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10 steps to make your life more fulfilling

Life coach MÁIRÉAD WHYTE says this is the perfect time of year to put a fresh spring in your step

EVERY morning you are handed 24 golden hours. They are one of the few things in this world that you get free of charge. If you had all the money in the world you couldn't buy an extra hour. You can only use this time once, and once wasted you cannot get it back. What will you do with this priceless treasure?

The days are longer, the evenings are brighter, and the air is lighter. You start to spring clean the cobwebs of the past winter, you open your windows wide, and you welcome the fresh air of spring-life into your homes.

With springtime comes new births, new growth, and you naturally feel new energy. And imagine maximising this burst of fresh energy to your potential and immersing yourself fully into the spring time party of new starts; whether it is getting fitter for summer, getting that job, meeting new targets, doing those things you keep delaying or taking new action to kick start your goals.

With this new zest for life, and your golden gift of time, how will you maximise to be the best you are?

Naturally there are hundreds of ways to heartily

them in order of ugliness and first thing every morning eliminate the ugliest task.

As the tasks appear less ugly, the easier they become. Your 'to do' list will seem less overwhelming.

4. You should always have a goal. Daily motivation comes easily from goal-setting.

5. Surround yourself with encouraging people. People who want to belittle your ambitions and goals think small.

Great people make you feel great too.

6. The past tense of the word 'try' implies non success. Don't set yourself up for this — you either do something or you don't.

The words you use can impact your outcome. Wave goodbye to the T word!

7. Stop; and focus on your breath. Think about the positive aspects of life. The difference between excitement and anxiety is your breath. Think about it!

8. Take time for you. Nourish your character more than your reputation. Your character is who you really are; your reputation is simply what others think you are.

Inevitably building a stronger character leads to a better reputation.



Naturally there are hundreds of ways to heartily step into spring with a healthy attitude, my personal favourites include:

1. Go for excellence and not perfection in all you do. Excellence is you at your best, the importance is on you, your uniqueness in how you do it, and in essence it enhances your character as it allows you to learn.

Perfect people are bland as they tend to follow rule-books and are influenced by unwritten guidelines of what they consider perfection to be, in essence they lack imagination.

Excellence motivates you, perfection demoralises you since it doesn't exist.

2. If there is something that you want to excel at, keep doing it until you get it right; then keep doing it again and again until you cannot get it wrong. This is related to excellence, which allows you grow in depth as you become an experienced professional.

3. Do all those tasks you keep putting off. Prioritise

stronger character leads to a better reputation.

9. Listen to others carefully, to really understand them. You will feel much better for it.

10. Finally, use your time wisely and be resolute in your decision to whole-heartedly enjoy what you do. As the days get longer, set yourself a course to delve fully into spring, and think your best thoughts, feel your best feelings, make your best choices, take your best actions, live your best life; and know who you are in all of your potential.

Success, in whatever way you define it, doesn't come to you; so let it be your responsibility this spring to go to it.

The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, they make them — George Bernard Shaw.

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