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If You Fail To Plan.. You Are Planning To Fail!



The last days of the noughties are fast approaching! Before you blink the family shall be sitting snoozing to the sound of the Wizard of Oz re-run playing in the background. Digesting a humongous Christmas dinner while the teens try out their new games consoles. Grandma snores in the armchair catching flies after one too many sherry's and even the cat who got the real cream is warming her belly in front of the roaring fire. Yes it's that time of year where many plan 4 months ahead for what is potentially a 2 day event. Christmas takes careful planning and organisation – skills which can also be transferred to planning our futures.

A whole decade has passed since we were gearing up for Millennium, wondering if all of our computers would crash at 00.00! Some people were planning ahead buying all manner of anti-millennium software – planning to protect their PC from suspected doom! Studies were shown that more people protected their computer than they did anything else in the home! Some stocked their cupboards with even more food / fuel supplies showing their 'Justin Case' personalities ('just in case' the tills went on meltdown and no-one was able to buy food or petrol!). You see Justin Case shows up when its cousins of Fear, Doubt and Worry pop in for an unexpected visit. A visit from Justin Case happens when you begin to plan for possible 'extra guests', buy the super-sized chocolate tins or the oversized bags of mixed nuts on the off chance that some guests might like to consume more than a handful! Planning for any food catastrophe/ eventuality. God forbid we run out of food to feed our guests at Christmas! Seating arrangements need to be planned, the extra chairs required from the garage to fit everyone around the table not to mention the symphony of timing that must happen in the kitchen to have everything prepared and ready at the same time. It's no wonder by the 28th day of the month, most people come down with fevers as they begin to relax and cease running on adrenaline!

If we planned for our future happiness as much as we plan ahead to avoid doom, I am positive the world may be a different state of affairs. Alas for those of us who still carry hope, faith and courage for the next New Year to continue creating our own economy! So how do you plan ahead for a better future? Join me as I walk you through 5 simple key steps to help you begin PLANNING NOW ahead of the game. You see the purpose of a goal is not necessarily to achieve it but who you become in the process of getting in alignment with that goal ie thinking differently to achieve it.

Step 1

Transport yourself to say January 1st. Imagine yourself sitting in the armchair on 1st January, contemplating the previous year's achievements, challenges and successes. Now think of any goals that you may have had

set (even from the previous year) that are still being 'carried over' rather than achieved and ask yourself this question:

"If only I'd have..."

Step 2

Listen to what your intuition tells you when you answer the above question and write down all the things that you know you should have done, could have done and if you would have done, would have given you better results.... To give you some examples of what others have wrote when doing this exercise:

Eg...**If only I'd have** got up earlier, gone to the gym, taken that new language course, trained for..., travelled more, spent more time with the family, saw my auntie....., organised myself better, got a better paying job....., undertook that writing course, began writing my book..... Started my own business, had a family... looked after my health better....
Get the picture?

Step 3

Once you have identified all the actions that you wish you had have taken for the preceding year, now come back to the present day and congratulate yourself because you can now PLAN AHEAD and commit to yourself once and for all by getting started NOW, building the habit of DOING whatever it is that you have not been committed to doing before.

Step 4

Use your imagination to see yourself 'living the life' you desire to lead. Be as descriptive as you can, using colour, what you see, hear, smell, taste and touch, who you are with, where you want to go, what you desire to experience in as much detail as you can muster. Give yourself permission to lift the lid from your glorious imagination! See yourself living the way you desire to live. Always write in the present tense because the mind does not know the difference between what is real and what is imagined! Begin with ... I am so happy and grateful now that I ... Alternatively, you can aggravate the pain side by asking 'what will it cost me NOT to do the thing or what will I feel if I don't do this?'... Sometimes this can be a greater motivator as we always do more to avoid pain than we will ever do towards pleas-

ure, its just how we are programmed for survival!

Step 5

Get a clean sheet of paper and write down these key ABC elements (you can change to suit you – these are examples):

- A A financial figure you may desire to earn in the next year
- B What you will be prepared to give in return for the financial compensation (service you may provide)
- C What you may have to sacrifice to gain time to do it (switch off the TV, make time to read/ education etc)
- D When you will achieve it by ultimately with benchmarks and review points along the way to ensure you are on target
- E PLAN ahead **when** you will give yourself immovable appointments in your diary to do the thing that you were just complaining about not doing – because you still have a month left or so of this year to PLAN AHEAD FOR NEXT YEAR NOW! **What are you waiting for? Christmas?!**

Remember to enjoy the journey, have a very merry Christmas and an amazing New Year ahead. It has been my pleasure to write for you for the last 12 months. I do trust that you have enjoyed my articles. Feedback welcome!
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Love & Mince Pies, Best Blessings, Michelle

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