

BE CLEAR ABOUT WHAT YOU WANT

and the Rest Will Follow

By Jeanne Giddens

Recently I was on the phone talking with one of my best friends from college who lives over 100 miles away. As we talked, I noticed that we kept coming back to the theme of her being overwhelmed, tired, and feeling unsupported by her husband. In essence, she was stuck in a big mud hole and did not see her way out. No matter which direction we took in our conversation, she just kept coming back to how bad she felt.

I decided to see if she wanted to talk about it. At first she said no and chalked it up to the usual way that she feels. She even said, "That's life. It isn't going to change, so why bother talking about it." Although I knew this was the wrong attitude to have, particularly when you are talking about something you would like to see change, I understood exactly what she meant by her statements.

While being supportive, I focused on the fact that she kept talking about it. Clearly, at least to me, the issue needed to be explored further. I asked her to humor me and tell me what it was that she felt was never going to change. After making some smart remark about the "coaching hat" I was offering to don for her benefit, she gave in.

For a while she stayed in complaint mode, not really going anywhere. However, when I began asking her questions about what she wanted, eventually she was able verbalize her vision of her life. Through this expression, she began to realize the difference between her ideal life and her actual state. Her view of the situation changed. All of a sudden she had a better understanding of what she wanted and could focus on how to make it happen.

If this scenario sounds familiar, here is what I suggest you do.

Focus on What Matters

I think that most people are frustrated with some aspect of their current situation, either at home or at work, with their spirituality, their health, etc. They are so focused on the frustration that they cannot be clear about what they want and

therefore don't know how to ask for it or work toward it. They just don't know what they are working toward. Ask yourself, "What do I want?" and then ask yourself, "What do I really want?"

Believe You Can Have What You Want

Your belief about a situation is the key to that situation changing or not changing. If you think negative thoughts—i.e. things will never change, I don't deserve more than this, this is as good as it gets, etc.—then that is all you will ever have. Make an investment in yourself by turning that doubt around. Make positive, self-affirming statements about what you want.

Look for Opportunities to Have What You Want

Open your eyes. Sometimes the thing we say we want is right in front of us, but because we tell ourselves that it will be hard to get, we overlook what is right there for the taking. Instead of thinking it is too good to be true, thank God for placing it within your reach.

Take Stock of What You Already Have

It isn't always about wanting something more or different. Sometimes we just need to be reminded of the things we do have and that is enough. Take a life inventory. Are you where you thought

you would be by now, and if so or not, is that okay? Maybe your original goals don't match where you are now. But maybe it is the goal that changed and not the target.

Oh, by the way, I am happy to report that by our next conversation, my friend was in a better place. She had come up with and implemented a plan of action that helped her get out of the mud and have more of the life she envisioned for herself and her family.

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