

Creating a life you love

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Part 2

www.katalyst4change.co.uk

Every artist was once an amateur (Emerson)

If you have completed part 1 you will now have lots of ideas about how you want your life. Part 2 is about putting some of them into place now, the skills needed to make your dream come true, looking at common fears and how to overcome them, and ways to make money doing what you love.

Before we look at how to make a living doing what you love, check your list for things you can put in your life right now. Being happy is filling your life with things that make you happy, so by making sure you fit in some more things you love, each day you will be happier. This takes planning - looking at your day and having a routine of some sort. This isn't about being regimented, but about making sure you use your time wisely. It's a choice, you can either chose to do things that leave you feeling bad, or things that leave you feeling good. We are creatures of habit, the more we do something it becomes an unconscious act, eg. most people do not have to think about driving a car, but to begin with they had to concentrate hard on what they were doing. Right now you need to concentrate on creating a life you love until it becomes a normal part of your life. If it seems like an effort it's because it's new – keep going and it will become an effort not to.

There are 3 types of people in this life – those who make things happen, those who watch things happen and those who wonder what happened.

Where are you wasting time? Do you watch mindless TV or phaff around in your lunch hour? Keep a diary of how you spend your day so you can plan some things in. Even 10 minutes a day of doing something you love will make a difference, and everyone can fit in 10 minutes. And the best thing about things you love is they energize you, so even if you feel exhausted you can still do one! (and if you are too exhausted you need to change something, life isn't meant to be exhausting).

An added word to those with families – you still need to make time for you, to do something for you alone. That will make you happier and better able to give to your family; the same goes for your job. Being too busy makes your ability to perform deteriorate.

You may have identified some big changes – what is stopping you finding somewhere to live that is nearer to what you dream of? Or learning something new? Re-training? There are so many free or cheap training courses out there if you look, or just read a book on something you want in your life – do it for fun. Think about what sort of places the people you want to mix with go to, and go. It maybe that some of the things are long term goals, but just knowing you are moving towards them will make you happier and life seem fuller right now.

Task 1

Look back on a typical day and get organized so you can find an extra 10 mins a day for you alone. Maybe it's getting up 10 mins earlier, or planning your lunch hour, or negotiating with your family for space in an evening. Make a list of things you can do in that time, and commit to do them.

Now look at what other things you can add, eg. do you want to be in nature more? You could find a patch of nature nearby to visit, or get a big picture to look at, watch more nature videos or buy more plants. You could even get a CD of nature sounds and shut your eyes to imagine you are there.

For all the things you picked – what is it about that that you liked? How else can you get that feeling? eg in the case of being in nature it might be a feeling of peace, which can also be found through meditating, or sitting in silence. Maybe it was the wildlife, or being away from people?

Ask yourself what is important about each thing you like, and then when you get an answer – what is important about that. Continue until you have the essence of

what you love – then find as many things as you can that provide the same essence.

The world is how it is, but who are you in it?

A quick word on being the person you want to be – identify what things you do or feel that you would like to change. Also think of what qualities in other people you admire, and would like for yourself. These are skills you can learn. There are lots of good self-help books and courses on building confidence, repairing past damage, being true to yourself etc, and of course you can book a session with me. This is like laying the foundation of your life. If you are stressed, get angry quickly, doubt yourself or mistrust people etc. then you are not living a life you love, and these are all things you can change. ***What would it be like to have the freedom to be you and know that you are OK no matter what happens?*** That is an achievable goal, you just need to start working towards it. It does not necessarily involve racking up the past, there are ways to heal pain without re-living it. Book a session with me, or find another therapist you trust so you can begin to work towards changing. I can also recommend books or courses that may help you. It really is like letting go of baggage so you can run towards your dream life. If you are not happy in yourself then no amount of external things can repair that, and no life will be one you love for very long. You deserve to be happy in you.

Skills needed to create a life you love:

Self belief – You have to believe you can do it, and that you deserve it.

Attitude and commitment– you have to have an attitude of doing what it takes to make it happen, and commit to it. If you are half-hearted then it is less likely to happen. People have beginners luck because they are not doubting themselves.

Curiosity – you need to be curious about what possibilities are out there, and where each bit of information you gather will lead you. Notice everything – what bit of info excites you? Follow it.

Patience and persistence – some things will happen quickly, some will take a long time. Keep going. If something doesn't pan out, look back at what you can improve on for next time.

Do you have these? If not then you need to work on them first (although patience and persistence can be learned along the way). There are many other skills you will need specific to your life, but these are the core ones.

My life has been one long obstacle course, with me as the biggest obstacle.

(Jack Paar)

Our fears are a very good indicator of areas we need to work on, and they are natural. Our strongest instinct is it is familiarity, not survival. Instinctively if things stay the same then we are safe (even when logic tells us otherwise, this is why people stay in abusive situations). As I said in part 1, you can start to tip-toe out of your comfort zone rather than hold your breath and jump. Before we do that we need to start reassuring your fears and finding ways to ease them.

Take out the sheet of paper you wrote your negative thoughts on whilst doing task 1 in part 1. Firstly I will cover some common fears and then explain how to tackle any fear:

- **I might fail/ what if I get it wrong.** `The truth is that everybody who has been successful has failed first. Failure just helps us see how to do better, so it should be a natural part of life. Having said that if you prepare properly and take one step at a time then a failure is a learning tool rather than a disaster, it is a sign something needs changing in order for you to get what you want. The idea is not to risk everything, or run before you can walk. And really the question should be – what if I get it

right? The chances of success are far greater than those of failure if you prepare and persist, and the rewards are more than worth it. This is your only life remember. See this fear as an indicator to prepare more, until you feel you can no longer hold back. There is so much you can do before you leap.

- **Only the lucky get their dreams/ I don't deserve it.** First of all it's not the lucky that get their dreams, it's the people who work towards them 100%. Anybody who says the above either has not gone for their dreams, or has done so whilst still having the brake on (sometimes without realizing they are holding themselves back). If you fear the above then you need to do some work on your own self-belief first.

- **I can't make a living doing what I love.** Says who? There are plenty of people out there getting paid to do things you would never think of – talking to people, shopping, dog walking, organizing people's lives for them, talking about what they love, writing about what they love – all the things other people are too busy to do for themselves. Instead of thinking in terms of one job think of doing 5 one days for different people/companies, or 5 different income sources. I heard of someone who made a lot of money publishing a book that was a collection of good and bad CVs. Of course you need to build things up before you hand your notice in, or work part-time to begin with. Research an idea before you give up on it, I promise you will be surprised how you can make money.

- **I'm too old.** Well, researching your dream is fun so you might as well do that anyway. And say you take 5 years to make it happen – how many working years does that leave you? You can even look at ways to have an income still coming in after you retire. The idea is to do what you love so it won't seem like retraining either.

- **I have to stay in my job to pay my mortgage/ feed the kids.** This usually comes with an all or nothing approach, who told you you had to

- give up work to pursue your dream?? Get it right and you may find a way to add to your income until you can afford to make the swap. And more importantly – wouldn't your spouse/ kids prefer to see you happy? What if doing what you love earned you more anyway? You don't get rich working for someone else!! Be sensible and you can have it all.

- **People will think I'm a fool.** No, they will actually be envious that you have the guts to go for it. Sure, some will want you to fail to make themselves feel better about being too cowardly to go for it, but when you do achieve it they will be the first to say you are lucky! The truth in this is usually that you doubt yourself, so assume others will. Work on your self-belief and prepare properly.

- **Fear of the unknown.** As I said before – our instincts tell us to stay the same, but unfortunately they can sometimes be outdated (how can learning a new skill put us in danger these days?). As long as we remind ourselves of this, and take it a step at a time, the unknown becomes an exciting adventure. That's why we pursue things we love and find fascinating – so that stepping outside our comfort zone becomes fun!

If you can see the path laid out in front of you step by step, you are on the wrong path.

Task 2

What to do with your fear:

- 1.** Write it down. Somehow when it stays in our head it seems bigger than when it is on paper.
- 2.** Now write down all the evidence you have that it is true, or that it will happen.

- 3.** Now write down evidence that it is wrong. Think of all the new things you have done when this fear has not come true, however mundane. Research all the people who have achieved their dream, and how they overcame their fears.
- 4.** Ask yourself 'if I didn't have that fear, what would I have to do?'. Quite often the fear is a cover up for our real fear – that we will succeed, and the changes that would mean in our lives. What will people think of us if we do go for it and it works out better than we dreamt? What more will we have to do?
- 5.** Now ask yourself 'what belief keeps this fear alive?' We are given some beliefs by our parents – what did they teach you about work and money and dreams? What if they are wrong? Again look for evidence to prove these wrong.
- 6.** Get a plan. Whenever you are worried about something plan how to prevent it coming true, and also plan for if it does. The reality is we often overestimate how bad things will be, eg. if someone thinks you are a fool will that really matter if your dream comes true?
- 7.** Keep a list of all the reasons that these fears are irrational so that you can read them if it rears it's head. When we get in a worry spin it is difficult to think clearly so actually reading them will help get you out. (it may help to read my 'what to do when you worry' article too – see my web page for more info.)

Task 3

Enough about fears, let's talk a bit more about making money! When you look through your list of things you are interested in (task 2 part 1) what are the top 3 areas? Eg. sport, cars, music, people, places, history, design etc.

Now look at your answers to task 1 from part 1 – what things would you enjoy doing most? What skills did they use? Eg. problem-solving, planning ahead, organizing, understanding new things, entertaining, creating, fixing etc.. Pick your top 3 favourite skills.

We now need to look for ways to combine your 3 areas of interest with your 3 skills. Write them down and see what ideas come to mind. Also ask other people what they think of. If you know someone working in those areas of interest, do they know of any jobs that use those skills? Do “google” searches using some of the words and see if that sparks ideas. Also do a search on amazon.co.uk – you will be amazed at what books there are out there! The aim is to generate ideas to follow, researching one will lead to another and so on. Something you find will click.

Here are different ways to look at earning from what you love:

- Write about what you love
- Talk about what you love/ teach what you love
- Set up clubs or groups connected to your interest (you can guarantee you are not the only one!)
- Set up an online resource about what you love
- Make an informational video about what you love
- Use current skills within that area of interest, eg accountancy, training, marketing
- Become a reviewer of something related to that interest
- Be a coach, I have heard of food coaches, a charisma coach, a writing coach, a budget coach – the possibilities are endless!
- Work in a related shop

- Be an assistant to someone doing what you love

I highly recommend a message board on www.barbarasher.com where you can put your skills and areas of interest, and get lots of other people to give you suggestions. You may even get some ideas by reading other posts.

Part 2 Summary

- Finding ways to have more of what you love in your life
- The skills needed to create a life you love
- Zapping fears that hold you back
- Researching ideas to make money doing what you love

Part 3:

Being the best you can be

Creating an action plan

Tips on researching for ideas

Staying motivated

Recommended Reading

Fearless Living by Rhonda Britten

Unconditional Success by Nick Williams

I could do anything if I only knew what it was by Barbara Sher

When life changes, or you wish it would by Carol Adrienne