

Anything is possible



Seven ideas to change your life

The seven ideas:

1. The personal power structure
2. Finding harmony
3. Future thinking
4. Awesome failure
5. The success formula
6. Warp speed
7. The mantra



Seven ideas



In this guide I kick off with a look at understanding ourselves. Then we explore our direction and we focus on a future version of ourselves. From here we move gradually on to look at ideas relating to taking risks and failing, taking action and making commitment.

I have pulled this guide together in the hope that these ideas may create some new ways of thinking for you.

Making any sort of big personal change is huge. Whether it relates to your career or your personal life it is hard to put yourself out there and take risks. It can effect your self-image and your ego.

How comfortable can we be with this uncertainty?

I don't believe these seven ideas are the final answer to all your dreams.

I do believe that we can all achieve amazing things if we ask ourselves the question:

“what would have to be true for it to be possible”

Idea one - Personal power structure



Do we have the opportunity to find our own will? To reflect on what we need and who we are?
Will it open something up for us?
Will it make us stronger and happier?

Is this what Danish philosopher Søren Kierkegaard wanted for us as he warned:

“the deepest form of fear is to choose to be another than himself”?

After all the more we invest in personal reflection and understand ourselves, the better chance we have of feeling at home and focused in a personal and meaningful way.

Is it worth having an aim that matters to us in our lives?

Idea two - Finding harmony

- *Ikigai*

Two Japanese words:

生き - *iki*

甲斐 - *gai*

- *iki* meaning:
'life, alive'

- *gai* meaning:
'effect, result, fruit, worth'



From the words *iki* and *gai* come the Japanese concept of referring to something that gives a person a sense of purpose and a reason for living.

I love the idea of the fruit of our life. Can we bear a product of value. A net result. Something of worth.

It is incredibly hard to find something you are all at once good at, that you love, that you can be paid for and is a contribution to the world. And yet it is possible!

Idea three - Future thinking

I credit this to the wonderful Vishen Lakhini as it is from him I first discovered the power of expanding visualisation further forward and adding more detail. The original idea stems from Seligman's optimism research and positive psychology.

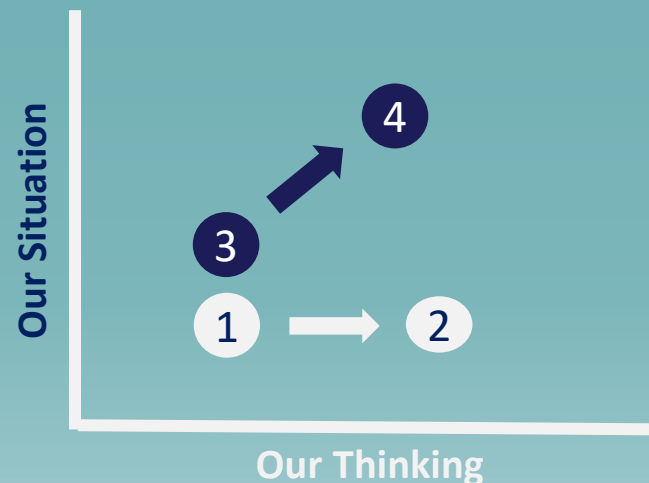
Future thinking is a powerful approach to changing our current mindset towards already having achieved the future situation.

E.g. Why do I have the skills of an Olympian?

- *How does an Olympian/the future me think, feel and behave?*
- *What does the future me do?*
- *What results does the future me already enjoy?*

Thinking: Why am I already who I want to be? is to '*envision.*'

We ask ourselves what thoughts have I got to have to have the right feelings to take the right actions to get the result. We visualise and create the thoughts this future successful version of ourselves would have and bring them back into now. What then can we create for ourselves?



First we improve our thinking. We take on thoughts based on the future desired situation. We think like the person who is already there.

Next our situation starts to change and improve upwards in line with our thinking.

Idea four - Awesome Failure

When we set about doing something new our self-protective brain floods us with ideas like “I don’t know” “I am not sure” We experience fear and doubt and imagine the shame of failure.

Failure however can be defined as “the lack of an expected or desired outcome.”

We can change our mindset. We can become comfortable with a less than perfect outcome. Embracing attempts at new activities as a learning experience is a clear proven route to growth. It turns out that getting on the stage and trying to fail is fun.

What would you like to decide to have a partial success at this week?



*Do you want to choose to dance?
Do you want to be in the arena?*

It is not the critic who counts; The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly.

Theodore Roosevelt 1910

If you would like a reflective exercise to better understand this approach feel free to email me directly miles@transformcoaching.co

Idea five - The success formula

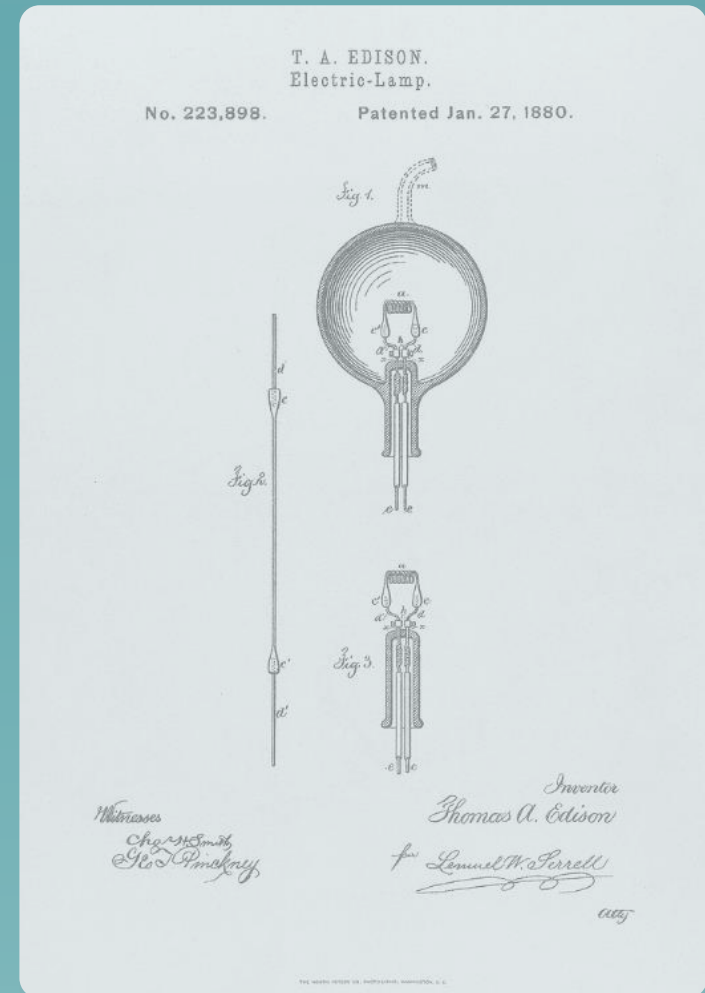
$$S = \theta A / C \lambda$$

Success is equal to the number of attempts
divided by the rate of conversion

If we wish to be successful with something, and we are prepared to keep trying, we are getting closer to success all the time. This applies whether we are talking about dating, business pitches or tennis serves.

I am not suggesting doing the same thing repeatedly and expecting a different result. #madness. I am suggesting learning, adapting, reflecting, improving and trying again with belief. Consider any project like a email campaign. Depending on the quality of the copy, offer, and marketing list there is a conversion rate. Is it 2% is it 3%?

How many frogs do we have to kiss to find a prince?



*"I've found 1,000 ways
that won't work."*

- Edison's lightbulb invention 1880

Idea six - Warp speed

There is often part of us that wants to consider a type of

'Safe progress'

We choose a softer type of action

This could be thinking about, reading about, talking about, considering...

When I had never coached anyone before in my life I was introduced to this concept. I found a client. I started, I took action. Here I am years later. Sure I did the reading and training too. I made a huge difference to me to take real ACTION.

"Warp speed"

is the reward for working actual real progress from massive ACTION!

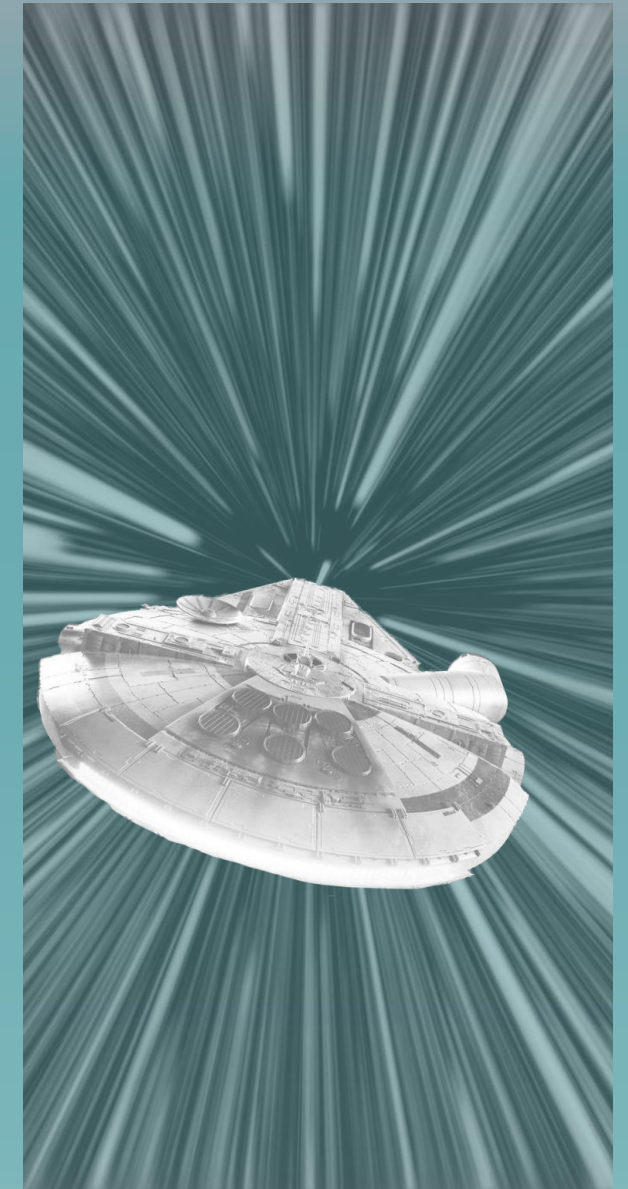
It is the opposite to passive action.

Credit to Master coach Brooke Castillo for this concept.

Talking,
reading,
thinking..



DOING



If you would like any reflective exercises to aid your thinking feel free to email me directly miles@transformcoaching.co

Idea seven - The mantra

Making a Decision



*“
No matter
What”*

A statement you create for yourself relating to your goal and your absolute resolve to accomplish it

“Making a true decision means committing to achieving a result and completely cutting yourself off from any other possibility.”

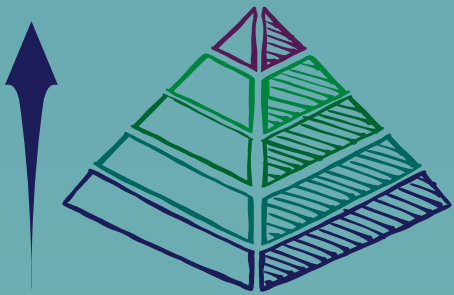
Tony Robbins

Who are we?

Transform coaching are a small group of 5 passionate professional coaches and trainers.

We offer private career coaching and 121 executive coaching.

We regularly deliver training on:



- ▶ Well-being
- ▶ Team work
- ▶ Leadership
- ▶ Employee engagement
- ▶ Planning and organisation

We would love to have an quick chat to explore how we can support you.
Call Miles on 07973 490471 or email miles@transformcoaching.co



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