

Stuck on Daydream or Frustration island? - 6 steps to successfully sail through Transition and reach the port of achievement

By Odile HBH Williams

Clients who come to me have a dream and they know that this dream will change the world. It may be a dream about their ideal job, their ideal relationship, a dream about launching their products or services. Their challenge is that they currently live a life of frustration because they are unable to make that dream a reality.

I would like to share 6 steps that will allow you to successfully transition from that position of “stuckness” into action.

Are you currently in a job that does not fulfill you? You get up every morning; get dressed and go to work like a zombie, because you have to, not because you want to? You really wish you had a better job, were better paid, was more rewarding, etc?

Are you are unfulfilled in your current relationship or feel unfulfilled by the absence of relationship? You really wish you had a better relationship and then perhaps then your life would be better?

You have an idea? You’ve done all the research and know that it could work. And...then the “what if” settles in: what if the market collapses? What if they don’t buy my products or services? Then the “Excusitis” sets in. You start thinking: “I can’t be successful because I am... because I have/don’t have...” Then it hits, a new idea, a new possibility...

Sounds familiar?

Want to know how to get out of your current situation?

Read on!

1- Be clear about what you want and why you want it.

What do you really want? What kind of job? What kind of life? What kind of partner? How would your life be once you have a new job, a new career, a new partner? More flexibility? More money? More love? Are you ready to have all that?

Write down what your dream is about, then write how your life, the life of everyone around you and ultimately the whole world will be improved as a

result of you achieving that dream. For example, a new job may enable you to be more relaxed, therefore your family will benefit from it, so will the people at work etc. Describe how your dream will improve your present reality.

2- Vizualise and idealize

This is a process that top performers use to increase performance. They visualize themselves having accomplished the challenge they set themselves.

Write down what your life would be like once you had what you wanted. List out the characteristics for your ideal job, relationship, partner, career... How would you know that you have achieved your goals. Is it seeing yourself on your wedding day, with that special partner? Is it signing the appointment letter for a new job? Write it down. Create a colorful and inspiring collage. See it everyday!

3- Believe in yourself, create a plan and take the first step.

It is easy to live in the world of dreams and build hopes and sandcastles. The real challenge is taking the steps to make that dream a reality. Let go of the edge of the cliff and realize that you are only 2 inches off the ground. Back yourself! Know that you can do it.

List out all the reasons why you deserve the relationship, career... Write down the qualities, skills, talents, experience you possess which will allow you to be successful in your endeavors. Now, start building a plan, a brainstorm of the things that need to take place in order for you to have the result you want. Decide what the first action is and Do It!

4- Stay focused, committed and persistent

Once you have made up your mind, taken action, be persistent. One key mistake a lot of people make is that they want the results now! Not everything works like that. Stay committed and keep on going. When you learnt to walk and fell down a few times, did you give up or did you keep on going? You have already put things in place that will bring you success so trust that it will happen and keep going!

In times of challenge or down times, step back and ponder. What is the opportunity here? Am I in line with who I am and what I want and have I taken all the actions in my power to achieve the goal? No? Then be honest with yourself and take action to rectify your trajectory. Yes? Then keep going or take a little rest. Success is around the corner!

5- Be grateful for what you already have and celebrate your milestones

Set yourself some realistic milestones and celebrate when they are achieved! Do you realize that things are achieved much easier when we are given a prize? Well, once you have achieved the results, claim the reward and enjoy it! That's what will encourage you to carry on!

What have you already achieved? What can you be grateful for? Just the fact that you are reading this article shows that you are doing something about your dream! So congratulate and reward yourself for it. Now, take the list of actions you have and add some rewards next to each of the key milestones!

6- Surround yourself with supportive people

Surround yourself with mentors, coaches, supportive friends and family that can encourage you on your way and most importantly, can hold you accountable for what you want to achieve. You are more likely to do something when a select group of 'believers' are looking to you for results.

Ask yourself; who do I want to invite to my Board of Directors? Who will support, champion me and hold me accountable for my dreams? Call them today!

To unlock and to increase the chances of success in your transition, contact Odile today at Odile@OdileWilliams.com or 61(0) 432 565 212

Odile HBH Williams is a Career & Life Transitions Coach who offers caring, focused, results-oriented approach to your success.