

6 Things You Can Do NOW to Change Your Life!



Are You Ready?

One of the reasons we don't take action in our lives is because our goals feel too big. We want to change our jobs, travel the world, leave a toxic relationship. Those all can feel really impossible to tackle. What if you could do one thing today that would set you in the right direction? It won't get you out of that job overnight, but it will put you closer than you were the day before. This bite-sized approach to real change focuses on small steps and wins that will start building your confidence and signal to the world that you are committed to moving forward.

Make a commitment to yourself right now!

YOU ARE READY! Do each of these actions at least once over the next four weeks and you will start to see changes! I can't wait to hear how it goes.

SMALL CHANGE CHECKLIST

1. Set one goal
2. Do one act of kindness
3. Start a joy list
4. Try one new class or hobby
5. Put pen to paper
6. Reach out to one old friend

6 Things You Can Do NOW To Change Your Life

1. Set one goal

This may sound like a no brainer but creating intentionality around goal setting is critical. What is one thing that would make the next four weeks feel like a success? Got it? Great. Write it down on a Post It and put it on your bathroom mirror. Each Sunday, pinpoint one action you can take toward meeting that goals. HINT: Make sure you are specific. If you goal is to spend more time outdoors, get more specific. Commit to doing three outdoor activities this month. Don't stop there! Research four options (the fourth gives you wiggle room) and put them on your calendar. This eliminates any excuses and will set you up for success.

2. Do one act of kindness

Any time I am feeling out of alignment or being hard on myself, my go-to is helping others. Whether you volunteer at a local soup kitchen, make dinner for an elderly neighbor or buy coffee for the person behind you, acts of service are the perfect way to get out of your head, put things into perspective and just feel good! Check out **DEED**, an app that makes it super easy try out different opportunities or Volunteer Match for some ideas!

3. Start a joy list

This was probably one of the most impactful tools during my transformation. This is a lifelong practice you can start today. In a note in your phone or in your journal, at the end of each day, write down five things that brought you joy and five things you are grateful for. This may be harder than you think. When I first started, I struggled to come up with five. Now, I feel like my joy and gratitude list is infinite because I reprogramed my brain and changed my perspective! Try to do this at least once a week and work up to daily! Prepare for major shifts to happen!

4. Try one new class or hobby you keep putting off

You know that pottery class you swear you'll sign up for next week? The yoga retreat you saw on Instagram? The solo backpacking trip to Thailand? We can blame it on being too busy, but what if we are just scared? Our stuckness is often a result of doing the same thing every day. We take the same route to the office, go to the same restaurants and hang out with the same people. We all have that list of dreamy activities, hobbies and events. Getting out of your comfort zone is a surefire way to reinvigorate your life with new and exciting experiences and people! Push yourself to choose one this month.

5. Put pen to paper

I was a fair weathered journaler for most of my life until I realized that the purpose of my journal wasn't to recount the activities of the day or document the horrible date I had that night. My journal is a dumping ground for all the crazy, happy, sad, wild, romantic, raw, brave, ambitious thoughts swirling a million miles a minute in my mind. There is no format and no required length. The act of opening to a blank page and giving yourself permission to let go is major. Try for once a week and add a day until this practice becomes a daily habit!

6. Reach out to one old friend or contact

Your community can make all the difference in getting unstuck and bringing more joy to your life. Reach out to an old friend or contact you lost touch with. Check out that meet up. Introducing or reintroducing new relationships is a great way to get change up your perspective. Surround yourself with people who genuinely want you to succeed. People who will tell you to keep going when you want to quit, who will let you vent when it gets hard and who will be there to celebrate the highs. If you don't know how to create this type of community, [click here](#) to learn more about the October 2019 Success Team.

About Claire



After a decade in New York City, I found myself in a place that is probably familiar to many of you. I was STUCK. I had spent the better part of my professional career working long hours, climbing a corporate ladder, chasing titles and salary increases. I decided to catapult myself into what would become my big change—a year-long journey around the world. It wasn't easy, but I transformed my very essence of being and redesigned my life on my terms. How did I do it? I made small yet effective changes that led to my big change— a purpose-driven and intentional life. Now, as a trained Co-Active life and leadership coach, I am on a mission to facilitate this same kind of transformation for others.

Like what you see? Want to dig deeper or build some accountability around these? [Click here](#) to get in touch about my private, group or corporate coaching programs!