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# Walk the Talk: Regular Habits to Change Your Life

***“We don’t have to take life the way it comes to us. By converting our dreams into goals, and our goals into plans, we can design life to come to us the way we want it. We can live our lives on purpose, instead of by chance.”***

***-Dan Zadra***

(October 04) Living on purpose has much to do with taking conscious action each moment of each day. Many of you who may already act on purpose in many areas of your life. But are you really living the kind of life you truly want? How many of you want to grow your business yet do not do at least one or two things each day to gain more prospects or customers? Or, how many people do you know who want to improve their health yet, skip breakfast, eat fast food or do not exercise regularly? What about our other life areas: personal growth, finances, friends, significant other, our home, your future, your spiritual growth, other life areas?

## *How satisfied are you?*

**Living life on purpose** means planning, means thinking about what you want, putting it down on paper (or putting the pedal to the metal) and beginning to take action on those things you truly want to do (now this is where the rubber meets the road). I talk with people everyday who want more out of life, who want to improve their health, grow their business, build more fulfilling relationships, align themselves with what is truly important to them. Through simple suggestions as well as coaching these people are creating the kind of life they want! There are those who do not, for the simple reason that they do not take action. They have good intentions, some desire and then choose, that’s right, they choose to act in other ways. (Does the saying about the road to hell being paved with good intentions come to mind?)

## *Are you ready to take action?*

Are you ready to take action? If you’re ready, then go for it? If you’re not sure now, visit my website: [www.trulyhumancoaching.com](http://www.trulyhumancoaching.com) where you will find useful (and free!) assessments that you can take to gauge just where you stand with issues such as living life on purpose, relationships and leadership.

## *Here is a simple action plan:*

If you’re ready, here is a simple action plan: List the primary areas in your life, for example: Career, Personal Growth, Significant Other, Friends/Family, Environment, Fun& Recreation, etc...(please use any other areas that are significant to you!). Ask yourself, “what do I want to do / achieve / improve on in each of these areas?” Now, list 3-5 things you will do daily to insure you are living the kind of life you truly want. Review your progress each week and ask yourself, “is this really important to me?” If it is, and you are having a challenge meeting your goals, please call—I can help.