

**Leading Your Best life – You only have ONE!**

What is leading your best life? It is EXACTLY that, it is about identifying where you are now, where you would like to go and how you are going to get there. All too often we get wrapped up in our everyday activities; sometimes it feels like we are in a washing machine, we're at the centre and everything spinning very fast around us – recognise that? What we then end up doing is to sideline our dreams, goals and ambitions for another a day. But before you know it, days become weeks, weeks become months and another year has passed.

More often than not, we use New Years Day to set personal goals or resolutions and we use appraisals at work to set goals, but why limit it to such occasions? Just by setting aside 2 hours of your precious time a week, you can begin to identify what you want to achieve and slot in times to do the things you love doing. By prioritising the things you need to do with the things that you have to do such as work commitments, family etc, you will find that you do have more time on your hands to live your dreams.

An analogy that highlights the above quite aptly is that of a ship docked in harbour. It serves no purpose if it is docked idly for long periods of time. A ship serves its purpose when it is out at sea ferrying passengers and carrying cargo. Likewise, human beings serve no purpose when we cling onto our comfort zones. When we challenge our fears and limiting beliefs, we grow as individuals and push our comfort zones further away.

Leading your best life is important for a number of reasons as outlined below:

- Greater self achievement
- Higher Self Esteem
- Higher levels of Inner peace
- When we feel great others around us feel great too because we emit positive energy that has a ripple effect on people around us

The following quotes will highlight the importance of challenging yourself. They quotes were taken from Harry Beckwith's *What Clients Love* (2002).

Next time two paths appear before you, avoid the one of least resistance; A path with no obstacles rarely leads anywhere. Take instead the path that runs along the cliff that one, the one without any guardrails. Take that path, and know that the exhilaration of the ride and the pride you feel when you reach the end will inspire you to take that path again and again

If you wish to lead your best life then get in touch with Aim High Ltd today and see how we can work with you and help you to lead your best life. Send us an email at [contact@aimhighltd.com](mailto:contact@aimhighltd.com) or call us on + 44 (0)207 241 3646.

