

Are You A Player?

It's not enough to make it to the stadium – get in the game!

Life is like a tennis game. Are you in the stands watching others play or are you on the court? If you're playing the game, are you winning or losing? In order to be a winner in the game of life you need a strategy. It's not enough to just show up every day. You have to have a plan.

Don't be a spectator. Play the game!

The first step to getting in the game is to be honest with yourself. Are you going in the right direction? What is your plan for your life? Change can be risky and uncomfortable, but if you want more out of life, you must choose to make changes. An honest assessment of your life is the place to start.

Here's what one person had to say about viewing her life honestly and playing the game.

"I knew that I needed direction and guidance. My career had a lot of potential,

but little satisfaction. I was overweight – in fact I was heavier than I'd ever been in my life. How could I feel better about myself and begin to make positive strides?

"I'll admit it took a while for me to accept the recommendations of my coach. Little by little I made changes. I started by making a list of my needs. Then I thought about what I wanted my ideal life to be. Most importantly, I practiced positive self-talk. Instead of perpetuating a negative view of the world, I talked to myself in a nurturing way. Positive self-talk led to my taking responsibility for my life – and that led me to doing positive things. I joined a weight loss group and lost over 20 pounds. I hired a personal trainer and work out with her once a week.

My life today is different from what it was a year ago. I'm looking forward to the

future and I'm enjoying the present. I'm empowered to make my life the best it can be, and take responsibility for my happiness. This has been a great year!

Playing to win

As you can tell, my client (we'll call her Kathy) didn't have a strategy for her life. She wasn't getting anywhere and was dissatisfied. By designing a strategy and taking action, she changed her life. Kathy recently bought a house and will soon be starting a challenging, exciting new job.

Hooray for Kathy! She created a strategy for her life and she is making it work.

Yes, playing the game means taking risks and facing our fears, but this is your life we're talking about. If you don't do it now, when will you? Do you want to just exist the way Kathy did - a

bright, attractive woman in a rut? She decided that she wanted more and she got it! It took courage and honesty to make the necessary changes. But, wow, what a payoff!

Begin now to create the life you've always wanted. Design your strategy for success. Start today. Remember that success doesn't happen by accident. It happens because you make it happen.

Phyllis Sisenwine,
Master Certified Coach
Email her at:
Phyllis@PowerfulCoaching.com
Or via the Web at
www.powerfulcoaching.com
www.thelawyerscoach.com



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