

DREAMS & DISCIPLINES

Work/life coach Reg Athwal on how to achieve remarkable results when balancing your career development with your high-powered job and your personal life

In order to achieve some degree of balance and success it's essential that we are clear on what we want in every area of our lives. Most people think about what they don't want, instead of what they do want.

Here's a simple exercise that I would recommend to help you achieve higher goals in the 10 Key Areas of Your Life (see below).

It is natural for any human being to try for a quick fix solution but never solve the deeper problem. This is due to a prior lack of discipline and not having clear dreams and aspirations.

You are exactly where you should be in life, and the reality you are experiencing today in all 10 areas of life, is directly linked to the amount of discipline you applied and actions you took one year ago

– and not last week or today.

First, go through the process of establishing some 'dreams', in each of the 10 areas. Then one is ready to create some 'disciplines'. If you want to transform the personal development area of your life, then you need to set-up some key disciplines aligned to your dreams and what is important to you.

So, for example, if you wanted to learn a new language – what would be the key discipline? It could be listening to a CD in the car on the way to work instead of the radio.

The key is to resist going back to the normal routine and, eventually, after 10-21 days, you will have created a new good habit where you can't have a good day unless you listen to the CD and next part of your language course!

HOW TO ACHIEVE REMARKABLE RESULTS

1. Dedicate some focused thought to what you want in each of the 10 areas of your life.
2. Make sure there is balance of aspirations across all the areas; – not just 100 things in your career, for instance, and none in the rest. Give specific consideration to each area.
3. Build a 'dream book' in your mind. Find some images of yourself in the situation to which you aspire in each of the 10 areas.
4. Visualise each of the images in your dream book twice a day for 21 days – this will give you clarity and focus and all your actions will be aligned to this with thinking.
5. Decide on the key disciplines you need to action to achieve the



THE 10 KEY AREAS OF YOUR LIFE

- Career (job, professional fulfillment, status)
- Love & romance (spouse, boyfriend/girlfriend, life partner)
- Family (parents, children, siblings, relations)
- Health (physical, mental, emotional)
- Self-improvement (emotional development, learning, life-skills)
- Wealth (personal finances, savings, security)
- Friends (social network, relationships, companionship, fun)
- Hobbies (recreation, leisure, pleasure)
- Home (rest, rejuvenation, safety, entertainment, peace, joy)
- Spirit (religion, public contribution, shared experience)