



# OFF THE TOP OF MY HEAD!

ExecuCoach360 Newsletter

*“Finding Your Direction is Only the Beginning”*

## Look in the Mirror

Liliane M. Agee-Finke

It's a new year and here we are once again reflecting on the past and focusing on the new challenges that lie ahead for 2010. It is refreshing and uplifting when a new year approaches. It offers us the opportunity to set goals and establish the action steps needed to accomplish those goals.

The topic I had initially chosen for this issue was goal setting. After some thought; I shifted my topic to reinventing yourself - becoming more of whom you are. A wise man once said that whatever a person wishes to be he/she can make it a reality.

Let's face it, life has a way of throwing us curves and it is through those challenging times that we grow. The reality of it is that we are more motivated to change or reinvent ourselves when circumstances beyond our control push us to re-examine where we are. There can be a number of contributors which can thrust us to that level of self reflection. For example: sickness, death of a loved one or a career change. On a more positive note, going back to school or starting your own business. Whatever the triggers are the journey of reinventing yourself can be very exciting and fulfilling. Reinventing yourself is not always easy; however the transition is worth the effort.

Listed below are seven tips to get you started on your journey:

1. **You must have the desire to change!** It is solely up to you to want to make the transition. Do it for yourself. You create what you want in your life.
2. **Envision a clear picture** – You need to know what it is you want before you can get it. Write down exactly how you see yourself once you have arrived at your destination. Go as far as visualizing what you are wearing and the environment that surrounds you. This technique is called visualization and it works!

### Thought Provoking Question:

If you could change anything about the way you were raised, what would it be?

(Source: **The Book of Questions**, By Gregory Stock, PHD

### Quote of the Month

“If it is to be it is up to me”  
- Johnsen, William H.

Email [execucoach360@aol.com](mailto:execucoach360@aol.com)

### Did you know?

That this newsletter has 701 words and should take 5 minutes or less to read? A small price for knowledge!

3. **Take stock of where you are** – Take an inventory. Are you out of alignment with yourself? Identify the areas in your life that are in need of revamping. Name it, claim it and reframe it!

4. **Cut the ties** – What is holding you back? Get rid of any negative boulders that are in your path. For example: negative self talk and environments.

5. **Make it positive** – A positive outlook will deliver a positive outcome. Guard yourself from any negative thoughts or actions. Disengage from anything or anyone that holds you back from reaching your dreams. Focus on staying on track. If you derail, that's ok. You can always get back on.

6. **Discover your authentic self** – Reclaim your authentic self by asking the following questions. Listen to your heart first instead of your head when answering the following:

- What do you need to do in your life right now in order to be successful?
- Are you satisfied and fulfilled right now in your life?
- What is missing or needed for you to be happy?

7. **Keeping the momentum** – This is the hardest step to accomplish and maintain. **DO NOT** let procrastination get in your way. Motivate yourself on a daily basis. You can accomplish this by reciting affirmations, keeping a positive attitude and writing in a journal. If needed, recruit a champion, an individual who will mentor you and support you.

I hope that this article has inspired you to begin this incredible journey of reinventing yourself. Make the time to surf the internet and you will find an array of topics as well as books and articles or you may contact me at [www.execucoach360](http://www.execucoach360). I wish you a happy new year and blissful discoveries.