



10 Strategies for a Sea Change

1. Create an inspiring vision:

Always start here as your vision is ultimately what will drive you and help you shape your plans.

2. Get clear on your current reality:

Just like setting out on any journey, you should always know exactly where you are starting from so that you can determine exactly how far away you are from where you intend to go and be realistic about what resources you will need and how long it may take you to get there.

3. Brainstorm all options:

There may be more than one or two options that may provide you with the kind of sea change you are seeking, so spend some time here considering what can be possible - it's probably more than you may initially think!

4. Research your options:

Gather as much information as you can and speak to others wherever possible to help you on your fact-finding mission.

5. Assess each option against your vision and your personal values:

Are you clear on your personal values? Assessing your options against them is a critical step and will help you choose your best option. A coach can help you to do this.

6. Make a choice:

This step may involve consultation with friends and loved ones. Remember to speak your truth at this point. You may be surprised at the support you will get.

7. Create an action plan:

Document your plan. That's right, write it down! Make it as detailed as you can.

8. Set a timetable:

Once you have created your plan, assign time frames to it. Remember, a goal is just a dream with a deadline.

9. Action the plan:

Work the plan. Persevere when you encounter obstacles. See them as lessons, not setbacks. Ask for help if you need it. Who says you need to do everything on your own?

10. Start living your dream! :-)

For more free tips on staying focused and reaching your goals, to find out more about one-on-one coaching and my upcoming "Energy Tapping Workshops" visit www.blueskycoaching.com.au or contact Tania by email or call 0411 471 941.