

## **Is Your Life Going in the Right Direction?**

**By Dr Angus McLeod – Champion, Personal Growth**

Sometimes we may feel out-of-step or out-of-control over the course of our lives. One day leads to another just like it. And birthdays come and go like autumn leaves. When such feelings about your life feature regularly – then you know it is time to make a change!

Now if change is a risky word then better stop here – you are probably not ready – you may need more pain before you will act? But what if we didn't have to suffer any more? What if the anxiety about changing was better than the daily pain of being on the treadmill? What if you might enjoy the change, at your own pace?

Well we get nowhere if we do not know where we are going. But first take a look around at where you really are. To do this, it is best to take a leap of imagination and leave your body exactly where it is now and spin your mind through space to a distant location where you see that body of yours. And you can see that life and how it really appears from this distance<sup>1</sup>..... Take some time to study that life. Where did things go wrong? What should that person there have learned? What can they learn now? If they knew what to do and what to change, what would they be doing, now? From your remote space ask all these questions and find answers.

Having done this, spin your mind back to your body and take on-board the observations and answers. What action if any can you now take? What research might you have to do? Who else will the actions affect? Who else needs to know? Who else can support you?

These are all questions that wellbeing life-coaches can help you with – exploring choices, gaining new perceptions and finding motivated steps to a new life.

See the article, 'Start fulfilling Your Dreams Today' to know more about taking your actions forward!

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<sup>1</sup> The purpose of this is to detach from the emotion/feeling that caused you to be stuck.

