

Stop Settling for Less...Script Your Life

By Daisy Saunders

We don't have to settle for less than what we want. We have the power to plan and direct the course of our lives; to write or even re-write our own life script.

Whenever I think about life scripting, I am reminded of my friend Erieka who is a living example of how you can write a script for your life. When I met her in the late eighties, there was something special about her. She exuded a regal air, as if she knew exactly where she was going. I quickly learned that her life script included living and working in Africa. She envisioned herself in a diplomatic or ambassadorial position where she could have a positive influence on the lives of Africans and the rebranding of the continent in the eyes of the world. She was clear about who she was, what she wanted, and how she planned to live her life. In the late nineties, life intervened, and I lost contact with Erieka. Ten years later, I found her living in West Africa - making a difference. She was living the exact script she had begun writing over 30 years ago.

Following Erieka's formula, here are 5 things you can do to begin scripting your life.

Know what you want. A want is a desire that is clear and specific. Many people don't get what they want because they don't know what they want. To script your life, you must know what you want it to look like; and be able to describe it in clear, specific language. To say "I want to be successful" or "I want to be happy" isn't clear nor is it specific. The clearer you are about your wants, the easier it is to make them a reality.

Set goals. Put your goals in writing. This adds clarity. And, it gives you something to refer back to, and something to measure. A goal that's not in writing is merely a wish. We don't approach a wish with the same level of intensity, energy, enthusiasm, and commitment as we do a goal that's in writing.

Stay focused. Often, when things get hectic, we become distracted and lose focus. People who focus on what they want out of life prosper. Those who don't, suffer. The inability to stay focused has caused a lot of people to flounder and lose sight of their dreams.

Have a support system. Build excellent relationships – personally and professionally. Surround yourself with like-minded people who love, nourish, and support you. By surrounding yourself with these types of people, you increase your chances of having the life you want. Your support system helps you to stay focused, on track, and motivated.

Develop habits that support your goals. A habit is something you do often without even thinking about it. *Positive habits breed positive results; negative*

habits breed negative results. Understand this: Your habits determine your future.

These five simple actions will put you on the path to scripting a beautiful life. Stop settling. Write your own life script!

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