

THE NEW MILLENNIUM



As we move into the 21st Century new opportunities and new ways of acting and behaving are becoming more common place. As a coach I see many changes occurring. People are beginning to gain a more expansive view of what they want for their lives and their careers. Take the initiative and create a plan for yourself. As a famous artists once said, "If you can dream it, you can become it." May this year prove to be your most spectacular ever.

Below are some new concepts which I believe you will find insightful and rewarding. If you would like the full list including all Ten please contact us at Success By Design. These are taken from the Founder of Coach University (www.coachu.com), Thomas Leonard.

1. DISCOVER A NEW TALENT OR GIFT.

We all have hidden talents and gifts just waiting to be discovered and developed. The talent IS there. Work with a friend, family member, colleague or coach to identify what you've got that is very, very special. Invest time and money into that talent or gift because you believe in it and in yourself. Nurture the talent or gift so that emerges as a significant part of who you are. Start with what you value.

2. TREAT YOURSELF TO NEW IDEAS.

Read 10 new magazines you wouldn't have dreamed of reading 2 years ago. Read 10 new books that your smartest friends are recommending. Spend time with 10 new interesting people, half of whom are 10-20 years your junior. Join a online discussion futurist group. Take a class or TeleClass on a totally new topic.

3. RAISE YOUR PERSONAL STANDARDS.

Stop tolerating people or situations that cause you pain, irritation or frustration. Make far more of your day; it's your day. Say no to people/obligations that don't fit. Treat yourself and your body better than you

ever have before. Demand high quality, immediate service and full responsiveness in your buying and business dealings.

4. BECOME INTERNET INTIMATE.

Without the Internet, you'll miss the power of the Millennium. You CAN master email, computer and web skills. Find a friend, expert or coach who can flatten your learning curve and make it fun. It's never too late to start. The rewards are immediate and dramatic. Use the Internet to redefine your paradigm.

5. TRIPLE THE SIZE OF YOUR NETWORK.

The more people who you know, the more opportunities/activities you will hear about. Set a goal to triple the size of your current personal and professional network this year. Learn to become the host of your network or virtual community and let that process expand you, your thinking and your creativity. Master the set of collaboration skills.

6. DESIGN YOUR LIFE TO BE PERFECT.

Yes, you CAN have a perfect life, in every way - it's both possible and important. Having a perfect life is a basic human right. Integrate work with play, community with family, money with passion. Simplify your life in every possible way. Eliminate, fix or strengthen all that isn't perfect for you right now. With focus and attention you may accomplish everything that you set out to do. When surrounding yourself with people who are positive and encouraging you will master skills and accomplish things which you have only dreamed about.



Cynthia Stringer, CFC coaches people in living an energizing, worthwhile and healthy life by focusing on what is most important. She works with you to identify ways to align who you are with what you do and to increase the amount of integrity available to you. Please contact our offices to receive your copy of the Life Style Inventory.

Cynthia H. Stringer, President of *Success By Design Inc.*, offers coaching programs & presentations that educate and inspire! Contact Cynthia via e-mail at cynthia@successbydesign.net. For further information and to subscribe to the free newsletter, visit her website. © Copyright Success By Design, 2001. All rights reserved.

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