

reach for the stars

Everybody needs stars to reach for. Marcia Francois, of Take Charge Solutions, helps you to find your north star and then map your journey towards it.

There are two main reasons people don't reach their goals, says John Kehoe, author of "Mind Power into the 21st Century". A. Their goals aren't big or compelling enough; or B. They don't have any. You have to have stars to reach for, stars dazzling enough to keep your sights set on the sky. Marcia, a personal life coach, is in the business of putting the sparkle back into a person's life, through helping them to touch their own personal sky. "I believe everybody has a passion and a purpose, related to this passion." When you have goals, you go through each day with purpose and you learn to seize opportunities which are in line with these goals. An important step to reaching your goals is, through time management, charting your course through each day, each week, each month and, each year. Marcia believes time management and goal setting go hand in hand. "You should prioritise your time according to your goals." Unfortunately, a 25-hour day only exists in TV ads. The rest of us have just 24-hour days. But, consider this: Leonardo Da Vinci, Michelangelo and Mozart all

worked within the confines of a 24-hour day and look what they achieved! Your life is a journey ... where are you going?

map your life with marcia

1. Write your goals down. Each year, Marcia writes down her top ten goals for that year. She keeps a list of these at the front of her diary and on the inside of her cupboard door. "I glance over these each day. They become my compass, directing my daily course."
2. Keep a diary. Marcia never leaves home without hers. If life is a journey, this is Marcia's map - each week, she charts her course for the next seven days. "I sit down once a week, on a Sunday, to plan my week."
3. Consider that your day is a microcosm of your life. If you take care of each day and live it according to your values and your passions, you will take care of your life. How are you spending your time? If family is important to you, do you delegate enough time in your day to your family? Examine your typical day. Does it reflect what you want for your life?
4. Some people aren't quite sure of what their purpose is. "Your purpose should reflect your values," says Marcia. To help people find their purpose, she usually asks them, "If you didn't have to work for a living what would you do?", or "What would you regret the most if you didn't do it?"
5. Marcia keeps a "good ideas list". You need to catch your good ideas while you still remember them.
6. Read "The Success Principles", by Jack Canfield. Second to the Bible, this is Marcia's favourite book: "It is like a whole shelf of motivational books combined into one."

Marcia Francois and Angelique Roos will be holding a "From Drab to Fab" workshop at the Italian Club, Bedfordview, on March 24.

Marcia's company, Take Charge Solutions, aims to help people transform their lives, through teaching them the necessary life skills to maximise their potential. On March 24, Marcia will, together with Angelique Roos, make-up artist and wardrobe planner, run a "From Drab to Fab" workshop at the Italian Club, in Bedfordview. Workshop details can be obtained from www.takechargesolutions.org.

7 steps to reaching your goals (from "Map 4 Life")

1. Know what you want.
2. Know when you want it.
3. List the rewards and consequences.
4. Identify potential obstacles.
5. Determine the skills and knowledge you must acquire to reach these goals.
6. Compile a list of the people, groups and organisations you need to associate with.
7. Design a clear, step-by-step action plan.

"Map 4 Life", by Glen McQuirk, is an excellent way to chart your course for the rest of the year. (Available from Exclusive Books, Eastgate Shopping Centre and Bedford Centre, R199).

