

15 strategies to Change your Life

by

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Teachers open the door. You enter by yourself Chinese proverb

Because you are someone who keeps on hoping your life will change on its own, remember that the power is in your own hands to make the changes you really want.

Perhaps you think that things can't change unless someone else does something or changes, or the system changes. However the best way to initiate the change you want is for **you** to do something different.

Because until you do something differently, your life will continue in the same way. You have to take action, yourself, for things to change.

When you do things differently, then others will do so too. When you change, others change in their response to you.

Just like a spreadsheet, when one thing changes then everything else changes too.

I offer you **15 strategies**: Apply them to your life and you can live the life you truly want. Even if you only follow some of the suggestions your life will change dramatically. So don't delay any more. Start today. However, without action on your part, your life will continue in the way it always has.

So, make a difference to your life. Create the life you truly want. Get a more balanced life, now. You can do it. Take action today!!

PS If you want to be challenged more, be motivated to take action have some [Coaching](#) or try one of my other [Products](#)

1. Communicate more effectively

When you are about to change the way you do something you may need to explain to others around you why you are about to behave differently.

If you make a dramatic change by either stopping doing something you've been doing for ages or start doing something you haven't done before it's a good idea to tell the others that they may notice something different about you from such and such a time or day.

So it's important to improve the way you communicate with those people who may be affected by your change in behaviour.

Too many people don't get as far as talking about what they would like to do because they assume that so and so would be very upset or not approve. Well that might be true but you won't know their reaction until you actually do that thing. By communicating your intentions you will help to prepare that person for what you intend to do.

First and most important is to get into rapport with the other person. This means getting into a connection with that person so that they really hear what you are telling them. This can involve:

- speaking to them at a time when they can give you their full attention.
- making sure they are listening to you.
- being on the same physical level as them (e.g both of you sitting, or both of you standing up)

If you think they may not like what you are going to say, start with something positive, then tell them the main thing in a positive way, and finish with something definitely positive from their point of view. If people don't seem to hear or understand what you say learn to:

- Listen twice as much as you speak. (Two ears and one mouth!)
- Try to really understand their point of view because when you show understanding to them then they are more likely to give you the attention and consideration you want.

2. Develop better Relationships

Inter personal skills depend on being able to get into rapport with the other person. 'Mirroring and matching' is another skill which you probably do without realising when you get along with someone. When you are unable to communicate then rapport may be missing.

For improved relationships, work on improving your rapport building skills. Mirror the other person's body posture in a subtle way. Match their breathing rate and their tone of voice too. Notice the type of language they use and their predominant representational language. Are they mainly visual, auditory or kinaesthetic?

Notice the language they use then use the same type of language in reply. If they use mainly visual words then reply using the same and asking, 'Do you see what I mean?' Mainly auditory people use words such as 'I hear what you say.'

Kinaesthetic people use emotional language such as 'I feel it inside me and I just know what I have to do.'

Be interested in the other person, try to understand their world and their point of view.

Try to imagine what it might be like if you could 'get into their shoes' and see how you might seem from their eyes.

3. Manage your Time

If you do too much yourself and don't have time to do some of the things you would really like to do, decide how many things you could stop doing altogether. Of the things which have to be done, how many could be out-sourced or delegated?

Those things left to do are there more efficient ways to do them?

Plan to do the important things first. Don't leave them until the last minute. Notice which of your fire-fighting tasks (urgent tasks could either be delegated or could have been planned and done on a regular basis over a period of time.)

Become aware of what are time wasters and cut down or stop them.

Don't neglect your own self care.

More help to manage time can be found on
<http://www.thedoctorscoach.co.uk/timepack>

4. **Self care**

Are you neglecting your own needs? It's so important to care for your own body, mind and spirit.

This means: moving regularly, eating healthily, keeping your brain active by learning and reading and enquiring, and your spirit too by connecting with your inner self or Higher Being, or God, according to your own beliefs.

Music, creativity or yoga can connect with all of these.

If you are making big changes in your life you need to have the energy to do this. So make sure you eat and exercise regularly and healthily.

Keep your brain active too by learning new things and being interested in the world around you whatever your age!

Find a New You with a 6 part e-course:

Go to <http://www.thedoctorscoach.co.uk/newyou>

5. Set and achieve your goals

If nothing changes because you haven't decided what you want then look to the future and decide what you want instead of what you don't want. Set specific goals and a time frame by when to achieve them. Then take action with the first steps.

When you decide your outcome decide too how you will know when you've achieved this. It helps if there is a specific way to decide this rather than a vague phrase like 'I'll be happier'

Imagine yourself being projected into your future life when you've achieved what you want and look back to the you now. Tell the present you what to do differently to enable you to achieve what you want.

6 Have Support systems

Everyone needs support at different times in their life. It's especially important to find the most suitable person or group to support you at a time of transition and change.

Your support or mentor or coach is ideally someone not too involved in your life so that you are able to talk quite openly to them and not feel judged by them. They should be able to accept what you tell them without criticism. In that way you can bounce ideas from them and discover what you need to do yourself.

[Find ways to be more supported.](#)

Who or what supports you and who or what do you support? What you give out comes back to you. Are you supported by : Family, Friends, colleagues, Coach, mentor, group, books, radio and TV programmes.

Support is best when whoever supports you helps you make your own decisions rather than imposing theirs onto you.

7. Get your work and life more balanced

If your work is your life and you have no time for very little else then something must change.

Of course work is important and may take up many of your waking hours. But don't neglect the rest. It is vital to find time not only for your friends and family, your partner and your community too. But most vital of all is time for you, for finding out who you are when you are not in the role of your profession.

Home study to find your:

[perfect work life balance](#), is available now.

What does that mean to you? Which areas of your life do you neglect?

Decide on the steps you need to take in those parts of your life to make a difference. Make time for other parts of your life apart from work. Make a commitment to yourself – put it in your diary and treat it as important as a meeting or work commitment.

8. Have some fun and be happy

Half full or half empty? The secret for change is **positive thinking**. Become aware of your thoughts and notice how often you assume something can't happen or that you personally wouldn't be able to do something. Start to rephrase your negative statements into positive statements. These can become your affirmations. Statements as if something you want is already happening. Have more fun and happiness by thinking about times which were fun and happy. Bring those remembered emotions into the present and notice how you enjoy the situation much more when you do this.

9. Get involved in your Community

Which communities are you part of, how do you want to be involved? Family, neighbours, friends, religious

groups, creative groups, learning together, holidays, common activities.

Get involved in some way, however small that might be. Take part in local activities. Don't take things for granted. If something would be better changed then offer to do what is necessary.

10. Get in touch with your Spiritual side

Whether or not you profess to a religion or not, and if so whether this is a formal following or a background sense of being part of a religious group, there will be a sense of the spiritual in your life. These may show by the feelings of awe when connecting you are with nature, or see a beautiful sunrise, or a magnificent sunset, or see and hear the ocean waves crashing on the rocks, or be inspired by the beautiful colours of the sea.

The cycles of nature and the seasons too can be inspiring and make you aware of something bigger than the self alone.

You need to nurture your spirit as much as your body and mind. If you think the spiritual is missing from your life, then decide some ways to connect with it. You may do so by taking time out to sit and connect with your breathing. As you breathe in and out slowly count to five during the in breath and 5 during the out breath.

11. Increase your Abundance

You can move from scarcity to abundance, from poverty to wealth.

You may need to change your beliefs and attitude towards money by valuing yourself, and how others value what you do, paying and charging appropriately

12. Know who you are and your life purpose

Sense of self, self esteem, what is your purpose?

You can manage change in your life so much better once you are clear about your life purpose. This is a step further than goal setting, which some people find quite difficult to do because they don't feel motivated to achieve the goal they set themselves.

However once you are clear about your life purpose the goals became clearer because they are the way you can achieve this purpose, they are the steps you need to take to move towards your purpose

Finding your life purpose is important at whatever stage of life you are, I believe. By identifying your purpose you will gain clarity about what you are doing and why.

How to find your purpose

This exercise is done with paper and pen, alone or with a sympathetic friend or guide. A simple way is this: write down at the bottom of an A4 piece of paper three things you love to do, or three things which make you feel fantastic.

Then starting with the first one, ask yourself 'When you.....(whatever you started with)....what does that do for you?

You reply: 'it makes me..... ' and write above the first phrase what you said. Then continue asking yourself the question and making an upward ladder of what each thing you say does for you. Eventually you come to a stop or may loop back to something you said already.

When that happens (and it may not be until you have about 10 things written down) go to the next thing which you love to do and repeat the process. Then so it again with number three.

You will then have a paper filled with the essence of why what you love to do, is what you love to do! Look for similarities between the lists and notice any sense in your body when you read through the top words. When

you feel the emotion, the excitement, as you read the words - then you have found your purpose!!

And then you can begin to ask yourself 'So, in order to achieve my purpose which is...., what do I need to do? How will I do it? Where? When? and you know the 'Why?'

13 Recognise your Beliefs and values

Core beliefs: yours may have come from parents and teachers.

Are they still valid or need to be discarded like the tooth fairy?

Quite often actions today are ruled by beliefs from long ago. So if there is something you want to do but find it difficult to take the vital first step ask yourself what's stopping you, what's the worst thing that could happen if you did that?

Discarding old beliefs and taking on new ones is sometimes the vital first step you need to take to get your life on a different track

14 Increase your Skills and competencies.

What do you need to learn? What do you already know?

What transferable skills do you have?

These may be in relation not only to your working life and professional skills but also skills you have in your domestic and social life.

What would be useful when you move into the life you really want?

When and how will you go about acquiring new skills which you may need?

Can you ever know it all? Don't wait until you are 'perfect'. Start as soon as possible. Learn as you go along and adapt to the new circumstances.

Life long learning is important to keep your brain active and to enable you to let your life experiences and learning mature.

You are not too old to learn something new!

15. Life is like a spreadsheet so change something

Change one thing and everything else changes. Have you ever used a spreadsheet to work out the effect of for example, paying different amounts of money each month. Perhaps you want to invest a certain amount to save for something in a certain period of time. By altering the amount saved, or the amount of interest earned each month you notice how all the totals change too. There is an interconnection between the parts of any system. So even changing something in one of the key areas discussed above will have an effect on other areas of your life. For example if you don't know what to do about a job you hate then tidying some cupboards and throwing away some things you no longer need seems to create some space for new things to come into your life.

To find out more: go to

www.thedoctorscoach.co.uk/products