

Time Keeps on Slipping

"Time keeps on slipping into the future" sang Steve Miller in the 70's. I still remember seeing him perform that song at a show at some hockey arena in Montreal. I am definitely showing my age here. But however young or old we are, the future is right now and the older we get the more that becomes a reality. Younger people seem to easily delay doing certain things in their lives now because the illusion is that there is still lots of time left to accomplish them. For the very young like my 4-year old granddaughter, all that exists is now, this moment. The future is only a word that she's learned from adults like me who keep telling her later or tomorrow, so they can delay giving her what she wants now.

Perhaps we as adults need to relearn how to be in the moment because the rest of our lives will be made up of each moment stitched together, to be called a moment, a day, a week, a month, a year and so on.

What do you want your 2007 year to be like? Have you taken the time to reflect on 2006 and set your goals and plans for this year? Here are some tips. You can download the PowerPoint worksheet to help you complete this exercise:

What were your high points from 2006?

What were your low points from 2006?

What did you accomplish in 2006?

What do you regret from 2006?

What was your greatest learning from 2006?

What do you want to experience and accomplish in 2007?

How will you accomplish these goals? What action must you take?

Answer these questions or fill out the worksheets with your highs, accomplishments and goals for 2007, ***as if you have already accomplished them***. Learn from your low points and disappointments, don't dwell on them. If you have spent any time reflecting on what you want this year, it will only take an hour or so to do this exercise. Include how you want to *think, feel, behave*, and *have*, that is *your ideal experience of being alive*.

Then pick your top 1 or 2 items, those that would have a profound impact on the quality of your life and on your state of well-being. Take some time to visualize yourself being that way, and the impact it would have. Now just make a conscious decision be that person; to be in that state, whatever it is, each and every moment. Take time at the end of the day to check how you're doing **living in the moment**.



I recently heard a great speaker say: "Whatever you practice consistently, you will get good at." My experience tells me this is true, so practice living in the moment to create your future now.
Have a great 2007.

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