

Zoned and Loving It!

Choosing to Live Your Life Fearlessly By Sandra B. Tate

Perhaps someone asked you “How are you doing?” and for the first time you just felt like telling them the absolute truth: “I don’t really know!” The days just do not have that special zip anymore. Did you stop to wonder why?

Like many people today living in a stressful busy world, you may be struggling with the uncertainty of your own life’s direction. For instance, when you were younger you had dreams and aspirations. Where did they all go? Now, with the passing of time, most are just memories that lie unfulfilled in the nostalgic walk through your past.



Think of how many times you have reassured yourself that today I’m going to change the way I do things! You try, but fall mercilessly short of your intended goal. Well, the truth is you are not alone! This “Ferris Wheel” existence doesn’t take you anywhere and you are coming to that realization – slowly. But what do you do about it? Well, maybe it’s time to take a fresh look at your world from a different angle. Maybe it’s time to get “zoned.” I know, because I finally did and so can you.

According to Dr. Costas Karageorghis, lecturer in sport psychology at Brunel University, United Kingdom, “*Flow State is an optimal psychological experience. It’s when you’re functioning on auto-pilot, when everything clicks into place and goes right.*” This study, performed on athletes, gives us an insight into how we can utilize the psyche to optimize performance by examining how they thought and how they felt before a major race.

“It’s a deeply pleasurable experience and it’s something that’s not very often experienced by people. Rather it’s something that often represents people’s peak experiences in a particular area,” Doctor Karageorghis notes. Stop for a moment and recall from your own life when you just knew the decision you were about to make was the right one. You knew it had to be right because you didn’t experience the usual fears, anxiety or doubt. Instead, you experienced an elation to see, without surprise, the anticipated result. The sheer confidence, positive attitude and dogged diligence drove you to see your desired goal through to fruition.

Simply stated, reprogram your thinking and apply the “***I-Can-Do-It Attitude***” to everything you set your mind to achieve and it will be done. Sure, didn’t your earlier successes prove that? Clearly the successes of so many of the athletes in this study are highlighted by defining, focusing and executing their goals. The results naturally follow. Just stating your goals will never bring it to you! It is said that “If you change the way you see things, then the things you see will change”.

All the choices you are making suddenly draw the right people, opportunities and events your way effortlessly. This renewed way of viewing things slowly eliminates the usual feelings of fear of failure or success, doubts and anxieties. It replaces them with this solid "Can't Fail" attitude. This incredible sense of knowing and awareness lights your path and allows you to make clearer decisions for superior performances for both personal and professional successes.

So how can we create and maintain a state of being "zoned" in our own lives? Maybe it begins with changing our belief system. Like a jigsaw puzzle, we can allow ourselves to see the "Big Picture" first in our mind and then commit to changing it one piece at a time. These basic observations may be the start of something spectacular. Only you can decide what steps you take. Remember, you can always choose another path. *Choices are limitless.*

Here are three helpful reflections to start your own process:

1. **"Know Thyself"** –Always know what are your strengths, weaknesses, preferences, values and purpose. Apply this knowledge to your plan of action and strategies to obtain your goals. Repeat positive steps you will take in your life that will always bring you closer to your desires. You will continue to feel empowered in your professional, social and personal life and will continue to create unlimited successes.
2. You are and always will be in control, and nothing external can be more powerful. Consciously select yourself to be the key motivator of all your actions and choices; don't expect others to be or do it for you. **Think, act and do your part to make it happen.**
3. **The journey of a thousand miles begins with the first step.** By taking that first step with this different outlook you are ensuring a positively different outcome moving in a better direction. Change is constant and the only guarantee you have is the choice of creating such a change. Not only are your thoughts, what you say and what you do critical to your results, they are the surest way of making things happen. It worked for me! Now, isn't it time you tried something new and different? It might be time for you to finally get "Zoned!"

Sandra B. Tate is the **Founder and CEO of TateWorks Consulting, LLC™**, a personal/professional life-balancing solutions firm. Armed with her psychology degree and more than 15 years of consulting experience in both the private and public sector, Sandra can help you gain more control of your life so that you can live more fully. Contact Sandra at sandra@tateworks.com or visit <http://www.tateworks.com>™ for more details and start reclaiming your life today! **Sign up** before the official launch for a **free 30-minute personal consultation**. Sandra is also the *Reclaim Your Life Mentor* with *Women's Support TEAM* – check her out at www.womenssupportteam.com.

