

10 Work/Life Success Strategies

To me, being successful ultimately means being happy.

Although we can't always control what happens around us, we can choose our attitude at any moment. And it's our daily choices - big and small - that impact on our quality of life and success.

Here are my ten favourite tips for work/life success:

1. **Contemplation time:** Spend time alone each day reflecting and meditating upon what you truly desire.
2. **Positive energy:** Surround yourself with positive people and situations and avoid negativity.
3. **Tranquillity:** Make time to relax, be still and enjoy your solitude. Make your own self-care a priority.
4. **Simplify your life:** Eliminate clutter from your living and work environments. Visual clutter creates mental clutter. When you are organised and know where everything is, your days will flow far more smoothly, with less stress and less strain.
5. **Trust your intuition:** That little voice inside you doesn't lie. Follow your heart's guidance. You know deep down what to do. Trust your inner wisdom, listen to it and act on it.
6. **Play!** Make time to play. Any kind of fun and playfulness will help you regain your perspective on what really matters.
7. **Holiday:** Have regular holidays and allow yourself to have a complete break from your daily routines to renew your energy.
8. **Rise above problems:** When you are in the middle of a problem, the solution will often evade you. Step back and view the situation as a witness to help you find creative solutions or, better still, share your problem with a good friend, mentor or coach to gain a fresh perspective. Always keep your focus on what you desire to happen, never on what you fear.
9. **Visualisation:** Use the power of visualisation to imagine everything going the way you'd like it to, to help you manifest what you want.
10. **Stay optimistic:** Trust that you can achieve anything that you really want. Believe in yourself and have confidence in your own abilities to make things happen.

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.