



FEEL ENERGISED, BE INSPIRED, GET MOTIVATED FOR 2010

ASSESSING MY VALUES

I sat taking in the breathtaking view on top of Monte Baldo, Lake Garda, surrounded by a magical silence, and pause to reflect on the last twelve months. A year ago, I had taken time out to re-consider my values, assess my life and set new goals for the future.

Working as a Business Analyst, I felt my career wasn't aligned with my values. I wanted a sense of purpose, fulfilment, a work / life balance and a career where I made a difference. The thought of helping people to achieve their dreams and goals really inspired me. So I booked myself on a Life Coaching Diploma course with Curly Martin (founder of Achievement Specialists and one of the UK's top 10 coaches), and set up Horizons Regained based in Buckhurst Hill.

This was four years ago and I haven't looked back since. I have a career I am truly passionate about, in line with my purpose and values. The hard work I put into my business is for my benefit and the benefit of my clients. As for coaching, when my clients report results such as getting promoted, improved relationships with their children and improved professional confidence, I know I have made a difference.

WHY HORIZON REGAINED?

As we grow older, we make choices which gradually close down our options and horizons. We often carry values and beliefs, which may no longer serve us, into our 30s, 40s, 50s and later in life. Horizons Regained

helps and supports individuals to regain their horizons, a new sense of energy, enthusiasm and passion for life. Influenced by my personal and professional experiences, I specialise in helping individuals, businesses and organisations to make and deal with change.

Life coaching gave me the support I needed to re-focus my life and helped me to regain my horizons. I continue to set myself new goals and learn new skills. Building on the theme Horizons Regained and with the current economic climate as it is, I find myself supporting lots of clients who are facing redundancy or have been made redundant.

Helping you to face the challenges of 2010

At this time of year, we are often bombarded with tips on how to achieve our goals and resolutions, and I'm sure many of you will be setting personal resolutions and business goals to achieve over the next year. Although January is a great time to take stock and make changes in your life, it can often be hard to actually take action. With the cold, dark winter days it's often difficult to feel motivated and inspired. There might also be other reasons affecting the way you approach your goals. So I would like to share my tips to get you energised, inspired, motivated and in the mood for making those all important changes in your life.

1. FEEL ENERGISED

Nutrition, exercise and pampering - eating the right

food, exercise and some regular pampering can help you feel more energised. If you need some nutritional advice you can check out various websites or why not contact your local nutritionist Sanna Anderson? (www.sannahealth.com). Schedule some exercise into your daily routine, whether it's going to the gym, exercise classes with a friend, taking the stairs at work instead of the lift or taking your baby for walks in the park. If you feel like walking and want to join a local group, then check out Heather Waring's website (www.walkerscoach.com). Do what feels right for you and what fits your lifestyle. If you feel like a bit of pampering but find that funds are a bit tight after the Christmas splurge, check out your local hair and beauty salons and local colleges for special offers on "training days" or swap beauty treatments between friends.

Meditation - Try some simple meditation techniques in the morning to help get you focused for the day or at the end of the day to wind down and chill out. You only need to set aside say 10-15 minutes, which is hopefully achievable by all busy souls!

Use your day effectively - Are you a morning person or are you more effective in the afternoon or evening? Choose your timing accordingly. For example, if you get home from work and don't feel like leaving the house again to go to the gym, consider going on your way to work, during your lunchtime or on your way home from work instead. If you're running your own business, you might schedule



Far left: High Beech, Epping Forest and above: Lake Garda
Left: Joanna Puczkowski

in some "thinking time" into your day, when you feel most refreshed. If you have young children, then fit certain tasks around them, for example a bit of time to yourself when baby is taking a nap and perhaps when you are able to relax a bit more.

2. BE INSPIRED

We all feel inspired by different things and situations. So think about the times you felt inspired. Here are a few ideas to get you started.

Your achievements - If you're finding it hard to feel inspired about setting your goals, consider your past achievements and the difference they made to your life. Get a piece of paper and pen and spend 5-10 minutes making a list of all the things you have achieved (large and small). You'll be amazed at how many you come up with. If you get stuck, split it down into chunks (e.g. school, work, hobbies, family life etc). Consider how they made you feel and how you might want to re-create that feeling again.

People - do you feel inspired by a particular person e.g. friend, teacher, parent, author? What is it about them that inspires you? How could you re-create that for yourself?

Music, books, films, paintings, photos, poems - do you feel inspired when you listen to a particular piece of music or see a painting/photograph? Perhaps a book or poem you read or a film/play you saw? If

you want to feel inspired, listen to that piece of music or read the poem again.

Places that inspire you - perhaps you feel inspired by a particular place? Perhaps the place makes you feel calm and at peace. So whether it's a favourite beach, museum, local park or pavement cafe, find your favourite "space". Then make a point of visiting the places that inspire you every so often.

3. GET MOTIVATED

De-clutter - sometimes certain things in our lives stop us from moving forward, so review all areas of your life, de-clutter and tie up loose ends to enable you to move forward.

Start with a small goal - focus on one small goal to achieve over a short period of time. It's easier to feel and stay more motivated when you've already achieved something.

Change one thing - sometimes we try to change so many things at once, we end up making life more difficult for ourselves. So choose one thing you feel really excited and passionate about and focus on it.

QUESTIONS TO ASK YOURSELF:

"If I could change one thing in my life, what would it be?"

"What do I really, really want?"

"What would make the biggest difference to my life?"

Then focus on achieving the one thing that will really make a difference to your life.

Quantify the benefit - if you were to achieve a particular goal, consider what it would mean to you, and how you would benefit. Ask yourself "What

difference would it make to my life?" Focusing on the benefit can give you that all important push forward.

Have fun, do something that you enjoy and makes you happy - for example, if you want to improve your health and fitness but going to the gym totally puts you off, find an activity or hobby you will enjoy. That way you focus on enjoying yourself rather than on doing something that feels like a chore.

Seize the moment - sometimes we feel like trying something new but if we don't take action, the moment passes and life continues as before. So next time you fancy learning to ski or taking up creative writing, take action and that first step towards making it a reality.

Get support /share an interest - do you feel like taking up a new hobby or interest but find it hard to pluck up the courage to go on your own? Why not try out a new hobby with a friend? Whether it's learning a new language or going to a salsa class, sharing an interest with a friend or partner can make it more fun. You'll also find that you don't want to let them down, so you'll feel more motivated about going on a regular basis. Why not check out the Buckhurst Hill Community Association (www.b-h-c-a.org) where they hold classes in arts, crafts and leisure activities.

To find out more about dealing with changes in your life and for help in creating a life that you love, contact Joanna Puczkowski on Tel. 020 8505 2316, Mobile 07855 369516 or visit www.horizonsregained.com. You can also download my "10 Top Tips for setting and achieving goals".