



WHEN YOUR VALUES ARE CLEAR TO YOU, MAKING DECISIONS BECOMES EASIER

THE INNER WEALTH MENTOR®

ROY -E -DISNEY

DO EXTERNAL CIRCUMSTANCES RUN YOUR LIFE?

When we are living our life to the fullest, it opens up like a flower - gradually, beautifully and unrestricted by external constraints.

Is your life flowing and blossoming?

Often times I see people putting external constraints into their life, such as

- When My kids graduate from school, I will exercise daily
- If I don't get the job, I will start my own business
- If my friend does not call, I will not go to see the film
- When I move, I will start making new friends
- When I am retired, I will start travelling
- When I am old, I will take time to enjoy my garden

We frequently let external circumstances influence our life. They often determine what we will do instead of pursuing what we really want. However, taking charge of our life is totally within our control. It's a choice.

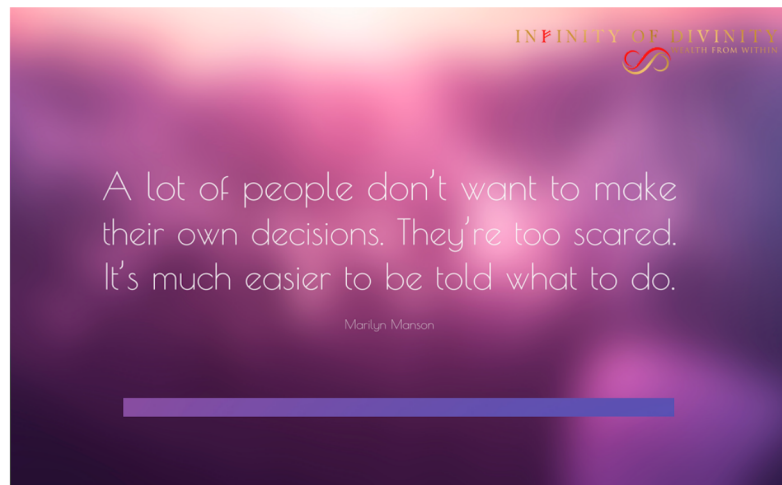
Listening to your inner voice and following it might be scary, as it takes you out of your comfort zone, and opens up your life to new opportunities.

“THERE ARE ROADBLOCKS WE ENCOUNTER TO LIVING A BEAUTIFUL LIFE RIGHT NOW”:

TWO COMMON ROAD BLOCKS INCLUDE:

1. The Inability to Make a Decision

Many people struggle with decision-making and believe in having many choices is good. In fact, the opposite is true “the more choices we are given the less able we are to make a decision – and if we do choose the less satisfied we are with what we’ve chosen (Linda Blair)”



We are so used to accepting our outer circumstances as the deciding factor rather than our own desires.

What you can do right now

Ask yourself, what do I truly want? To become clearer, see yourself in your ideal life, and work and “try it on” It’s like how actors immerse themselves into a role. Start step-by-step, imagine it’s like trying on a new suit or a new dress — try on the desired life. Explore the different choices and see how it feels. For example, try on being a successful executive leader, seeing your beautiful office, working with your team, or being a successful global consultant travelling all over the world first class.

Which feels better about those two choices? Listen to yourself, and your gut feeling, and make the decision right then.

2. Unwillingness to Make a Choice

The second barrier to beginning your life is a reluctance to change and commit. Once you know what you want allow yourself to pursue it, take action and stay on course with it. I often encounter clients who are very clear with what they want whilst we are working on getting clear, however soon after the limiting beliefs and the busyness takes over, and even though the decision felt so good from the heart, the head is taking over with “*I cannot do this, I will not make money with this, it is impossible, I don't have the time*”... and so on.

Once you know what you want stay on course. Remember the winds of life will always be blowing, and chances are you are far stronger and can stay on course if you choose to!

Make a choice and commit to your success right now!

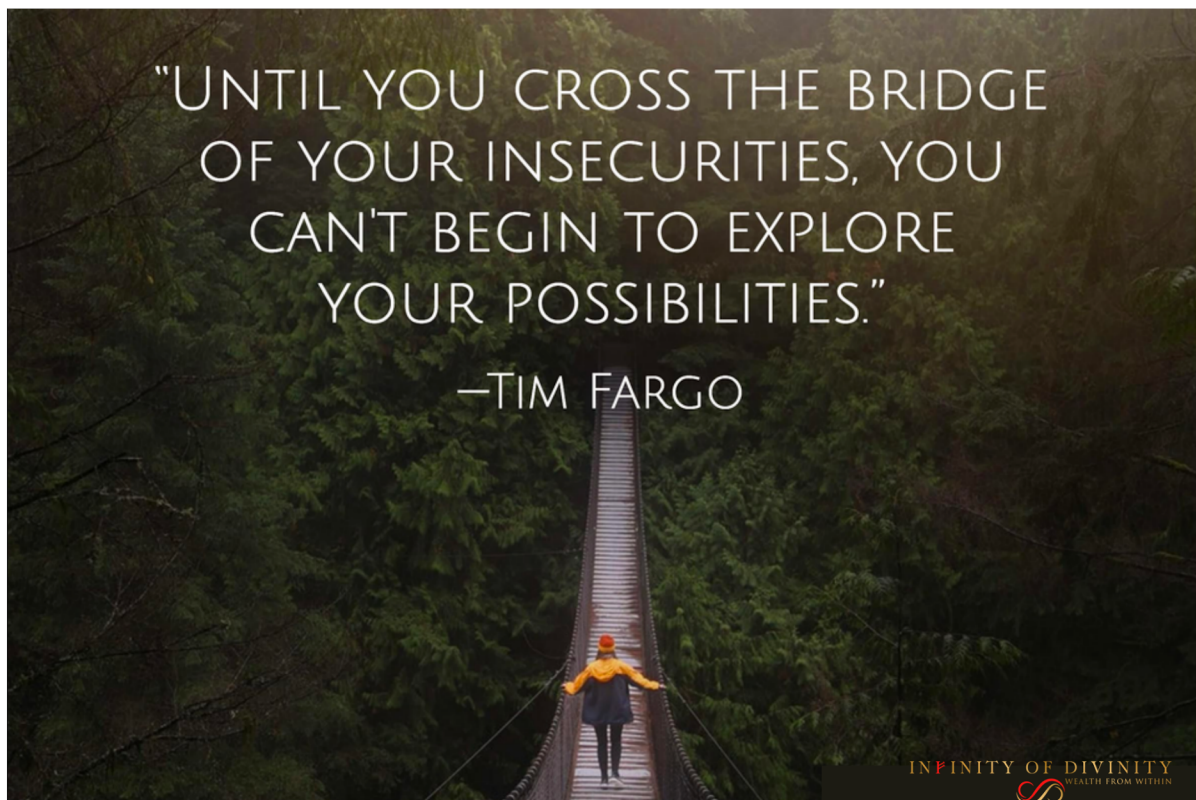
TO GET WHAT YOU TRULY WANT, TAKE THE FIRST STEP.

If you want to improve your public speaking, leadership skills, success, sports performance, create new and lasting relationships, boost your self-confidence, function and general wellbeing, learn how to flex your mental muscles, take charge of your future, start your own business or grow your existing business.

Learn how to listen to your inner voice, identify what you truly want, develop a plan on how to get it, and learn a system on how to stay on the path to make your dreams come true.

Without making regular deposits you would feel the effects on your account balance right?

Well, likewise if you're not making regular deposits into your mind, your progress, and your goals you will notice this in your wealth balance.



HOW DOES THAT HAPPEN?

And I'm not just talking about money here; I'm talking about the wealth of ideas, wealth of health, wealth of fulfilment — true wealth.

It doesn't JUST happen, it happens with consistent, deliberate deposits.

When your head hits the pillow tonight before you drift off to sleep, invest a few moments to make up your mind that you will give your best in all areas of your life for one day — tomorrow. Fall asleep with that idea occupying your marvellous mind.

Henry David Thoreau was asked if he could give a definition of the word hell. He answered, *"No, but I know who could. Ask all those people who think about all the things they could have been, the things they could have done and all the things they could have had, yet did nothing about it. Yes, ask them because they know what hell is like. It is one thing to give your best and not quite make it. It is another thing to give less than you know you can"*

Yes, this world is a better place when everyone is giving and doing their best.

You see it's not about how well you're doing, it's about how much more can you do, be and have.

With Gratitude Always

Alpa Pandya

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