

8 Tips to a Better Tomorrow Daisy Saunders

Do you spend your time accomplishing the tasks of today without ever being mindful of the life you are creating? Have you given much thought to what you want to be, do, or have 10, 15, or 20 years from now? If you have never thought about what you want your tomorrow to look like, don't worry. You are not alone. Most of us live from day to day without giving much thought to what we want our life to look like – in the long run. And, some people think that we have no control over our tomorrow. They leave it to "fate". They believe that whatever is going to be is going to be and there's nothing they can do about it.

Without a doubt, I can tell you that there is something you can do about it; you do have the power to direct the course of your life; to control your future. Time and time again, it has been proven that we are co-creators of our lives. We can create exactly the kind of life we want by not just doing things *right* but by doing the *right* things.

Here are eight *right* things you can do, beginning today, to create a better tomorrow.

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 create your tomorrow, 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" is not clear nor is it specific. You must be able to describe exactly what you desire; not what others want and desire for you but what you want and desire for yourself. The clearer you are about your wants, the easier it is to make them a reality.

Set goals. Knowing what you want will assist you in developing a set of SMART goals. SMART goals are **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**imely. SMART goals are clear goals. It helps to put goals in writing. A goal in writing represents commitment. It forces you to stop and really think about who you are, what you want, and how you would like to live your life. Putting goals in writing adds clarity; it gives you something to refer back to, and something to measure. It also enables you to review your goals regularly, and it gives them energy. A goal that is not in writing is merely a wish. And, we do not 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, you 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. So, even when things get tough, commit to setting aside some "me" time – to dream; to reflect on your tomorrow; to focus on your goals.

Have a support system. Build excellent relationships – personally and professionally. Surround yourself with like-minded and right-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.* In the book, *The Power of Focus*, the authors state that “If you want to distance yourself from the masses and enjoy a unique lifestyle, understand this - your habits will determine your future.”

Become an expert. Research shows that you can become an expert in almost anything in five years. You don't have to have international or national name recognition to be recognized as an expert. You only need to distinguish yourself within your industry, your local community, your field, or within your organization. For example, my neighbor became an expert within his company. How did he do it? While working in an entry-level position in the operations department of a major brokerage firm, he decided to learn every job in the back office as well as the firm's operating policies and procedures. The firm had two, three-and-a-half-inch thick manuals: one for policies and one for procedures. He studied and memorized, in their entirety, both manuals. Whenever there was a question regarding the firm's policies and procedures, he was the point man. Later, he expanded his expertise to include handling people problems. Throughout his career, he received numerous opportunities in operations and elsewhere because he knew more about the firm's operations and its policies and procedures than anyone else and he knew how to manage people. By becoming an expert in his chosen field, he was able to distinguish himself from the masses. That's what happens when you are considered an expert.

Commit to continuous improvement. Learning is a life-long process. And, the more you invest in life (and in yourself) the more you learn. Anything short of living life to the fullest is just merely existing. Therefore people who stay on the path they have set for themselves are committed to learning. They know that the “more you know, the more you grow.” They also realize the more you know, the more you do *not* know.

Take care of yourself. In the words of Thomas Carlyle, “He who has health has hope; and he who has hope, has everything”. To ensure a fulfilling tomorrow, taking care of yourself is a *must*. This means that you must make fitness, health, and wellness your top priorities. No matter how much you have accomplished, without your health all is lost. In the game of life, health is hope.

Our tomorrow is largely predicated on the choices and decisions we make today. Therefore, if you don't want tomorrow to come to you with disappointment or hardship, you must start planning today. As James Joyce so eloquently stated “I am tomorrow, or some future day, what I establish today. I am today what I established yesterday or some previous day”.

Daisy Saunders is an author, speaker, trainer, life coach, and certified personal trainer. She is the author of Big Eyes...Big Eyedeas for Achieving Optimum Success in Business and in Life. Daisy can be reached at daisy@daisysaunders.com.