



## **But I just don't have the time or money.....**

Don't think of a rampaging elephant.....

OK, so what are you thinking of? Yup, thought so.

Think of perfect, pale pink rose.

What are you thinking of? Good.

The point here is that whatever we programme into our minds is what we focus on. So when I think of my dreams and how I want my life to be better, I can focus on a wonderful vision of everything I want already existing around me, or I can simply think of the obstacles and excuses as to why it will just never happen. And guess which one is more likely to get me where I want to go?!

And how about challenging a few of those assumptions that you have inevitably made along the way...

"I am too old and tired to think of doing anything new".

A yoga instructor I met recently took up yoga in her 50s after a 'wake up call' when she suffered serious health issues during her career in television – she looks amazing and loves her new career.

"Successful entrepreneurs are all wealthy men with loads of business experience.."

Think of Anita Roddick, and all those great stories of inspirational women leaving the rat race and setting up their own businesses in magazines, and the websites such as [www.moretolifethanshoes.com](http://www.moretolifethanshoes.com).

- So – identify any assumptions you have made as to why you can't live your dream. E.g. "I don't have time to re-train"

- Then ask yourself: "So, has everyone who has ever 're-trained' or changed careers, or done something new had all the extra time they needed at their disposal?"
- Then ask yourself: "So, is it true that I cannot start to live my dream with the time available to me right now?"
- This will give you a new belief: "I can start to live my dream right now with the time I will make available".
- Now – with this new belief... ask yourself: "What becomes possible in my life?"

So – focus on what you want, and create a wonderful vision of everything happening just as you want it to. Keep that vision strong in your mind, and get used to accessing it whenever you need to – especially when the rampaging elephants come along...!

And then challenge those assumptions as to why you can't make that dream a reality, and create a new, positive, inspiring belief.

In other words – *believe* it is possible, and see, hear and feel it happening already in your mind. If you can do this – you're ready to start with the practicalities.

Now, you're in a much better place to deal with the reality of your situation. You will be so positive about your vision, and your belief will be so strong (and if you're not and it's not – go back and do it all again until it is!), that you will be prepared to meet your perceived obstacles head on.

Everyone's time and money issues are different. So, you will need to spend some time identifying the reality of your situation.

- What things do you *have* to do (work, school runs etc). What are your essential financial outgoings?
- What things *could* you stop doing to free up time, or ask someone else to do (come on now, I know there are a lots of things in this list – 'Martyrdom' can be a whole separate article!). What things *could* you spend less/no money on that you are currently? If your vision is exciting enough – you'll be prepared to make those sacrifices.



- What time do you have already that is taken up with 'everyday' tasks – tidying, emptying the washing machine, replying to non-urgent emails? These things can and will be done, but I suggest that they could be put further down the priority list and tasks related to your dream be put higher up. What could you do to generate more income?

I definitely fall into the category of people who like to clear up all the small stuff, creating a nice big chunk of time for the big stuff. Except that the small stuff can easily take up all of our time.

But, if we don't get on with the 'big stuff' the months and years go by without direction and purpose. Think of an ocean liner. If it changes its course by one degree, it will end up in a completely different place.... How do you want to change *your* course?

Now think of that elephant again (bear with me...). How could you eat it?

Answer: cut it into small chunks.

And this is how to deal with the 'overwhelming' factor. When there seems like so much to do, the easiest thing is to do nothing.

Be kind to yourself. Set yourself small, manageable goals to start with. A half hour of internet research; a chat to a colleague/friend who has knowledge or contacts in the area that you are interested in; a run to clear you head and get those endorphins going creating positive and optimistic thoughts.

Just how much time and money could you make available during the week/month to devote to 'Project Me'? How much time and money are you prepared to invest in yourself? Remember to think long-term. And believe me, it really is worth it.

And think of the pink roses....

*The author, Susie Kendall, is the founder of 'You Blossom', helping and supporting mums through coaching to create a better balance in their lives and to realise their own possibilities.*

