

Being First

by Janet Christensen,

As a Retirement and Power Coach®, I work with people who see greater potential for themselves and who are prepared to do what they need to do to make that happen. The potential is as varied and unique as the individual. Whether the person is working on personal, career, relationship or other areas of their life, one key to achieving their potential is *being* that person first.

Being first is acting the part of the person you aspire to be. It is not waiting until you achieve a goal to begin to act accordingly. For example, if you are a small at-home entrepreneur aspiring to be a successful business person, then conduct your business professionally, use professional material, dress for success. If you want to be leaner and fitter, then be that person with your food choices and making time to exercise on a regular basis. If you want to eliminate credit card debt, then be responsible when you choose how to spend your money. If you want to have more loving, nurturing relationships in your life, then be a loving and nurturing person.

I believe that when we have a dream, a goal, a vision, we have the power to create it. The key is not to wait for some benchmark achievement to decide that you can be the person you aspire to be. At some level of your being, you are already that person. You do not need to wait to be all you can be. The key is to be that person now, today, in this moment. *Being* first.

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