

Now What? 5 Steps to Move You Forward

Attention Displaced Workers and Anyone in Transition!

You've just lost your job. You've discovered you are in transition with your life, with your career. You feel stuck in a rut. What do you do now?

I've been through all that and after sitting for weeks-turned-into-months I discovered these five gems. Once realizing I was moving forward with my dream of being my own boss and being in control of my own destiny, there was no stopping my progress and successes.

Here are five (5) steps to move you forward to the rest of your wonderful life without sitting on the couch and waiting for something to drop into your lap.

- 1. Stop being the victim.** Sure, you just lost a vital part of your life, but you are still breathing—and if you aren't, I suggest you do so NOW! There. Feel better? Let's do that again. Only this time, close your eyes. Of course, if you're reading this exercise, you might want to keep your eyes open with the first run-through. Take a deep, cleansing breath. Blow it out slowly. Relax. One more time. Take a deep breath. Blow it out slowly. Relax. Did you feel your shoulders drop a bit? Okay, if you're listening to the audio, you may open your eyes now.

Because you have many days ahead—too many to waste wallowing in sorrow—take the time you need to mourn the loss, but I suggest no more than a week for tomorrow truly is the next day of your life. I know it's tough to move on, to wake up the next morning and get out of bed. Friends and family feel sorry for you and they tell you as much so it's very easy to stay in the victim frame of mind.

When told I wouldn't be advancing with my position, I received lots of sympathy, and yes, I ate it up—for MONTHS. Five months had passed when I met up with a friend who asked how I was doing. "Great," I replied. "I just should have been where I am today three months ago."

Bless his heart, he very astutely said, "It's all a process; don't worry about the 'should haves'."

Those words changed one of my thought processes. I was never going to utter the words "should have" ever again. To this day I have not left one thing undone that I "should have" taken care of. If I do hear myself beginning to say the words, I immediately change them to something else. For example, "I should have paid that bill yesterday," turns into, "I will pay that bill as soon as I get home." You get the idea. Make it an action item for yourself. Surprisingly enough, these many months later I've found that procrastination is no longer my middle name. Although, my husband tells me that I "put it off until another time."

Again, if you must play the victim, if you must grieve, go ahead; however, set a limit for yourself as there are precious times ahead in taking those next steps to get on with the rest of your life.

- 2. Take stock on what you have.** This could be anything from money or assets to the talents you possess. By talent, I mean all types, such as painting, speaking, managing, organizing, people skills, good with animals—the list is endless. Of course, I cannot stop you from continuing to read or listen, but I highly suggest taking the time now to create your asset list. List the talents as they come to mind, not second-guessing yourself, and include "smart, capable, problem solver."

Now that you've created your list (assuming you had), isn't it amazing to see all the gifts you possess? You are one rocking dude—or dudette! Notice how you are feeling while reading your list. Do you feel proud? Do you feel a positive boost in your attitude?

Attitude is everything. By putting focus on the positives within, energy is created that fuels us to keep going. Seeing all our attributes empowers us to envision all possibilities, which is the next step.

- 3. Begin to see the possibilities.** Because you are now in a positive mindset, take a few moments to jot down the top five (5) things you love or love to do. Once again, create the list quickly and without analysis, for the

key is in the speed of recall. My own list is reading, being with friends and family, travel, music, and write. Next, compare this list with the one created in the previous step of your assets. What thoughts come to mind? Do you see any ideas or a direction you might like to pursue? This exercise helps determine what you want to do next and where you might want to go. You may also see that staying in the same type of work makes you happy. However, depending on current circumstances, you may see a door or two opening into a completely different world.

Before finding out my job was over, I knew that being in the corporate world was no longer for me or what I desired. I was not interested in sitting behind a desk or another long commute. Creating my two lists confirmed this. But I did see when comparing the lists that I wanted my own business, to run it out of my home, helping others succeed in whatever they so chose. I could spend time with family and friends, have the time (and money) to travel and to write.

You were made for greatness. Trust yourself and the possibilities. Be open to any idea that comes to mind.

- 4. Keep and accentuate the positive.** At this stage of the game, it is vital to remain upbeat. And as much as I'd like to keep on a positive note here, I'm setting sail on the Sea of Negativity.

It's only natural to have doubts, especially if deciding to change course by starting a new career or beginning a business. But forget what you cannot do and focus all your attention to what you can do. Move forward by taking a big step or a little step; the size of the step is of no consequence, however, TAKING the step is of consequence.

If you find a step or two, or any other idea, is not working for you, throw it out! This is your dream, your career, your life, and the most important idea to accentuate is what makes you happy.

I recently had to throw out a project; it was a big one, too; one that I treasured having in my life for a few years. But the project became cumbersome, no longer any fun to complete, so I let it go. I had no idea how freeing that would be. It opened up time with my business so I could do more of the things I enjoyed.

Be aware that sometimes the negative can create positive results, leading to the final step.

- 5. Take action.** This is the above-all-else-do-not-fail step. I talked about procrastination joking how I put it off until another day—not very far away from the truth. Literally, for almost three months now, I have been going non-stop working my business, taking care of financials, tending to the home and family. The more you take action to move you forward, the easier it is to let go of any procrastinating or limiting thoughts. Why? Because you won't have room for them with all the other action steps and they simply vanish or not allowed into your space.

Again, trust yourself. You know what it is that you want in your life and out of your life. Find the humor in all situations. If you come to a wall or stumbling block, find your footing and climb over it! Only you possess the power to take the steps necessary to succeed.

It may seem impossible to see the positive side or the good that might come out of your current situation, but I guarantee that once you take the steps I outlined above, you will be amazed how your life is finally coming back together again. Your energy will return. You will be happier. The days will seem brighter.

Please drop me a line and tell me how your days are going. I am here for you and your success.

Good luck and Dream On!

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