

Get Off Auto-Pilot and Chart Your Own Path to Success

Most people live humdrum lives. They get up in the morning, go where they're supposed to go, do what they're supposed to do, go to bed, and get up and do it all again the next day. And the day after that... And the month after that... And the decade after that until they don't wake up any more... They live their entire life on auto-pilot.

The funny thing is that by most standards these same people appear to be successful. They have the right house in the right neighborhood, the right car, their kids go to the right schools, they belong to the right groups, and they even have the right friends. They have the appearance of success, but they lack the deep-down experience of it. They lack personal fulfillment.

What is personal fulfillment? It is a feeling of success. It is a sense of peace about who you are and what you do. Each of us deserves personal fulfillment. And, yes, that definitely includes you!

As a result of my own journey, as well as partnering with clients



who have each found their own path to true success, I have discovered and developed techniques, exercises and other resources that both ease and accelerate the process of defining and discovering personal fulfillment. Here is one that I've adapted from the work of Gay Hendricks.

This process can help you identify your lifetime goals. Lifetime goals are those that will give you a sense of purpose each and every day because they are incredibly compelling. They reduce or even eliminate the need for the auto-pilot because you become much more aware of your personal guidance system.

Imagine you are at the end of your life. You continued living just as you are today. You look back at your life and ask, "Has my life been a complete success?" For many of us, the answer is "no". The great thing about this, however, is that we have the opportunity

to do something about this and change the answer to "yes".

If you answered "no", ask yourself "Why not?" Most people have some pretty specific reasons why their life has not been a complete success. Maybe it was because they never experienced a deeply committed and loving relationship with a significant other. Maybe it was because they did not spend time getting to really know their children. Maybe it was because they did not leave a legacy.

Look at the first reason your life was not a complete success and answer the following questions:

- Why is this important to you?
- What would it take for you to have this?
- Are you ready to dedicate yourself to making this happen?

If you answered "yes" to this last question, go for it and make it happen! Get more support than you think you need regardless of your situation. Now is the time to make your life a success!

Repeat this process until you have no other reasons why your life was not a complete success. Let this process invigorate you so you can discover what is intrinsically important to you.

Once you have finished, you will have identified your lifetime goals. Both the ones you are ready to begin working on right now and the ones you want to work on later. Your lifetime goals should feel amazingly compelling. So much so, that they will automatically increase your awareness of your internal guidance system.

Like any goal, your lifetime goals may not be easily achieved. They will require careful planning, awareness and taking action. However, using them as a guide will be much more satisfying in the long run than the alternative of living your life on auto-pilot. As Richard Bach says, "You are never given a dream without also being given the power to make it true. You may have to work for it, however." Once you re-orient your life around your lifetime goals, you will be on your way to feeling successful and experiencing personal fulfillment each and every day in each and every area of your life because you have started charting your own course for success and personal fulfillment. Call me if you are ready to get on your path to success. I would be honored to support you in your efforts and to gift you with a complimentary coaching session.



Karen Finn, PhD

