

DANNY SWANSON

empowering your life

“The Keys to Living an Inspired Life... Here and Now”

Part 7 - Be Yourself: 90 Day Plan

Here we are at the final part of our 7 art ecourse... hasn't it gone quickly?

This week I want to focus on being yourself. We have looked at some strategies for knowing yourself and we have looked at some strategies for loving yourself.

Now it's time to bring it all together and look at being yourself. There is no question that you are already to some extent being yourself. However for most people there is also no question that to some extent we are being what other people want or expect us to be.

The more you can be yourself in life the more you are going to be empowered and find meaning and fulfilment. This does not mean that you necessarily have to get a new job, find a new partner, move to another country or any other major change. In fact I would say in most circumstances those radical moves are unnecessary... particularly at this stage, if at all.

Lao Tzu's wisdom is timely here:

“A thousand mile journey begins with a single step”

Take small steps, and like the masters make them habits. Small steps taken consistently will create exponential change for you.

Empowered Actions for this week:

1. Reflect on your journal and the activities we have done over the last six weeks.
2. Find three or four which are significant for you and wish you will commit to continue doing.
3. Write a commitment statement about what you intend to do. (for example... I will read my list of affirmations every morning when I get out of bed. I will make a gratitude list at the end of every day)

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4. Reward yourself when you achieve your commitments to yourself
5. Repeat steps 1 to 4 as you go along.

I would suggest that you make a commitment to do something for 7 to 28 days. At the end of that time reassess and make another commitment. When we say “I am going to do this for the rest of my life” it usually doesn’t happen. But if we commit to 7 days or 14 days or whatever the period is that the short we have a much better chance of sticking with that. After 7 or 14 days you are starting to develop new habits.