

SOMETHING TO WORK ON!



CLEANING THE TABLE

We are going to spend some time evaluating what's on our table or about to be served to us based on our actions or lack thereof. Then we are going to spend some time discovering what needs to be added, removed, or stayed. For this exercise, you need at least 4 sheets of paper, something to write with, a highlighter, a good place to think, and your thoughts. This is probably going to take a few sessions to complete, depending on how deep

you decide to go.

1. Find a quiet room where there are no distractions, or very few. Make sure it's some place comfortable to sit so you can freely think. For me, I wake up early in the morning before most people in my house get up, and I go to a room that's secluded.
2. Take a few slow deep breaths to help relax you.
3. At the top of each sheet of paper, write one of the following: Physically, Spiritually, Emotionally, and Financially. Then draw a line down the middle of each sheet. Label the left side of the paper write, "What I want my life to look like in 5 years", and under the right side of the paper, write, "What my life currently looks like".
5. Next it's time to go deep into your thoughts. For side A, start thinking about what you "desire" your life to look like in 5 years. Two things: 1.) Be very descriptive - The more descriptive you are, the easier it will be for you to start designing the life you want. You may want to break down each component of life into subcomponents, just to be more precise. For example, under Physically, you may want to put things in subcategories like Health, Appearance, Home Life, Work, Activities, etc. You may also notice that some subcategories may possibly fit under different categories. 2.) Don't base future goals off any limitations you may perceive you have. Think big, reach for the moon.
6. For side B, write down where you are currently in each of these areas. In some cases, you may see that you are inline with where you want to be, but in other areas you may see there's room for improvement and that you need to make a complete U-turn.
7. Highlight everything under side A that is already reflective in your life, or you are on the right track to reaching it. Highlight those things under side B as well. This represents the things that are going well, the things you want to continue. If you have very few things highlighted or none, don't fret, this just shows you where improvement is needed.
8. Next under side A, place a line under everything that is not highlighted. These are the things you want to add to your table – the things you need to work on. Use these things as a goal post for where you want to start going.
9. For anything unhighlighted under side B, place an "X" beside it. These are the things you want removed from the table.

After completing this exercise for these 4 components of life, it's time to identify ways to eliminate the "X"s out of your life and add the underlined desires. You may need professional help with some, for example, a doctor or dietitian if you are looking to improve health, but having them listed in front of you can give you a clearer picture of where you want to go. Google is another helpful resource – it's amazing to me what we can find online.

The bottom line is to understand that you do have the ability to create the life you want and to get started with creating it. You may find working on a component at a time works best for you, or diversifying your approach may keep you more motivated. The key is as long as you consistently work on you, progress is bound to happen. In the words of MLK: "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving."

Let's get started!



ONE LAST THING



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