



**5 STRATEGIES
TO REACH
YOUR NEXT
LEVEL**

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- ✚ Do you have ideas you would like to explore, but don't know how to get started?
- ✚ Have you decided that even though other baby boomers are "winding down," you are just getting started?
- ✚ Are you looking to launch a business or a hobby and need guidance?



“Change the way you look at things and the things you look at change.”

- Wayne Dyer

5 Strategies to Reach Your Next Level

1. Get to Yourself

Do not look outside yourself for yourself. If you want to know who you are and what you are about, look at how you primarily spend your time. With whom are you having conversations? What kind of conversations are you having with these people? If you are honest, you may see you are having the same conversation with everyone you talk to even though you may be using different examples.

When you boil it down, you're working on something by talking about what is bothering you. Either that or you simply enjoy hearing yourself complain (smile).

You can choose to run on a loop like a lab mouse using the same dialogue you are comfortable with over and over, but guess what? You will be right where you were. So try this. Call it prayer, meditation, napping, resting, it doesn't matter. Just make time to "*Get to yourself*" a couple times each day so that you can still your mind with this practice. You will be shocked by the benefits.

2. Be Here Now

Here's another 3 word directive. This strategy is harder than you think but a necessary and useful skill to get under your belt as soon as possible. You don't really need to think about it to understand the importance of these three little words. Whatever you *can* do, *do* today. Do not put yourself through the agony of worrying about what might happen in the future in advance of now.

As a dear friend said to me recently, “if you need to walk through the fire, why walk through it multiple times before you are actually faced with the real possibility of walking through it?”

So, quiet your mind at will but don't go to sleep. You might have nightmares. Just quiet your mind so that you can *Be here now*.

3. Give to Others

When you feel the most needy, consciously seek out those who could benefit from your attention and give to them. Focus on giving what you want most deeply. Once, (okay more than once), I caught myself projecting all of the possible negative results that might present themselves before I actually received the results from the medical test. When I realized that I was making myself sick, I began to pray for Mandela rather than myself. This may not seem like self-care, but I am sure that it is. It is also a reminder to “Be here now,” as suggested in point 2. What you need the most, you must give. This practice brings that thing, person or idea into your realm of reality.

4. Embrace Yourself

Living in an age of rapid change we must all find a level of comfort with our authentic selves and with the things that are changing outside of us. Yes, change does makes us fearful. We doubt ourselves because we do not know what is going to happen. Yet think about how silly that thought really is. Regardless of the familiarity of our personal circumstances, in truth, we never know what is going to happen. We only THINK we do. And need I remind you that we are NOT our thoughts.

5. Accept that fear is real and move through it

How lovely is life that we and only we get to decide who we are. We can give ourselves permission to grow. We can feed ourselves with food, both real and metaphorical, in order to grow into our authentic selves. We are free to work on the things we have not yet mastered. It makes me think of a comment attributed to Jane Fonda: "We are not meant to be perfect. We are meant to be whole."

The time will
come when,
with elation,
you will greet yourself arriving
at your own door, in your own mirror and each will smile at the other's welcome,

and say, sit here. Eat.
You will love again the stranger who was yourself. Give
wine. Give bread. Give back your heart to itself,
to the stranger who has loved you

all your life, whom you ignored for
another, who knows your heart.

Take down the love letters from the bookshelf,

the photographs, the desperate notes,
peel your own image from the mirror
Sit. Feast on your life.

"Love After Love"
Derek Walcott