

evolve

by Jennifer M. Blair

INSPIRED ACTION

It's a new year, a new beginning, a time to think about what you want for the next 12 months. Have you given thought to your hopes, dreams and desires? In a time that is ever-changing, with the passing of another year, the change in the country's leadership and the current economic challenges, it is easy to get discouraged. Maybe you have your own personal challenges of a job loss, failing health, a dying relationship or perhaps, you are questioning your own ability to be strong enough for what could lie ahead.

So, what keeps you going when it seems like there is no hope? How do you find the strength to keep going and the energy to do something positive when things appear to be falling apart or even worse, seem to be downright hopeless?

In challenging, scary or unfulfilled times, having hope, along with taking action, is essential in manifesting your dreams. After all, what is the point if you do not have hope? Hope is the belief in and desire of something better than where you are now. One cannot be positive without faith and a belief that it will all work out; that good wins over evil; that there is an innate goodness in all things. This optimism gives people the feeling that what is wanted can be achieved and that the outcome related to the events and circumstances in one's life will be positive.

The process of life coaching starts with hope but quickly moves people into forward movement. The foundational belief is that people are creative, resourceful and whole; and they have the answers within themselves. I know my clients do not need to be fixed, yet they often need to take steps to create forward movement. By using integrated values, realistic goals or intentions, and inspired actions, I give them the tools to have relentless courage and self confidence to have a great life. My job is to assist them in expanding their dreams and turn them into reality.

Hope is essential, but it's not enough by itself. Hope needs action so that it is not just a nice thought, a beautiful dream, a grown-up fairy tale or an illusion. Even "Hinting and Hoping" (the way one wants something and hopes to get it without ever asking for it or doing something about it) is not taking action. So use the positive energy created from hope, combine it with authentic goals and inspired action items and create everything you want for an inspired and fulfilled life.

12 QUESTIONS TO CREATE INSPIRED ACTION FOR 2009:

In answering the following questions, you might consider how your answers apply in the 8 major areas of life- Career & Education; Money; Health & Wellness; Friends & Family; Romantic Relationship; Personal Growth & Spirituality; Fun & Play; and Physical Spaces.

1. What did you learn about you and your values; your accomplishments and failures this year?
2. What do you hope for in 2009 and beyond?
3. Starting NOW, what if the rest of your life was the best of your life?
4. Do you know how to dream with your eyes wide open?
5. If what's in your dreams wasn't already inside of you, how could you even dream it?
6. If not you, who? If not now, when?
7. What is your unrelenting passion, and are you taking steps to manifest your reality?
8. Why this goal(s)?
9. Are your goals great and compelling or vague and uninspiring?
10. Where does adventure live?
11. How far would you go to chase what you really want?
12. Have you begun today what you wish to be tomorrow?

Make a list of your answers and any related actions that inspires you. To help you get started, you can download an Excavive *Inspired Action Items* form on my web site, www.excavive.com

When you begin to take specific steps towards what you want in various areas of your life, there can be a cumulative effect on other areas of your life as well. For example, when you start working out, it makes you not only look good, but feel better. So, you become nicer and attract people who want to be with you. You then become more motivated in your work, do a better job, get a promotion or raise, etc. So, use the new year to expand your hopes and dreams and get moving on the rest of your wonderful life. The possibilities are limitless, and the world is waiting.

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