



## Ready for a leap of faith?



Spring is just around the corner – a positive time that is often associated with change and new growth, not only in the landscape around us, but also personally. Perhaps a perfect opportunity for you to set fresh goals, try something new or challenge yourself to take a different path.

If this resonates, it's important to remember there are no right or wrong choices. Whichever route you choose has the potential to open new doors and lead you somewhere that you might never have known existed. And with nothing in life for certain, sometimes you just have to take a chance, stop playing it safe and embrace a leap of faith.

So, whether you're contemplating a promotion, leaving your current employer, starting a business, retraining for a different career, taking up a new hobby, or just want to get more out of life, now could be the right time to make that change. Follow these tips to guide you on the journey to greater feelings of self-worth and fulfilment:

1. **Trust yourself.** Taking a leap of faith takes a huge amount of self-belief and confidence. You need to trust yourself and know you are doing the right thing for you.
2. **Do some research.** Before you leap, you will need to figure out your motivation and consider the facts, logic and reasoning for your decision. Remember there is nothing wrong with making lists full of pros and cons and questions that need answering.
3. **Stop comparing yourself to others.** Everyone has different circumstances, and your idea of happiness/change will never match theirs. Plus, you will be starting from a different position and your timeline and goals won't be the same.

4. **You'll never know unless you try.** Don't wait for everything to be completely ready and perfect before you start because that will never happen. Instead of overthinking, simply seize the day and in the words of Nike – 'just do it' and be prepared to learn on your way.
5. **What's the worst thing that can happen?** Change your mindset from worrying about failure and being full of negative thoughts to thinking about the best-case scenarios - what's the best that can happen? That way you'll remind yourself why you are on this path and what you hope to get out of doing it.
6. **Even if it doesn't work out, you learn.** Don't see failure as a weakness, reposition it as a strength. Learning will help you to grow and develop as a person enabling you to reach further and higher.
7. **Challenges are just stepping stones to endless possibilities.** Of course, you will encounter disruptions and setbacks along the way, but leaving your comfort zone will bring you different opportunities for growth and development.
8. **Welcome support.** You don't have to go it alone. Having a good support network around you is essential. Find people who will encourage you and also be around to pick you up if it doesn't work out.
9. **Be kind to yourself.** It may work out, it may not. It may take longer than you thought, it may not. Whatever happens you need to be proud of what you can achieve when you put your mind to it.
10. **Congratulate yourself.** Remind yourself of how far you have come and plan where you want to be in years to come. Of course, that may mean you need to take another leap of faith, but when you've done it once, it will be so much easier next time.

**To find out how I can help you to feel the fear and do it anyway, enabling you to make positive changes in your life, call 07734 080073.**