considering or navigating the journey.

Many clients that I have worked with over 20 years are disappointed that they did not do what they really wanted in their careers. They followed their parents or they simply had to make a choice, so they chose quickly. Now years later, they were completely unfulfilled.

The other road that is available to achieve a truly happy rewarding life and be able to really satisfy our personal desires is learned and strategic. To understand how to develop the skills necessary to create great results is available, learnable and natural. It simply requires guidance and leadership.

There have been many incredible performances by great achievers. As we all know, some of these people have come from extremely limiting circumstances to demonstrate extraordinary results. What they have in common is that they have learned the skills that all achievers know and apply them daily in most areas of their lives. Of course, where they do not apply these skills is where they too get poor results.

There are 6 steps to designing a great result:

1. Stop the race for a moment and look around. That is, take a day and walk or sit and gently reflect on your life to date.
2. Make a decision to begin a new path toward what you really want, even if you do not yet know what it is.
3. Be prepared to change something.
4. Choose all of the great things you have done in your life and quietly appreciate yourself and those who helped you in these achievements.
5. Take massive action to re-design the part of your life that is not working.
6. Get experienced guidance to support you.

The most difficult thing can be admitting that something is not right. It is unfortunate that many people decide that it is too late, too hard, others are worse off than me, I have to be grateful, I am too old now to change, I have responsibilities and what’s the point, at least it can’t get any worse.

The very cool thing is that life is an incredible opportunity to get great results and each of us has that opportunity delivered to our door daily. I have worked with people all over the world from all walks of life who get magical results and I have learned that with the right skills and understanding every person has this at their door.

Human performance is learned and the life time that we have to explore and develop our unique abilities is filled with opportunities just waiting for us to step up.

To step up we need to understand what we are capable of and to do that we need to take the chance and harness our own unique infinite power.

Rex Urwin, July 2009