



# Create the Life You Really Want to Live

by Jo Condrill

Do you ever catch yourself saying that you'll really start living your ideal life "when".... "when I have more money" or "when I have more time" or "when the kids are grown", or "when..." Stop dreaming and begin to take steps toward your ideal life right now.

**P**erhaps you want to start a business; change careers; become famous; improve your relationship; or just take up a hobby....whatever your dream, stop making excuses of why you can't, because **you can!**

You're smart (we know this because you're reading Going Bonkers Magazine!) So why aren't you living your ideal life right now? Many times, we let our inner fears stop us from creating the life of our dreams.... We fear we won't accomplish what we set out to do...or we fear that we won't measure up, etc. While no one will deny it's scary to step out of your comfort zone and take a chance on something new, once you challenge your fear and take action, you will attain great things.

## Dream Big

Imagine yourself living the life you want to create. Once you've identified your dream, write it down, in detail. It has now become a goal! You've got to figure out exactly what you want, before you can have it, otherwise, how will you know when you get it?

## Make a Decision

In every single decision we make, we exert a power to shape and control our lives. Make daily decisions that are in line with your new goal.

## Choose a Path

Identify what you need to do to make your goal a reality. Think of what is standing in your way to reach your goal. List each obstacle you can think of - then make a list of every possible way that you can fathom to go around, over, or through each and every one of those obstacles. Make a list of steps that you'll need to take to achieve your goal.

## Get Help

Think of the resources you have, like friends and family, an education, a job, talent, and know how - these will all help you. Only tell people about your goal who can help you attain it. Let them be involved with you as you explore your options. They can provide energy and "know how" that will help you persevere. No one has all the answers. Find support early in the process and your journey will be much more fun and rewarding.

## Keep Score

Just as you wouldn't play football without keeping score, neither should you ignore the score when it comes to your life. Figure out where you are now. Establish a baseline; it's your line of scrimmage. Know where the goal line is. Keep track of your progress and decide if where you are at any given time is where you projected you'd be. Learn from your successes and failures and determine what you need to work on to achieve your goal.

## Reward Yourself

Medals and trophies from others are great rewards, but it's also important to reward yourself. After all, you're doing all this for you. Commit to paper how you will reward yourself when you reach a certain goal, and then follow through. Give yourself a well-deserved boost to start working toward your next goal.

## Take Charge Today for a Better Tomorrow

The thrill in this game called "life" is charting a course, facing challenges head on, and reaching your destination. Sometimes you win; sometimes you lose. Either way, when you focus on the big picture and progressively move towards it, you create a future filled with possibility.

**Jo Condrill** is an author, speaker and business owner who knows a secret that is changing lives. Jo went from poverty-level to supervisor in the Pentagon using the steps she shares here. Now she is a business owner, seminar leader, and writer. Her best-selling books include *101 Ways to Improve Your Communication Skills Instantly* and *Take Charge of Your Life: Dare to Pursue Your Dreams*. This book provides a complete "how-to" guide to prepare for success in life. To add this tool to your personal growth toolbox, check out the mini-course and seminars at: [www.GoalMinds.com/takecharge.html](http://www.GoalMinds.com/takecharge.html) Also, don't miss [www.mamajo.org](http://www.mamajo.org) where you'll find inspirational audio interviews with people of all ages.