

'HOW TO GET A LIFE' SOPHIE'S TOP 10 TIPS



It's a juggle for most of us, for me it's children, marriage, running a business and how to fit in all the other things I want to do. For you it might be caring for older parents, running for parliament, studying, playing sport, doing voluntary work.

Having 1, 3 or 30 blackberries won't always neaten the domestic chaos that many of us live in. Sometimes all the balls fall in a heap and you wonder why you bother, your career is a joke, you want to ditch the blackberry, it's too hard. Simply you don't feel you have choices. It made me think about the choices I've made and what influenced those decisions at different times in my life...and it also made me realize how little time many of us dedicate to thinking about these issues and how passive we are about changing them...

too hard,
that's just how work is,
I've got a big mortgage,
my husband wouldn't understand,
the kids really need me at home,
my boss would never agree to that....we've all said them at some time
when we can't see options.

There are choices available to all of us to get the life we want but they all have a cost which we need to weigh up...and we probably need to re-assess our position every couple of years. Finding balance and juggling all the competing aspects of your life can be done but it involves asking some hard questions and giving honest answers.

I think it boils down to one fundamental question that in our mentoring business is the most commonly asked by mentors and the toughest to answer –

What would your personal and professional life look like to feel happy and successful? How do you get there?

Having 1, 3 or 30 blackberries won't always neaten the domestic chaos that many of us live in. Sometimes all the balls fall in a heap and you wonder why you bother, your career is a joke, you want to ditch the blackberry, it's too hard.

There are choices available to all of us to get the life we want but they all have a cost which we need to weigh up...and we probably need to re-assess our position every couple of years.

What do you really want to achieve in the next year? A better marriage, becoming a company director, a promotion, spending more time with your parents, friends or children?

Here are 10 simple ways that you can make a difference today:

1. Identify 10 goals and make a plan for the next 12 months

What do you really want to achieve in the next year? A better relationship, becoming a company director, a promotion, spending more time with your parents, friends or children? How much risk are you prepared to take to have the life you want? Start today

2. Indulge your passions

What do you care about? What are your passions? Where are you happiest? Theatre, building, IT, politics, knitting, bushwalking, organizing events? Is this an area you want to pursue professionally or just keep as a hobby? Can you align the two?

3. 8 hours work, 8 hours sleep 8 hours play

Why is this so hard to achieve? How do you really spend your day? Work with purpose, delegate things that are not so important. Prioritise activities that are important to you – every day. Have some fun.

4. Find a mentor

Wise counsel and a sounding board can be very valuable in helping you make decisions. Ask your mentor the stupid questions, look at options. How do I make myself heard at a meeting? How do I become a leader? Can I get a new career at 40? How did you do it?

5. Invest in your health

No one is invincible, do not take your health for granted as good health underpins everything and allows you to do the things you enjoy. Marathons aren't for everyone, finding a way to relax is just as important and to be sustainable it needs to become a part of your life.

6. Build & nurture relationships

Spend time with the people you love. Friendships and loving relationships are critical to all of us. In our professional lives relationships are also important. Do you have a professional peer group of colleagues whose opinion you value and trust? Why not create one?

7. Keep learning & developing skills

How long is it since you learnt a new skill or invested in learning? Why not share your skills and teach others? Become a mentor.

8. Put up your hand for leadership roles

Let people know if you want the top job. Get involved in professional or industry committees and boards. Are you having a say in the future of your organization, profession or your neighborhood?

9. Take a long term view of your working life

Many of us will be working well into our seventies, so pace yourself. We all need breaks to care for children or older parents at some point in our lives. Hang on by your fingernails during the years with children, find ways to stay connected, your time to shine may be in your late forties and fifties.

10. Get involved in your community

Doing things at your local school, club, nursing home, or footy club keeps us all connected to our neighbourhoods and the people we share our communities with. It can be fun, rewarding and could be your next career.

10 SIMPLE WAYS THAT YOU CAN MAKE A DIFFERENCE TODAY:

1. Identify 10 goals and make a plan for the next 12 months
2. Indulge your passions
3. 8 hours work, 8 hours sleep 8 hours play
4. Find a mentor
5. Invest in your health
6. Build & nurture relationships
7. Keep learning & developing skills
8. Put up your hand for leadership roles
9. Take a long term view of your working life
10. Get involved in your community

No one is invincible, do not take your health for granted as good health underpins everything and allows you to do the things you enjoy.

