

Living On Purpose

Business and Life Coaching

Inspire

"Vitality shows not only in the ability to persist, but in the ability to start over."

- F. Scott Fitzgerald

As the end of January approaches many of us are reflecting on our New Year's resolutions. Some of us are proud of our commitments, some of us are tuning into the inner critic, reminding us that we have yet failed again, and others have just given up. If you are truly committed to making a change in your life and have experienced difficulty doing so, then mastering the practice of starting over is a simple strategy that creates lasting results.

Starting over is traditionally taught as a meditation practice. Every time the mind wanders the meditator simply redirects himself to focus on the breath. Energy is not wasted on listening to the critical inner voice; there is no self judgment or frustration. Instead, one simply notices the breath and starts over.

This beautiful practice can easily translate to any goal. If you have committed to exercising and feel frustrated at your progress so far, let go of the feelings of inadequacy and start over this very moment! Redirect the time and energy used to beat yourself up and instead do what you can do to achieve your goal right now. It may be too late to make it to the aerobics class but you can walk the dog around the neighborhood! Let the practice of starting over be a new theme in your life.

This year I choose to achieve my goals. I commit to the practice of starting over by following these three steps:

1. I will clarify my goal and the motivation to achieve this goal. (Vividly describing how life will be better once you have achieved the goal provides increased motivation.)
2. If I experience a set back I will refuse to use precious time and energy judging myself. I will simply return to the present moment and say, "Yes, I got off track and I'll just start over."
3. I will then decide what I can do to move forward with my goal right now.

I choose to embrace my personal power. I choose alternative thinking. I choose to connect to what I really want in life and go for it!

I AM LIVING MY LIFE ON PURPOSE!

Congratulations! You have made the conscious decision to be the director of your life! The universe supports you in fulfilling your purpose. Move with confidence!

Recommended reading for the month: “The Power is Within You” by Louise L. Hay.

If you are interested in additional support in finding your purpose, fulfillment, wellness or achieving goals, contact Tiffany Lehman with Living On Purpose Business and Life Coaching at <http://www.livingonpurposecoaching.com> or call 970-214-0049.

"You don't have to see the whole staircase, just take the first step."

~Martin Luther King Jr.