

# Re-inventing Yourself

2013 has been a year full of wonderful happenings - along with pensive shortfalls. It has been a year of new beginnings and endings – some good and some not so good. The opportunity we would ask you to reflect on is - how do we move from being just a spectator of the change happening around us **to fully experiencing, participating in and thereby influencing that CHANGE?**

To fully 'experience' change and to have an influence on 'the change' that happens in our lives requires us to have a proactive mindset and approach. A very refreshing and engaging approach is to focus on how, what and where we can 're-invent ourselves'.

**This process is based on thinking through the following steps:**

1. What is working well for you? – your talents
2. What is it you like to achieve? – your goals
3. Why would you like to achieve those goals? – your purpose
4. How is your world changing and what does that mean to you? – impact of change
5. **What needs 're-inventing' personally? – new beginnings**

It has been rewarding to see both the personal effect of going through this process and the positive changes experienced by many of our clients in putting this process into action. If you decide to work through this process, keep in mind the following 'personal re-inventing approaches & areas': your mindsets / your health / family / friends / professional development / grasping technology / your own From (old habits) To (new habits). And of course, all this needs to be done in writing!

We would like to encourage you to start 2014 in a total state of personal responsibility. Chart your course and **'expect that the best is yet to come.'**

Finally, below are 'daily renewal' perspectives that I have worked with for many years and continue to struggle to 'experience' them.

## Daily Renewals

1. Focus on Possibilities (**expect the best**)
2. Inspire others (**care and give back**)
3. Live in the present (**it is a gift**)
4. Realize the 'reality of roadblocks' (**plan for obstacles**)
5. Be awake to your emotions & thinking habits
6. Be thankful for what you have
7. Don't take yourself so seriously (**learn to laugh a lot**)
8. Simplicity (**how much is enough?**)
9. Surrender & understand that 'things evolve' (**relax and enjoy the ride**)

*As a catalyst, Fusion helps you change the game.*

Fusion