

Change Your Life

You are the only one who can change your life. This can feel like both a blessing and a curse. Here are a few ideas to help you discover what life you want, identify your values, and tips to navigate your path.

- *Untether from your past*

Every time you reach for the past, you prevent yourself from moving forward. Your past story is just that, THE PAST. Let it go so that you can create the life you want.

- *Daydream*

As adults we forget how to daydream, imagining ourselves in an alternate life. Without judgment, daydream about all of the things that will make the next year great. Daydreams are intentions that are the rudders of life, guiding us through the waters to our destination.

- *Prioritize Values*

List the areas in life that you value above all else. These things are the most important to you. Spend your time, energy, and money in these areas. If it doesn't align with your values, it doesn't matter so stop wasting precious resources on it.

- *Systems NOT Goals*

If goals haven't worked for you, a new approach. Create systems vs goals to adopt habits that get you closer to your ideal life. Example: Instead of a goal to lose 25 lbs, create a system of walking 30 minutes every day. Actionable systems shape your life one day at a time.

- *Small & Consistent*

You climb a mountain one small step at a time. When actions are small but constant our effects begin to compound over time.