

Seven Steps to Living Your Life on Purpose © Lois Shenker

1. **Know who you are.** and be true to that identity. Celebrate your unique qualities and make them work for you.

2. **Pay attention** to everything and everyone around you. They make a difference.

3. **Handle relationships with C.A.R.E.** (communication, acceptance, respect and expectation.)

Communication: Keep your communication open, non-judgmental and frequent.

Acceptance: Acceptance of' customs, beliefs and traditions which are different from yours is important in a relationship. Acceptance also implies not making assumptions of what you think those beliefs and traditions should be.

Respect: Have respect for your own choices *and* those of others, for the differences of beliefs and opinions among you, and concerns, fears, and confusion which come from them.

Expectation: Try to keep your expectations realistic, and then try very hard to have them only for yourself, not for others. The fewer expectations you have, the better off you will be.

4. **Plan your work, work your plan:** Know where you are, where you want to be, and create a plan for how you are going to get there. Start with S.M.A.R.T. goals. (specific, measurable, achievable, realistic, time limited)

5. **Be proactive, rather than reactive.** Instead of accepting the status quo as your life style, be proactive for how you want things to be, rather than simply being reactive to the way things are.

6. **Rev Up Your Frequency.** Use the Law of Attraction to transmit positive energy to the Universe. Live in your mind as if you have already achieved your goals, and use that energy to bring your desired outcomes to reality. (Check out the book, *The Secret*.)

7. **Hire a Life Coach!** Find a Life Coach to empower you, give you support, help you create a strategic plan, and hold you accountable.

Check out my website: www.loisshenker.com for a **FREE 15 minute consultation!**

Quotable Quotes to Think About

"If you think you can do a thing or think you can't do a thing, you're right."
—Henry Ford

"People with goals succeed because they know where they are going ... it's as simple as that."
—Earl Nightengale

"It's never too late to be what you might have been."
—George Elliot

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."
—Anais Nin