



Talk About Living!
Suzanne Zoglio, PhD

Roadmap to change

Ever wish you could just shift gears and change something about your life? A better relationship, more fun, or a more meaningful career? Most of us want to change something about our lives. Unfortunately, wishing is easy. It's changing our ways that can be tricky.

I remember many times when I craved a break from so much on my plate and then said "yes" to the very next request made of me. I was stuck in a rut of old habits, and saying "yes" was a knee-jerk reaction. I wanted a different result, but continued to behave the same.

To create something different you've got to do something different. You've got to travel a new road, so to speak, and deal with any obstacles along the way.

Although roadblocks to change can be different for different people, here are three that you might encounter and ideas on how to get around them.

Roadblock #1: Foggy Vision. If you're not clear about where you're headed (kind of job you want, type of mate you seek, or what makes you feel most alive), it will be difficult to move forward. While it's good to know what you *don't want*, it's not enough. For more motivation, picture precisely what you *do want*. Instead of repeating, "I hate this boring job," or "I have no time for myself," shift your attention to what you desire. "I'd like a job where I travel," you might decide. "It would be great to have Saturday mornings to read," could be another target. Imagine your future in vivid detail. When the fog clears, you'll move faster.

Roadblock #2: No shock absorbers. When you try to change something— from getting more exercise to negotiating for a raise – you'll probably hit a few bumps along the way. You may have to get up early, risk looking foolish, or deal with a personal fear.

If you anticipate such probable discomforts, you won't turn back the first time your stomach does a flip. You'll be prepared to take a deep breath and take the bump.

Roadblock #3: Low fuel. Doing things differently takes energy. Whether you want to go back to school or find a new mate, some days you'll feel like giving up. The key is to maintain your forward momentum.

Spend less time with whiners and other energy vampires. Instead, be with people who listen and encourage you. Renew your energy with mini-retreats. Set aside ten minutes each day to quiet your mind and imagine how you'll feel when you achieve your goal.

As a success coach I've observed three things about people who manage change well: they are clear about what they want; they can bounce back from any rough patches; they manage their energy as well as their time.

Imagine what your life might be like if you could apply those three block-busting tips. Suppose you awakened each day with direction and passion. Suppose you retired each night with a sense of gratification. Talk about living!

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