



Are You Ready?

To make any real and lasting improvement in your life, you have to be ready for it. Meaning, you are ready to take on challenges, make mental shifts, make a solid commitment to yourself and take action. Now, ask yourself, am I ready? Because without the above mentioned essential elements you may not experience all the joy, fulfillment and happiness that improving your life has to offer. To see if you are ready, answer Yes/No to the following questions:

1. I feel "Now" is the right time for me to see improvement in my life.
2. I am fully able, willing and ready to learn and grow, and do the work it takes to make the changes that I want to see.
3. I am willing to see and tell the truth.
4. I am willing to raise my personal standards, and to set and achieve much bigger goals.
5. I realize I am responsible for my own future.

If you have answered mostly 'Yes' to the above, then we believe that you are ready to start improving your life. The next step for you would be to identify what improvement you want to make first. What is the first thing you want to change for the better? For example,

- Balance
- Relationships
- Money
- Career
- Energy
- Time... or what else?



If, on the other hand, you don't feel ready, that's okay. There are times in life that we don't feel ready. But, if you really want to make improvements, then think about what needs to happen in order for you to be ready. All you need to do is take one step at a time.

Take Action!

Whether you are ready or not, the key to improving your life is to take action. Every action you take will be rewarded with important information about what works for you. If you don't take action then you will never learn anything new. Even if your action doesn't work, **at least** you will have learned that it doesn't, but you won't know until you try. Now you can take your newly found wisdom and use it to move forward.

Watch Out!

Don't get caught up with just talking about what you want to do or what you want to improve. Often we never get to 'DO' anything about our situations because we spend our time complaining about it with friends instead of creating a good action plan and carrying it out. Remember, just talking about it will not get you anywhere. True life improvement lies in taking action.

Next Step...?

So how can you take effective action? The secret is in how you set your goals. See my article on effective goal setting also in the archives.