

## **Don't do it just be it!**

Ah, the New Year. A fresh start, a chance to do things differently, a time to establish goals and set direction for the next 12 months. So why not set your new course IN a new way as well? What I am talking about is doing what Gandhi suggested and “be the change you want to see”. Here is how:

- 1. Figure out what you really want.**
- 2. Figure out what your life will look like once you have gotten/accomplished what you want.**
- 3. Figure out who you will be once you have gotten what you want, and your life looks the way you want it to.**

**EMBODY and BE that person right now in your thoughts, feelings and actions.**

I am not talking about “acting as if” or “faking it ‘til you make it” (although if this is where you need to start it is ok - just don't stay in this stage). I am talking about believing and actually knowing that this is your true essence right now despite what your past history may be or what your current circumstances may look like. Let this be your new truth. In everything you say, do, think or feel ask yourself “am I saying, doing, thinking, or feeling what is true based on my new understanding of who I REALLY AM?” And then adjust accordingly.

The reason this approach works is because you have now trained your subconscious to be this new person. We have all experienced the power of the subconscious when we have set goals or resolutions in the past and then felt like failures when we can't even hold out for a week. It is because the subconscious is more than a million times more powerful than the conscious mind. It is exhausting making change in this way.

You are like a passenger jet with only one crew member - you - the pilot. You have to look at the passengers (your body, your relationships, your life, etc.) while still getting to your destination. You can't do it all. If you spend all of your time flying the plane the passengers suffer; if you just look after your passengers, who knew who knows where you will end up. So, your subconscious is there to help. It is the auto-pilot. It goes whenever it is set to go - without question or judgment. Your conscious mind is the pilot. It gets to program the

auto-pilot by consciously and consistently reminding you of who you really are (the truth). If you don't have

a clear picture of the new you but still want to make a change, it's like the pilot choosing a new course and trying to fly the plane without turning off or resetting the auto-pilot. It is going to take a lot of effort and is probably not going to work. It is easier and more effective to take the time and effort to reset the auto-pilot and let it take you to where you want to go. Great examples of this are Robert and Kim Kiyosaki. They have the essence/being of a wealthy people. Even when their first company “failed”, and they were living in a borrowed car; **who** they were didn't change and they were able to be back on top in a very short time.

So, harness the power of your built-in auto-pilot (it's always working anyway) and remember to live from your new truth. **Don't do it - Just Be it!**