

# Background Changes to Make

This exercise focuses on your awareness of changes you may want to make to better position yourself for success and fulfillment.

This is a list of 10 fundamental or background changes that people often make in order to improve the quality of their lives and to become even more successful. This type of list is important because it contains strategies and approaches that can do as much for you as a direct effort to reach your goals. Think of this list as an investment in you, which pays off in the long term.

## Strengthen your personal foundation.

Just as a skyscraper needs a deep and strong foundation to support its weight and to withstand the environmental stresses affecting it (heat, cold, gravity, wind, earthquakes), so do we need a strong personal foundation. Your personal foundation includes extensive boundaries; high levels of integrity; high standards; resolution of the past; a strong community, network, and family; a healthy reserve of time, space, opportunities, money, and energy; an absence of tolerations; personal needs that are completely satisfied; and values that are being expressed. If any of these areas need attention, your coach can help you with them.

(Circle One Number)

**Need Lots of Work**

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**Great Shape**

## Let go of the future as a focal point.

Most of us are driven by the future instead of being inspired by the present. We focus on the future (a goal, a lifestyle, an outcome) but at what cost to us and to our present? The future will take care of itself if you take care of what is in the present. Do not give up on goals. But give full attention to the number of opportunities available all around you by letting go of the future and responding fully to the present.

(Circle One Number)

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**Great Shape**

## Understand—and respect—what motivates you.

There are literally hundreds of things and feelings that motivate us, but we are often unclear what these are or how they work. We all know about fear, greed, love, and pleasure as motivators, but we also have other motivators, whether we want them to or not. Part of the coaching process is to come to understand how you are wired and what motivates you. While it is true that most people have a sense of this already, few have the awareness of all that is occurring. This increased awareness (which a coach can help you expand) will give you more self-control and help you design an emotional (intangible) and physical (tangible) environment that brings out your best.

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**Great Shape**

**Trust your whims, and experiment continuously.**

Given the right data with an intelligent analysis, there is nothing wrong with making logical and rational decisions. However, it is important to note that the world calls on use to embrace chaos and make decisions based on an increasing number of variables and a decreasing number of cause-and-effect relationships. What used to work in decision making works less and less today. It's essential to develop your instinct, inklings, and intuition into an art form rather than slipping into the familiar comfort of making merely choices based on logic alone.

(Circle One Number)

**Need Lots of Work**

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**Great Shape**

**Learn from your environment, and evolve from what occurs.**

Most of us have been trained to control or override our environment in order to get something done. But consider the possibility of responding to what is already occurring, much like an Aikido master who uses the energy of the attacker and redirects it to get what he wants, instead of resisting, fighting, or overcoming it. So the next time something bad happens, don't just overcome it: Surrender to it, see the contribution it makes to your maturity, and learn from it quickly.

(Circle One Number)

**Need Lots of Work**

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**Great Shape**

**Find healthy sources of stimulation for your life.**

Television, news, movies, cities, sights, events, and even certain people can overstimulate you, leading to stress, manic states, and exhaustion. Stimulation is enjoyable, but each of us has an optimal level of it. We are not always clear about what that level is. Decrease your stimulation and calm your life down to the point of near boredom, to find ways to enjoy the simple things, and get clear about your optimal level of stimulation for achieving the goals you want.

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**Need Lots of Work**

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**Great Shape**

**Spend as much time cleaning house as you do building an addition.**

Metaphorically, anyway. It's easier to build more after you have completed or matured what you have. Simplification is one of the ways to make way for that completion or maturity. It may be helpful to simplify or reduce goals, projects, pressure, responsibilities, roles, etc. Try reducing and completing while you are adding and building rather than just working hard to add, build, or create more.

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**Great Shape**

**Let go of beliefs and opinions.**

Most of us have lots of beliefs and opinions about people and things, many of which are unexamined. Let go so you have only essential beliefs or opinions about people, things, or yourself. Ask questions that stimulate real understanding and openness rather than trying to get people to agree with you. It's too expensive! It's not that beliefs or opinions are bad, sometimes they get in the way and slow you down.

(Circle One Number)

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**Great Shape**

**Carve out your own reality and personal operating system (POS).**

Most of us use a version of our parents' way of operating (POS) or have adopted a popular POS off the shelf, whether it is cultural, geographic, religious, or philosophical. Nothing is wrong with that, but it's important that you examine it, and adjust as needed, to create your own POS in order to make the most of your life. Most of us have never had a POS 101 course so there is a learning curve involved, but it is worth the investment. The point is that you get to decide how your life is going to work and what tools you are going to use to make the most of it. Formulas will work less and less. A custom-tailored POS is a necessity.

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