

NEWSLETTER

YOUR LIFE - SET FREE



The second step to achieving powerful breakthroughs!

OK, so you have run into a brick wall along the way to achieving your hopes and dreams. If you read our previous newsletter, you know that the first thing to do is get very clear on exactly where you are. Assuming that you have taken that step and now know where you stand (relative to this particular brick wall), what comes next?

The next step is to review the specifics of your current situation in order to identify exactly what is within your power to change. This is a big topic. There may be direct changes you can make – like quitting a job you dislike and finding a better one. Or there may be indirect changes you can make – like identifying and implementing ways to improve your performance on your current job that will bring you more satisfaction.

Substitute anything you dislike into this example and you can apply it almost anywhere. A direct action changes the current situation. An indirect action involves changing your behaviors within the current situation in order to achieve different results.

There are always options. The most important next step in achieving a breakthrough is to identify as many of those options as possible. Take some relaxed time without any distractions and brainstorm as many options as you can for the current situation. Try not to judge what you are coming up with – just let your creative juices flow.

You may be surprised how having clarity on exactly where you are (first step in a breakthrough process) provides you with a lot of ideas about possible options. Just remember to keep your ideas within the realm of things that you can do. For example, if the goal is getting better health insurance, waiting for Congress to pass a law will not be an effective option!

If you find that you are struggling to identify options, then find an independent third-party, someone you trust, to help you identify possibilities you may have overlooked. Talk with your coach, your mentor, or your mastermind group. Just be sure that you are choosing someone who has no stake in the outcome - because otherwise their input could be well intentioned but biased by their own interest in the situation. So the next step in your breakthrough process is to identify your options - the ones within your power to change. Enjoy!