

Create The Life You Love 5 Radical Strategies



You are probably here because you found your passion and want to live it..... but you aren't making any progress.

So... here are a couple of typical things that may be holding you back:

1. You know what your passion is and what to do but you don't do it consistently
2. You don't know what your passion is and you don't know what to do to live it to the fullest

As a coach, I connect with people everyday who have big dreams or small dreams, that they yearn to incorporate into their lives, but something is holding them back.

Fair enough....now what I noticed is that some people know exactly what to do...but guess what? They don't take action!

- Have you noticed that too?
- Have you been there?
- Are you there now?

I sure have, so I know exactly what you are going through at the moment.

- Why don't we take action?
- What holds us back?
- Why does it happen?

These feelings can evoke self-doubt and frustration, to say the least..... I know it because I have experienced this and I experience it every time I am in for something new.

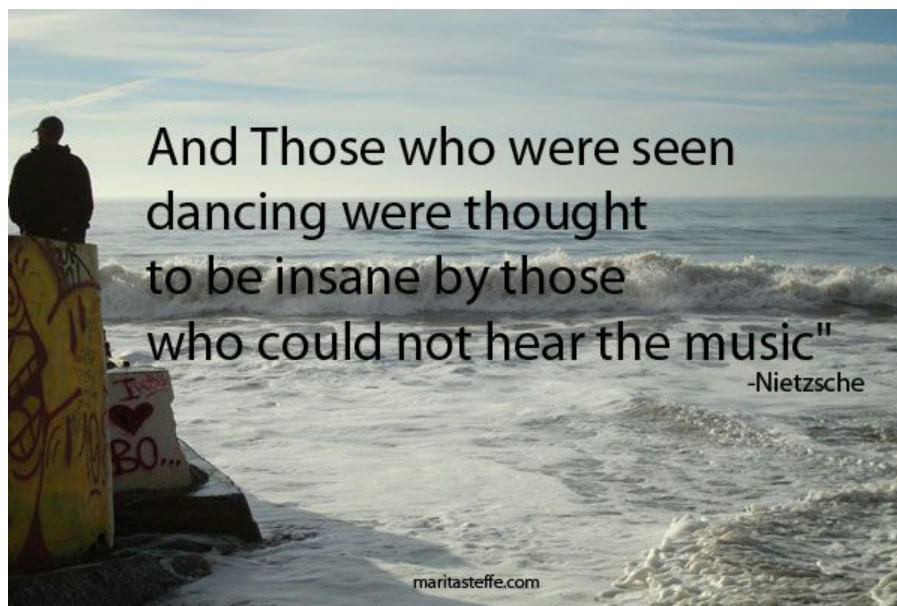


Ok let's watch out for possible solutions.....

Tip one: Make changes to your environment...

....your environment is extremely important. There are different kinds of environments, let's look at the most important ones.

- Physical: Where you live, where you work
- Relationship: Who you hang out with, family and friends
- Self: Your thoughts, ideas
- Technical: your computer, internet, phone etc.



If you live in an environment where you are not appreciated, where your dreams are not supported.... it's very hard to believe in your passion and live your passion.....All your energy goes into coping with the wrong people.

So look at your environment very clearly and ask yourself the question: Does my environment support me? Go through each environment and make notes about what works and what does not work.

Ask yourself: What is unsupportive in my environment and what can I change?

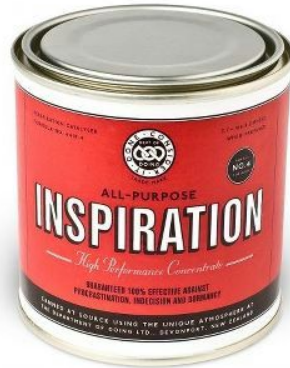
Have you heard the quote? “The environment always wins”?
(Thomas J. Leonard founder of coachville)



So there might be a pressing need to change things in your environment. For example your physical environment:

Physical environment:

You have a mess somewhere... it could be your desk, shelves or drawers in your office, the cabinets in your kitchen, the closet, the garage, the storage.... you know those places. Something that makes you feel bad, every time you look at it, or think about it. What subconscious messages are those messages giving you? You don't have your "shit" together, you are a mess, you just can't keep it together.... But for whatever reason you tolerate it and don't clean up. I'm sure we all have been there.... If you clean it up you will feel better and free up a lot of energy for something more productive.



Relationship Environment: It's much easier to move forward with new ideas when you have a circle of supportive people around you. If you don't have them, it is a good idea to find people you can talk to. People who don't want to keep you where you are now. People who can help you with technical problems. People who will just listen to you without judgement and who want you to grow. Find just one person or a group but, do something to connect with people who are there for you and believe in you. Best find a mastermind group, or another group of like-minded people to support you.



Technical Environment: If your profession requires you to work a lot on your computer, create videos, podcasts, google hangouts, etc. make sure that your internet service is reliable and your computer is up-to date, with enough memory, space on your hard drive, video card and other things that you might need, in your office.

Make sure you have Skype set up and have access to free conference calling, if you need to communicate with people or groups. Is there anything else that you might need, like a new cell phone, printer? Look around and see what it is that needs to be updated.

Do you need help with learning new programs, like editing software, bookkeeping software? If yes, find someone who can help you, try your local gazette, fiverr, eLance or your local college.

Self Environment: Do you need to update your thinking? Well this is a strange question, I know, but your “self” environment is very important. Do you have fears and beliefs that you are not good enough, perfectionism, fear of failure, fear of success, old survival patterns that are not supporting you in stepping up in life?

How to update your self environment

By being aware of your patterns and with enough mindfulness and willingness you will be able to adapt new patterns and beliefs that actually work. People who are caught in lots of trauma might need a counselor or therapist, people who want to be supported in moving forward and getting help with patterns and more effective ways of thinking might benefit from a coach. It is a fact that every new thing you do for 21 days will create new neural pathways in the brain.

Last but not least, practice to:



Physical Environment: How is the energy where you live and work? Does it feel good, is it practical and easy to work in? Do you have the space and tools to do all the things you need to do? Is there anything that bothers you? Any messes, anything that needs to be repaired? Do you have good light, a comfortable chair? Do you feel happy and comfortable?

Take some time and make a list of things that might need changing, repairing, cleaning, simplifying or beautification. Take out what you don't need, organize your desk, closets and drawers, fix what requires fixing, get something new if it's a must-have. Beautify your space with flowers, candles, scented oil and maybe some inspirational artwork.



Tip Two: *Make sure you have something to remind you ...*

.....of your vision. This thing will help you take action and keep you on track. I like vision boards, vision art and mind mapping.....A mind map is a visual way to represent ideas and concepts. It simplifies structuring information, helping you better analyze, comprehend, recall, plan and generate new ideas. And is a way to visualize what needs to be done.

Just as in every great idea, **its power lies in its simplicity.** In a mind map, as opposed to traditional note taking or a linear text, information is structured in a way that resembles much more closely how your brain actually works. Since it is an activity that is both analytical and artistic, it engages your brain in a more creative and effective way. And, best of all, **it is fun!** So, how does a mind map look like? Better than explaining is showing you an example. You will find more info in the Internet.

of your life creative, keep it fun, find ways to bring playfulness into it and stick to that attitude.

This may sound easy but it's not, because we have been brought up in a society with a very industrial mindset. We are trained to work hard for what we want, to just suffer through, to play it safe, to always chose security over passion, to compete, to be better than others to get self-esteem out of what we achieve and so on. The good news is: this can be transformed, by changing your attitude and by being mindful and taking care of yourself.

For example: Create a few words or sentences that will get you into a positive frame of mind....something like a power mantra.

- I am supported
- Unleashing creative expression
- I allow myself to be successful
- I have fun connecting with people
- Fear is transformed into fuel
- It makes me feel good to ask for support

Write these in your notebook or turn them into simple artwork, frame them and hang them on a wall where they remind you of your new self.



Do a simple visualization to shift your thinking. Below is a simple and powerful one by Jack Canfield, which YOU can customize for specific situations.

STEP 1. Relax.... and imagine sitting in a movie theater, the lights dim, and then the movie starts. It is a movie of you doing perfectly whatever it is that you want to do better. See as much detail as you can create, including your clothing, the expression on your face, small body movements, the environment and any other people that might be around. Add in any sounds you would be hearing — traffic, music, other people talking, cheering. And finally, recreate in your body any feelings you think you would be experiencing as you engage in this activity.

STEP 2. Get out of your chair, walk up to the screen, open a door in the screen and enter into the movie. Now experience the whole thing again from inside of yourself, looking out through your eyes. This is called an “embodied image” rather than a “distant image.” It will deepen the impact of the experience. Again, see everything in vivid detail, hear the sounds you would hear, and feel the feelings you would feel.

STEP 3. Finally, walk back out of the screen that is still showing the picture of you performing perfectly, return to your seat in the theater, reach out and grab the screen and shrink it down to the size of a cracker. Then, bring this miniature screen up to your mouth, chew it up and swallow it. Imagine that each tiny piece — just like a hologram — contains the full picture of you performing well. Imagine all these little screens traveling down into your stomach and out through the bloodstream into every cell of your body. Then imagine that every cell of your body is lit up with a movie of you performing perfectly. It’s like one of those appliance store windows where 50 televisions are all tuned to the same channel.

When you have finished this process — it should take less than five minutes — you can open your eyes and go about your business. If you make this part of your daily routine, you will be amazed at how much improvement you will see in your life.

Tip Five: Be willing to experiment ...

.... to try new things, be open to ask for help, be vulnerable, live your “beginner’s mind”. You do not have to be the expert, the one who knows it all, you do not have to be perfect - just be creative, curious and playful, instead of powering through.

Allow yourself to be human and have flaws.....there is nothing better than that. Just walk towards your dream one step at a time, know that you deserve it when it comes true and keep on moving.

I hope these 5 simple tips will help you on your way!

If you need support on your quest to find and live your passion, or or if you would like to try a session with me, which is my gift to you.... please contact me at maritasteffe@gmail.com and/or visit me at maritasteffe.com.

PS: Some of the material was inspired by the 9 environments and the World Power Course, taught by my wonderful school Coachville, New York.

