

Are You Hungry for Success?

Despite knowing what we want and really wanting it, you will notice in life that there are times we get a bit complacent. When I get complacent or bored I have to check in with myself and wonder, "Am I hungry enough?" If I am not achieving my goal fast enough maybe I am not hungry for it right now. Maybe I am satisfied at that time. What about when I really am not satisfied with an area of my life but not feeling the hunger either. Typically things stay the same and the same leads to worse. So, I want to share with you how to go from complacency to hungry.

Getting Yourself Focused on the HUNGER Again.

How do you know if you are hungry?

1. You are tired enough of your current situation.
2. You are serious about changing your own behavior.
3. You are willing to make necessary sacrifices.
4. You are willing to get out of your comfort zone.
5. You are committed to action without excuses.

I suggest going over the following tips with a specific goal in mind.

Respond to productive anxiety. You want for more, faster. You are tired of the downward spiral or stuckness. You awaken at night wondering, "When will things get better?" You become increasingly anxious with the thought of things staying the same and cannot stomach another day looking at your situation the same way. This can be productive anxiety which will move you forward, done wishing and waiting. Anxiety has likely resulted in procrastination. However, knowing you can move forward toward your vision with the anxiety can open you up to new choices. Continue on with this newsletter and see what new choices you can make.

Change your own behavior. You are willing to learn what is necessary for success and be different than you have. You seek out advice and mentoring from those who have been successful or know about success. You wake up each day and know what you can do to effect change. When you are hungry, you are ready or change.

What do you already know you need to change?

Make the sacrifice. “Nothing worthwhile is gained without sacrifice.”-Martin Luther King.

Take a look at the distractions in your life, the low pay off time and energy wasters and decide what you will give up. If you want financial improvement, you need to quit spending more than you earn. Sometimes you need to give up even some of what you enjoy to leave space for what you want more of. If you want a physical health and well being, what do you need to give up?

When sacrificing, what are you replacing it with i.e. cake with fruit? Not very appealing. Okay, turn it around; I am giving up low energy, future medical problems, *for* energy, longer life span or whatever you have decided is important to you.

Stretch beyond your comfort zone. Are you stuck in routine? Maybe you want something but you enjoy the comfort zone more. Well, success is found outside our comfort zone. You need to stretch beyond where you are now if you are truly hungry. The opportunities are out there waiting for you. You may even know what they are and not be responding because you are afraid of stretching. What are you afraid of?

Again redefine your fear, “I am afraid I will not be good enough for that job”? to “I am afraid of what will happen if I do not go for that job I really want?”

Commit without excuses. No more complaining, no more blaming. Whatever it is you need to do you are willing to step up to the plate. Your excuses, complaints are now your solutions. If in your relationship you are not spending enough time together than creating time is your solution.

In order to follow through with your commitments, surround yourself with accountability people. Tell them what you are up to and ask them to check in on your progress. Yes, then you might have to do something that creates progress. This is exactly what you want to happen when you are hungry for success, right?

Can you taste it again?

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As a qualified administer of the most widely used assessments in the world I now have a website devoted to information on just what assessment can be helpful to your success. If you are interested in learning more please go to www.successwithassessments.com .

Coaching assists clients who want to make transformational changes in their lives. If you are ready to make changes, figure out how you can get to where you want, decide on goals/action plan, have an accountability partner in order to maintain your commitment feel free to contact me at (978)686-5693 or lisa@baystatecoaching.com for a **FREE consult**.

I thank you in advance for forwarding this newsletter to any of your friends and family who may be interested.
