

Baystate Coaching for Success: Newsletter
January 2007 Issue

Your Two Futures

Happy New Year! I hope you enjoyed your holidays, experiencing them with less stress and more meaning. Now that they are behind, you may be as many already looking ahead considering what you want for this year. Will you experience more of the same OR will you create a new future? Sometimes we do not make significant changes in the areas we most want the change and therefore our future becomes just more of the same.

In this newsletter I will walk you through a meaningful exercise so you can get a jump start on creating your new future. The difference between repeating the past and creating a new future can be determined by your responses to these questions and actions you then take.

First, take stock of your accomplishments. It is important to use the past to inform you as you approach what you want for the future. Consider what strengths, skills, talents and values you bring to your successes.

What did you accomplish?

What was successful and most satisfying?

What specific changes or actions did you take in order to create this success and accomplishment?

Next, take stock of what did not change as you had hoped. Think back to an area of your life; career, health, relationship, parenting or other which you had wanted different and yet it did not change.

What were you doing that was the same and therefore produced the same result?

If you were to continue to do the same describe what your future will look like?

What is the payoff for maintaining the same past?

What is the cost?

Design your new future. In what area of your life do you want a transformation to take place, extraordinary results?

Now describe in detail what you want your future to be. Use all your senses to really get in touch with what you most want. If it is a job/career change, write as if you are there, what the job is, what you are doing, what you love as you are working, etc.

List top five benefits of this future happening? How would your life be different?

What is the most important thing you need to do or change in order to realize fulfillment and success in this area?

If I want _____, I need to _____. Now, add two more.

What action WILL you take in the next week toward creating your new future?

Congratulations, you are on your way to a new future!

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If you would like to consider hiring a coach to help you with realizing your most important goals, aspirations and dreams you can contact me at (978)686-5693 or email me at lisa@baystatecoaching.com for a complimentary coaching consultation.

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