

CHAPTER 10

ACHIEVE

BY DR. KATHLEEN ALLARD-WASAJJA

*We have two lives, and the second begins when
we realize we only have one.*

~ Confucius

With time, experience and dedication, the quality of your life should be going up, not down.

If you could create a second life, what would it look like? What are you craving? If you're thinking: "Well Kathleen, there are so many things that I can think of," that's great because you're the person I had in mind when I wrote this chapter.

Whether you want more time for yourself, or more time with your family, to start a new career or business, to improve your health or to try new things, you have a desire that's been building and building to change your life.

When you realize that you have only one life to live, your second life can be much more fulfilling, because it's now focused on being yourself, cherishing the time that you still have with your loved ones and finally enjoying life like you never have before.

I want to encourage you to develop and monetize your talents and gifts. In today's uncertain economy, the more income possibilities that you have, the more freedom and ease that you have to adapt and move from where you are to where you want to be.

My goal is to provide you with actionable strategies, the ones everyone should know, to help you achieve your goals, overcome the obstacles that leave people feeling stuck, and learn how to use your fears to help you improve. If this sounds good, then:

Here you go. . . enjoy!

Open your mind and let the success strategies walk in

To begin with, invest time into doing new things and activities that you enjoy to gain more clarity on who you are, what you really want (it's not what other people think you should be doing), what you need and what you can give back to help other people achieve their goals, using your unique gifts and talents.

Remember that all of the areas of your life are important and every area of your life influences another. Therefore, you need to give your attention progressively to all of these areas of your life:

- personal life
- professional life
- family
- relationships
- health
- finances

Having only one or two successful areas in your life can create issues in the other areas, such as dissatisfaction, unhappiness, and stress.

Even though we can't control all of the stressful situations that develop in our lives, or their outcomes, investing time to figure out solutions to improve our circumstances is important.

Getting started today...the ultimate goal: Achieving Results

Did you know that recent advances in neuroscience have shown us that the brain has an extraordinary ability to continue learning and modifying our behaviour through a concept known as "brain plasticity"? For anything you think that you can't do, keep in mind that by learning and practicing, you can get better by adding success strategies to your schedule every day.

Your brain is closely connected to your body, which is why taking care of your health through exercise and eating nutritious foods can give you more energy to achieve your goals.

Setting yourself up for success: Working on a new and improved you

Just like other body parts, your brain can also be trained to perform better.



Let's look at four of the most common limiting factors to success, and learn how to overcome them:

1. Lack of energy
2. What other people think
3. No roadmap: No clear vision of what you really want and why you want it
4. Goal-related fears

Let's start with:

1. Lack of energy

Problem: Many people feel tired and stressed, so they don't invest time into changing their life. Keep in mind that doing what you are passionate about is actually a great energizer.

Checklist: Strategies to overcome a lack of energy

- (i). Invest in your health by starting to juice fruits and vegetables once or twice a week, and build your way up. Juicing can boost energy levels, help you feel younger and maintain better health and weight. Search online for easy, delicious juice recipes. Buy them if you can't make them.
- (ii). To quickly repower your energy, take short naps.
- (iii). Your to-do list shouldn't look like you're running the country because it can lead to stress and procrastination! Decrease your list, delegate what you can, and slow down to gain more ideas, time, and focus.

2. What other people think

Problem: What other people think has a huge impact on our capacity to make changes. Many people, even high achievers, avoid doing something that they know would benefit them because they are concerned about the reaction of the people surrounding them.

The desire to want to "fit in" is normal; it gives us a sense of security. This need lies deep in our subconscious mind, the part that controls our beliefs, habits, actions, memories, personalities, and behaviors.

Obviously, other people's opinions can be insightful, but it's important to follow what feels best for you and take control of the direction of your life.

What appears to be consistent in the human experience is the need to live a life that has more to do with who we really are and what we truly want to experience.

Here is one insight from a select group of terminal adults, addressing what they would do differently if they had more time to live: (from *The Top Five Regrets of the Dying: A Life Transformed by the Dearly Departing*, by Bronnie Ware).

- "I wish I'd had the courage to live a life true to myself, not the life others expected of me."

With this in mind, listen to your "inner voice" and make sure that you are living a life that is all about what you really want.

Checklist: Strategies how to overcome what other people think

- (a). Connect with people who have achieved what you want to achieve.

Connect with trustworthy, high achievers right now who have reached the goals that you want to achieve. They can make a huge difference by giving you more ideas, helping you overcome obstacles, and referring you to other people who can help you. Find these people through associations, masterminds/mentors, retreats, group coaching, referrals, entrepreneurial organizations, and, of course, everyday life.

Think of offering them value by letting them know your areas of expertise; they might appreciate your help in the future.

- (b). Be selective as to what you say and to whom you say it.

If you are making significant changes in your life, expect that some of your family, friends, or colleagues won't understand and support what you're trying to do. It's not even a question of if it happens because it will, and some people will never "get you". Be selective as to what you share and with whom.

- (c). Consider coaching.

Most successful people have coaches because coaching (private or group) and mastermind groups can significantly increase their chances of reaching their personal and professional goals – and doing so faster – by creating structure, generating ideas, and enforcing accountability for the work that they are already doing.

- (d). Let go of your "secret hopes."

Let go of your "secret hopes" that everyone will like you

or what you do. Here's why: no matter how much good you bring, you will always have people who are negative and unable to bring constructive comments. Protect your energy with the support of positive high achievers.

(e) Invest time in your personal development.

Increase your personal development education time instead of your entertainment time; spend more time and money "in yourself," instead of "on yourself"(clothing, electronic items, etc). Read books or watch personal development videos, and if you do this during your trip to or from work, you won't need to set aside extra time for this task.

Put into action what you learn right away, and make a habit of evaluating the quality of your day, every day, and make the changes that you need as you go along.

Learn from people whom you admire and read the biographies of the challenges of successful people. I, myself, was greatly influenced by Jack Canfield, and I'm so grateful. As you read through this book, consider following the authors who inspired you the most.

In addition to coaching, masterminding, or mentoring, other methods that can help if you have limiting beliefs and fears are hypnosis and the Emotional Freedom Technique (EFT).

Note: If you have a history of psychological disorders, or have an unstable life or health condition, always refer to your health care provider.

3. No roadmap, no clear vision of where you want to go

Problem: Not knowing what you really want to do, or not having a specific plan to get there.

Many people don't have a clear vision or roadmap of what they want in their lives because they are busy and don't think about what else they could be doing to monetize their gifts and talents,

other than what they are doing in their current careers. Being in control of the direction of your life is the result of thinking and creating possibilities.

One of the most common situations I encounter with my coaching clients is a misalignment between what is really important to them (values) and their current life choices. For instance, people who value family life as a top priority may stay in careers that no longer allow them to have quality time with their families. Chronic misalignment can lead to unhappiness, frustration, health issues, and of course, missing out on your own life.

Your values are those things that you believe are important to live by; they can help you make better decisions. When your life choices align with your values, you feel more confident, fulfilled, and happy.

Checklist: Strategies to gain a clear vision of your life

- (a). Take the time to get clear on your values.

Becoming crystal clear on your personal values is a critical step because you'll easily notice how choices in different areas of your life either align or misalign. Being clear on your top values can help you make daily decisions and say "no" to those things that don't align with your values and life goals.

- (b). Exercise 1: Value exercises by Kathleen Allard-Wasajja.

Go online and search for a list of at least 30-50 values, and print it out. Some examples of values are: creativity, freedom, achievement, adventure, challenge, and security.

Circle the ten values that most resonate with you. Now, bring your list down to your top five values, and then down again to the three most important values. If you hesitate, listen to your "inner voice." Next, look at all the areas of your life and determine: (i) which current life choices align with your values, and (ii) which current life choices don't align with your values and will need to be changed.

For example, one of my most important values is freedom. If you're like me, ask yourself:

- ◆ What does being free mean in each area of my life: personal, professional, family, relationships, health, and finances?
- ◆ What current choices allow me to feel free?
- ◆ What choices don't allow me to feel free and need to be changed?

Some of your values may change with life experiences. Repeat this exercise whenever you're not experiencing what you want in your life, or when you are going through transitions.

4. Goal-related fears

Problem: You have goal-related fears that may be preventing you from taking action: fear of success, fear of inadequacy (not being good enough), fear of vulnerability (exposing your true self), and fear of failure.

Goal-related fears can be a natural performance enhancer. Use your fears as a way to learn to improve yourself by programming your mind to find manageable solutions and get support from experienced people. The more you work on overcoming your fears, the easier it gets to find solutions to overcome them.

Checklist: *Strategies to overcome goal-related fears*

- (i). Start by thinking about what you will gain by overcoming your goal-related fears.
- (ii). Ask yourself:
 - ◆ "What am I afraid of?"
 - ◆ "Why am I fearful of this?" Ask yourself again: "Why?" and then another: "Why?" You can gain more clarity on the nature of your fear.
 - ◆ "What can I do to overcome this fear?" Do you need more time to think about it, more practice, more help, more information to make a decision, to decrease the

size of the goal? To find all of the possible solutions, brainstorm alone and ask helpful people for their ideas. Get more information, help, or support. This process can help put your mind at ease, "knowing" that your fears have solutions.

Connect with high achievers, establish small goals to start off with, and always remember that other people's talents can help you reach your new goals, just as your talents can help other people reach theirs!



About Dr. Kathleen

Dr. Kathleen Allard-Wasajja is a medical doctor, a personal and professional coach, a hypnotherapist and a speaker.

If there's a life that you crave.... Dr. Kathleen Allard's passion is to help midlife, Generation X (born in the 1960's, 1970's and beginning of the 1980's) women and men, create their ideal life, with actionable strategies to: transform their personal life, create a new career or business, and improve their health.

She believes that there's no better time, with the experience that you've gained up until now, to learn how to move away from stress and fear. At midlife, the quality of your life should be going up, not down.

Founder of a personal and professional wellness development and training company, Vitality Leadership Group, Dr. Allard helps midlife Generation X (born in the 1960's, 1970's and beginning of the 1980's) women and men overcome goal-related fears and obstacles to achieve important life goals.

Dr. Allard's focus is on giving value to her clients by training them to achieve high-level mindsets, as well as thinking and problem-solving skills. She believes that in today's economy, investing more "in yourself" to create a stronger personal foundation, can bring more opportunities and freedom to move from where you are to where you want to be.

Dr. Allard brings a unique approach to personal development through her signature programs, *Achieve Method and Successful Life Strategies*. She offers live transformational retreats, coaching, and online courses to design and support a customized plan for each of her clients.

Dr. Allard specializes in clients seeking change, both internally and externally – the “mind, body, spirit” triad – to facilitate their transition from yesterday's reality to tomorrow's fulfilling possibilities. As a member of the Generation X demographic, she is passionate about reconnecting women and men with their core values – the ones that should always be guiding our choices to create the life that we crave.

In addition to her medical training, Dr. Allard is a professionally trained personal and professional coach, US-certified hypnotherapist (National Guild of Hypnotists), and speaker member of the National Association of Experts, Writers and Speakers in the US. She is certified in radio and television broadcasting and is fluent in both French and English.

Dr. Allard is also a John Maxwell Team Member, providing transformational training to organizations with her program, *Successful Leadership Strategies*.

Dr. Allard has over 15 years of experience as a physician (MD), practicing family medicine in Canada, has a background in emergency medicine, is a US board certified Integrative Medicine Specialist (conventional and natural medicine), and holds a Bachelor's degree in nursing. Dr. Allard's studies in medical school earned her the Rhône-Poulenc Award of Excellence in neurology.

With the experience from thousands of pediatric and adult medical consultations, caring about the life stories and supporting the success of people from all walks of life, she believes in the power of thinking from multiple angles to find solutions that improve our circumstances.

Dr. Allard also supports several charitable organizations. A dedicated athlete, she creates exercise plans for those whose injuries require adaptations. She enjoys reading, swimming, and sailing.

For more information on how to bring your life to a higher quality level, contact Dr. Allard at:

- www.vitalityleadershipgroup.com.