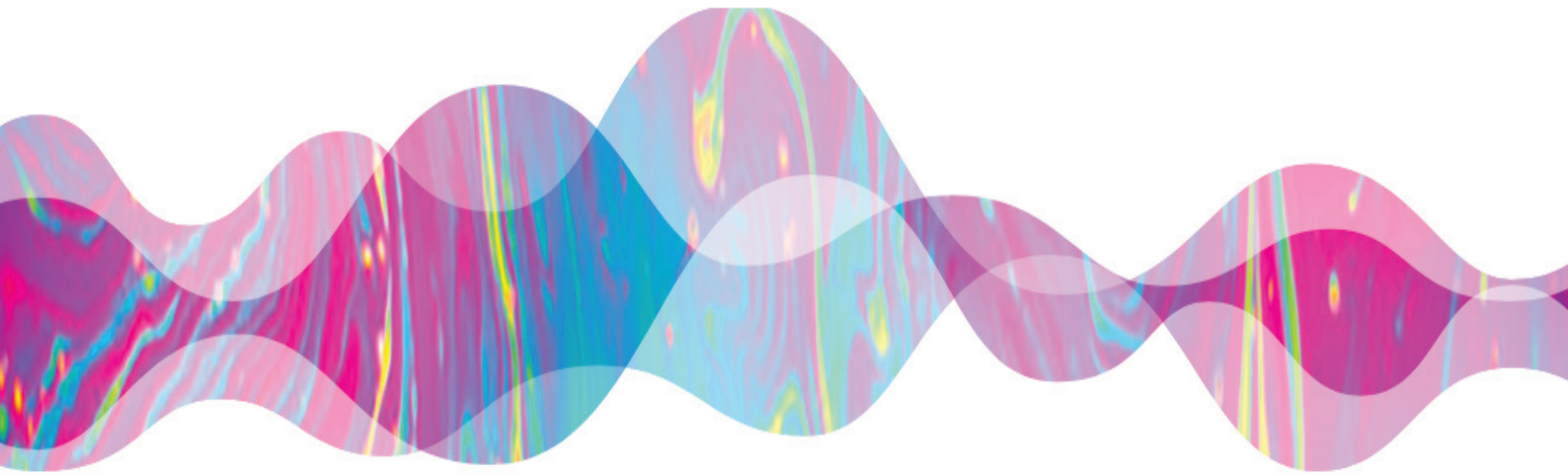


Achievements

Chapter 3



Trish Stewart
INTUITIVE CONVERSATIONS

Finding Your Magic

Achievements

Often we are so busy looking at what we don't have that we forget to acknowledge what we do have. This can put us into a sense of loss. Always scrambling for the next best thing, the next fix of constantly moving forward. "I'll be happy when..." "Once I get this I'll..."

I remember going through my old CV, it was the main one that had everything in it. I would take what I wanted from that to fit whatever job I was going for. I was blown away with all the things I had accomplished. It made me stop and think about my own behaviour and how it was impacting my life and that of my children.

It is time to stop and take stock of what you have accomplished. You may be pleasantly surprised at what you find.

Going back to Mind Mapping Me, look at what you wanted to remove or add to your life. Where do you want to make changes? For changes to take place you will need to be very honest with yourself as you answer the following questions.

Please make a note of what you would like to achieve in each of these areas.

What do I want in my life? This could be more time for yourself, with your family, music, fun and enlightenment, more friends, travel.

Who do I want in my life? As well as the people you want, also look at the qualities you want to attract into your life.

What makes me really happy?

What do I dislike in my life? This can be behaviour such as dishonesty, poor management skills, procrastination.

What makes me feel negative, generally?

Take time to answer these questions and find out how much of what you want already features in your life.

Make a list and highlight what you have and see what is missing.