

## **Focused Mind! Lasting Change!**

### **Stuck in a rut?**

Have you tried over and over to move out of that slump? Have you tried every diet, and weight loss plan known to man? Have you lost money on any number of make money, get rich plans? Are you tired of even trying? Do your friends and family just roll your eyes when they see you coming? Is it time for you to make a change once and for all? A change that really lasts?

Do you know how to use your powerful mind? Do you recognize your own ability to create lasting change in your life? Well, let me ask you this. Think back to a change you made in your life. It doesn't even have to be a positive change. Just any change, no matter what it was. Did you change jobs, change your living situation; change your knowledge base? So let's think about the last time you changed where you live. How much time and effort did it take to find a new place, pack up your things, move them, unpack and get settled in? Did it happen all at once? Did you have to do a bit of planning before any of this could take place? Of course you did!

So what does that teach us about change? Well first off, change doesn't just happen. There is something that moves us forward. Something that motivates us. Something that compels us to take action. I don't know what your reason was for moving, but whatever your reason it was strong enough to move you into action. So Step number one is finding your reason for wanting this change. Is it a strong enough reason to compel you forward even if you meet an obstacle or a challenge?

And in order to change your place of residence you had to evaluate your circumstances, sort out what you wanted in your next place to live and then set about locating something that met your criteria, didn't you? So Step number two is decide what you want. I didn't say what you don't want. That won't get you anywhere. Imagine looking for a house and all you have as criteria is that it can't be on a corner lot. It can't have white siding. And it can't have a gas stove. Do you have any idea what you are looking for? No! Because you haven't painted a clear picture. You have no positive image to focus on. Decide what you want.

Once you knew what you wanted you had to take an action to locate it didn't you? Action is the foundation of change. You can have an awareness of your desire to change. You can have an awareness of your need to change. You can even have an awareness of the benefits of the change, but without the action no change can occur. The first action step to finding your new house was to look. You had to check out what was available. You had to make some phone calls to set up appointments. You had to actually go look at the property in order to have

enough information to make a decision. So wait, look back at the last time you made an unsuccessful change. Did you take the time to get enough information to make a good decision? Did you feel confident that it was a good fit?

Granted you can't always get every piece of information, but you can be diligent. You can look beyond the bright and shiny advertising to the foundation of the plan. It's like looking at the house and making sure that it has a working furnace and air conditioner, a good solid foundation and a sound roof. You wouldn't want to move into a house with a leaky roof would you? Don't grab on to every shiny object that comes your way. Make an informed decision.

Now if you are embarking on a path that fits you well, there may be those around you who do not understand or are frightened by your decision. Listen but make your own decision. Only you can decide if it's right for you. Only you can decide if you are willing to put in the effort that it will take to be successful.

### **Take Action!**

Once you decide, the next step is to take action. Again! Put it in place and get the ball rolling. When you moved you had to begin packing. That's an action step. Long before the boxes got loaded you had to pack those boxes. So if you've made a decision to move forward with a new endeavor, do it! Don't hesitate! That is sabotage. You'll never get the results you want if you wait for it to come to you. Did anyone wander in and offer to pack your boxes for you? Probably not. You had to do it. So do it now. What is the decision you've made. What action is required? Take that step right away!

Once you put it into motion, plan your strategy. What will enable you to be successful? What will it take from you? Fit it into your schedule. Make the time for it. And make the commitment to do whatever it takes. Because when we start something we often have no idea what it will take. Not really. But if the outcome is the change you desire than your commitment has to be firm. You have to decide that you will accomplish the task. If you truly evaluated the opportunity or the plan and decided that it fit you well, then taking the action should also fit.

Here's the crucial piece. It takes focus! You can't make a change, not successfully if you are so distracted that you have no minutes left in your day. You can't make a change if you continue to chase after the next shiny object that comes along...and the next...and the next! You've got to train your mind to stay on the tasks that get you to the outcome you desire.

Get rid of the clutter that distracts you from your goal. Eliminate the time wasters and energy drainers so that you have the focus you need. Open up some space to incorporate this change into your everyday life. It's more than desire. Its focus and commitment.

Can you do it? Well, I know you can, do you? Take the action today that will change your life. Want more help? Try one of our self help products to help you learn to use your powerful mind. Or ask for more information on our Stop Smoking, Weight Loss or Life Coaching Programs. We can even help you find a business opportunity that fits your needs!

Contact [www.lastinglifestylechange.com](http://www.lastinglifestylechange.com) for more information on your lasting change. Do it today!!

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