



Change for an Individual

It's about waking up - not waiting for that special day – the time to change is now.

If you want to write that novel that everyone has in them (mine must have been removed with my tonsils) the time to start is now.

Life is not a rehearsal – that special day is not going to come just by waiting for it. You can't wait for your real day to come.

Change is scary that's why comfort zones are called comfort zones – because they are nice, warm, friendly to be in .A step outside is going to be OK only if you know why and what you are going outside for.

Do you know what you want?

It's not always easy to work out and what's more it changes. At different stages your goals or outcomes change - or at least the detail changes. You may well want to travel – at the age of 10 your idea of travel may have been being a bus driver – now you want to see the Northern lights.

The Uncomfortable bit

So here we are – loads of people afraid to go after their ideal situation because their comfort zone is just that comfortable. It comes back to waiting for that special day – will it come, that's a big maybe.

What happens in the meantime?

People languish waiting for that time when it will be OK to change to chase those moon beams, those goals, because on this magic day it will all become easier. The fear of change will disappear on this day of days.

You may need a spark, a wake-up call as I have said but let that spark be a realisation that you need to change

Are you doing this waiting for that special worry free day when you can burst free? If so let me tell you that successful individuals aren't free of worry about the future but they have found the confidence to move on and forward in spite of it.



The Solution

The time is now – that day of days may never come but tomorrow will – so be ready for it.

The time to do that thing is now. If you know and are certain what you want now is the time to do the first step. You can only do one step at a time .

The sales bit

The key to all this is motivation - self-motivation. This is not easy for all but being coached is a great way to do what you have always wanted to do.

The route to deciding on your goals and making a plan is always going to be a great way forward to continued success.

Everyone needs a coach – even Bill Gates.

So don't delay. If you really want to change and need help busting those comfort zones contact us.