

Is Your Way of Being Affecting Your Results?

At the start of a new year we typically set goals around what we want to do and achieve. And these are priceless! Nonetheless, what we DO is not the only important factor in achieving success and fulfilment. Just as important is how we are 'being' when we are doing.

In order to create powerful experiences and results, we need to think about how we are 'being' while participating in life. One of my clients wanted to encourage her staff to take more initiative. She came up with some fantastic ideas that reflected the results she wanted to achieve. Yet, in order to actually achieve these results, we needed to take a look at more than just a list of actions. We needed to define 'how she had to be' to encourage staff to take initiative.

When dealing with her staff, she constantly felt frustrated and stressed and focused upon their incapability's. She realised that this was reinforcing their lack of initiative. To counter this, we developed goals around being 'curious' about her staff's needs and motivations (rather than frustrated by them), and being a person that focuses on people's gifts and capabilities (rather than their flaws and incompetency's). The difference over time you can imagine... totally amazing!

How these 'being' goals are written:

1. I am curious about other people's needs and motivations.
2. I focus on people's strengths and capabilities.

The secret of writing 'being' goals is to ask questions around 'how do I need to be in order to achieve the outcomes I desire'. 'How do I need to be to feel happy, to improve my relationship with my partner or friends, to live a balanced lifestyle, or to achieve greater sales'?

For a little more guidance and inspiration; take a look at my 'being' goals for the year (and also get an insight into the juicy personal stuff I'm working on):

1. I love and accept myself as I am right now; strengths, weaknesses and all.
2. I love others unconditionally and focus on what is amazing about them.
3. I am comfortable showing people my faults, weaknesses and failures.
4. I enjoy experiencing everything. The outcome is irrelevant.
5. I am completely present in any given moment.
6. I express openly and honestly, my opinions, thoughts, feelings and needs.
7. I am comfortable being myself irrespective of how this is perceived by others.
8. I aim to love people unconditionally, not impress them.
9. Nothing is important other than coming from a place of unconditional love.
10. I choose the truth over approval.

11. I am all that I am.

Feel free to steal any of these as your own. Yet true effectiveness will come from choosing your own words that reflect your own truth. Grab a sheet of paper right now and write down... how are YOU going to BE this year? Quickly you'll see... there is absolutely nothing stopping you from being it all, right now.

The greatest gift I bring to my clients is a process of change that enables them to really work out 'how they want to be' and to live their life accordingly. It's the answer to both greater success and also deep fulfilment. If you would enjoy regular doses of ideas, tips, tools, strategies and inspiration to help you get the life or business you really want, sign up for our FREE newsletter at www.activ8change.com.au .

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