

Ten Tips for Pleasure and Progress In Almost Any Effort

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Adapt and use the tips below to release your inner powers by using persistence, clarifying your purposes and serving your true passions. Even modest steps will contribute to your confidence and appreciation of your capacities.

Be kind to yourself: More is not always better. Avoid dwelling on the past, especially if negative. Replace driving yourself unremittingly with doing a little at a time, but regularly. Determine and support your natural, productive patterns. As you become comfortable with new or different ways of moving forward, you'll sustain hope and generate energy.

Reward yourself consistently: Give yourself something you enjoy for meeting any goal, however small. When you miss the mark, just ask yourself specifically how you'll do better. Then take another step forward.

Address habits that don't help: Take incremental steps to minimize tendencies that get in your way. Try different approaches. Obtain intelligent, practical assistance when you're not making the progress you want.

Avoid thinking you can't do it: You won't be an instant expert when doing something new nor see quick results in complex situations you may influence, but can't control. Move to another manageable aspect, instead of avoiding the work entirely. Squelch negative thinking with self-talk such as "not useful to dwell on that now" or anything else that works for you.

Have faith in your abilities: If you draw an initial blank, just assume what's useful in your brain is temporarily inaccessible. Move to something else and return in a little while to try again. Keep learning and attending to your intuition.

Begin right away: Address the first priority of your "to-do" list as soon as possible. Take at least a small step, devoting 15-30 minutes, regularly.

Reach out. All along, identify people who can help you. How will you assist them?

Be patient: Accept that not everything you do will result in an immediate, satisfying outcome, nor work out just as you wish. Many worthwhile efforts are not linear; there will be ups, downs, and loops of living. Failure often is a prelude to learning, improved performance and success as you define it.

Talk turkey: Be honest with yourself about what you truly want and are willing to do to get it. Schedule your work and set priorities accordingly.

Sustain your sense of perspective and humor: What's your most important focus, what can be postponed and what needs to be let go? Substitute play and worthwhile distraction for obsession and over-commitment. Take good care of yourself.

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