

twelve ways to rediscover wonder

IMPROVING HOW YOU CAN ACHIEVE AUTHENTIC SUCCESS



1. ***Approach life from a place of hope.*** There are two ways to approach life: from innocence and optimism, believing you can make things happen, or with cynicism, being a victim, allowing situations to control how you feel. At any given moment, each of us makes this choice many times. The path of innocence promotes renewal, while the path of cynicism slowly erodes our spirit. Not choosing is in fact choosing to be a victim. Success depends on what you do with you. Rediscover hope by choosing to make things happen in all circumstances.
2. ***See life with fresh eye.*** Make a choice to see life again with a new set of eyes. Be aware of the joy all around you, rather than settling only for happiness. New eyes believe that creation is to be admired, affirm the beauty in all things, see your marriage and significant relationship possibilities, know your work team can play a significant role, choose again the possibilities of your vocation and once again reclaim your ideals.
3. ***Find out what really matters to you.*** Take time to reflect on your life and the 7 life accounts you invest in daily (faith, fitness, family, friends, finance, firm, fun) and intentionally dig to get more in touch with rediscovering your values and sense of purpose. When you fail to become all that you were meant to be and aware of what really matters to you, when you fail to notice the rhythms of your life, you an easily wind up feeling as if your are flying against the jet stream. Reconnect with authentic success and fly with the jet stream.
4. ***Remember what you love, where time disappears, and energy flow seems easy.*** Find those parts of your life where you experience natural 'love'. Recapture that childlike feeling of being absorbed in something that energises you while you are using energy. Incorporate elements of this into your life and watch your energy shift and a sense of innocence return to life. Find a way to energise from the inside out, to rediscover your inner energy.
5. ***See life detours as neither good or bad experiences.*** Detours can be signs and opportunities as opposed to obstacles. Rather than curse the detours, try opening your heart to them when presented by saying, "Isn't this interesting that I have come to this possibility. I wonder where this road may lead?". Detours may be adventures where learning and living come alive, they may just be a short stop to visit and then return to your original journey, or a sign of change of direction. Either way, you cannot discover the meaning without visiting. Be prepared to realign along the journey – this is what makes any journey fulfilling.

Coaching Toolkit

6. ***Choose the courage to live.*** Courage is a choice not to lose heart in spite of disappointment and the loss of ideals in life. Take a look at the areas of your life that you are tempted to lose courage in right now, in what realms do you need courage to hold onto your values, to take the risk of love and goodness, in spite of the risks? X out these negatives, live courageously.
7. ***Enjoy the experience of awe and wonder.*** Start by keeping your eyes and senses open, be willing to sop in the middle of ‘urgent’ stuff to breathe in the little things that life has to offer – the ‘important’ stuff. Choose to see the mystery that is alive around you, the old tree, the raindrops hitting your face, the rose bud from your garden, the lady bug your daughter brought home. Choose to see that awe and wonder is around your every day.... in the mirror and just outside your window.
8. ***Realise your job is bigger than you think.*** See your work with more possibilities; never stop looking for what your job might produce if you bring more of yourself to it. It is possible that whatever you are doing, your true work is nobler than you think. See the significance in each moment, in every interaction you have and in every role you play in life, and then watch it unfold in unique and wonderful ways.
9. ***Cultivate and ability to be truly present.*** The only real power we have to do anything is in the present. The past is behind us and the future is ahead of us. What we do with today is what impacts the future. Focus your mind on the past and it will have power over us – it robs us of our full attention. Focus on what you can change about today, and you have already changed the future.
10. ***Remember that faith is a choice to act.*** Faith is a way of seeing the world, a choice we make to take action even when we cannot see our results. It is to trust in the unseen and to believe in the goodness of life and others. To act in caring ways, believing that life is good even when you can find lots to justify that it isn’t. When you rediscover your purpose and mission for life, you can take faith steps.
11. ***Know what life expects from you.*** Ask yourself “What can I give to life and the world today?” Many of us ask “What can life do for me today?” Asking the first question keeps us from boredom and connects us to meaning and purpose.
12. ***Live as if.*** Live as if it matters what you do with your life, as if your life will impact the world around you. Ponder these questions: “What would you do different today if you believed you could change the world?” “How would you be different in your job if you thought of it as noble work?” “How would you be different in your most significant relationship if you believed it could be a great love relationship?”

***Authentic Success is the progressive realisation
of all that you were meant to be and do.***

*Developed from the work of Ron Jenson in his book *Achieving Authentic Success* and John Izzo in his books include *Awakening Corporate Soul* and *Second Innocence*, as well as impressions from the book *Time and the Soul*.*

