

A Brighter Future

can be a reality for you



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Thank you

FOR TAKING THE TIME TO DOWNLOAD “A BRIGHTER FUTURE CAN BE A REALITY FOR YOU”.

We all want a brighter future. You too. You want to live in an emotional space where the darkness of anxiety isn't crippling you anymore. You can envision a moment when your business is running well and profits allow you to live out the generous plans you've been dreaming of. You can imagine yourself thriving with a vibrant faith, aspiring to fulfill those innate, deeply rooted purposes.

6 ACTION STEPS

This can be a daily reality for you. The bleakness of twilight impossibilities can turn to a splendid sunrise of change and opportunities. It is within your grasp if you make the choice to commit to these 6 ACTION steps.

Accept to Adapt

Change is inevitable, whether you and I like it or not. Society will change, your business will also. You'll get older, and hopefully wiser. Change is everywhere. When you accept to adapt, you will decide which new situations, rules of engagement and thought patterns you desire to live by. Acceptance to adapt is key. This is the difference between being a driver and a passenger. If you accept change, then you can drive it.



Connect to grow

Extroverts get energy from being with people and introverts need time alone. Both need people though, perhaps not in the same number of individuals and not in the amount of time. Make the conscious decision to connect with someone one you want to relate with. Go grab a coffee with that friend you've said 4 months ago "we should go grab a coffee".

If spirituality is important to you, go to church, attend a worship service that will fill your tank. Remember that client or business you've wanted to reach out to? Go, connect. Invite someone to a business lunch in a restaurant you like. The idea is to connect regularly. And you get to define what that means!

It doesn't matter if you are an extrovert or an introvert: you are not meant to be alone.

All the time!

Take off to rest

You need some time off. According to the Center for Economic and Policy Research, the US is the only country in the western world that doesn't require employers to give workers annual paid leave. Yes, the only country. The European Union, on the other hand, requires that countries have to grant a minimum of...20 days a year.

All this to say, take some time off.

Your brain needs a break. Your body craves for rest. Your soul cries for a refuel. Take off for a few minutes each day, a day every week, a weekend every other month and a week every year. This time off is for dedicated for you.



Inspiration to fuel

During your time off, focus on things which inspire you. Read a great novel, volunteer at a shelter for the homeless, get up early and watch the sunrise, fall in love all over again with your partner. Listen to some classical music. Pray and meditate.

I love to walk on the beach or swim in a lake. This inspires me and frees up my mind. What makes you dream and come alive? Who spurs you to grandiose actions? Stay close to the people like friends, family and business partners that trigger positivity in you. Visit those places that move you emotionally, environments like a beach, a forest or a church.

Offset to counterbalance

IF YOU'RE LIKE MANY PEOPLE, YOU HAVE PATTERNS IN YOUR LIFE THAT BECOME YOUR HABITUAL ATTITUDES.

These usual reactions could go like this: a business challenge arises and you see everything that could go wrong or you meet someone new and you remember that relationships don't always last, so you refuse to commit. Offsetting in such situations is the willingness to think of at least one good thing about the challenge, and go with it, as much as possible. This will counterbalance your normal tendency to react and allow you to possibly embrace new opportunities.

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Now instead of tomorrow

The biggest hurdle to living the reality of a brighter future is the human ability to procrastinate, to put off till tomorrow, next week, next year, never. Act now. Even with the littlest of steps.

Choose one of these ACTION steps, and like Nike says it...

“Just do it”.